

# Spitex – nursing and caring at home

## DO YOU NEED HELP FOR CARING OR FOR HOUSEHOLD CHORES?

Trained staff working for Spitex provides care and support to people of all ages at home. Spitex relieves also caregiving relatives.

## WHAT DOES SPITEX DO?

You can apply for Spitex services in case of physical and psychological illness, age-related difficulties, following an accident, after giving birth or in case of complications during pregnancy.

Spitex services include:

### Nursing and caring at your home:

- Clarification of the need for care
- Advice for offers
- Help with personal hygiene
- Help for mobilization (getting up and go to bed)
- Preparation and administration medicines
- Medical checks as measuring blood sugar and blood pressure
- Pain management
- Wound care
- End of life support

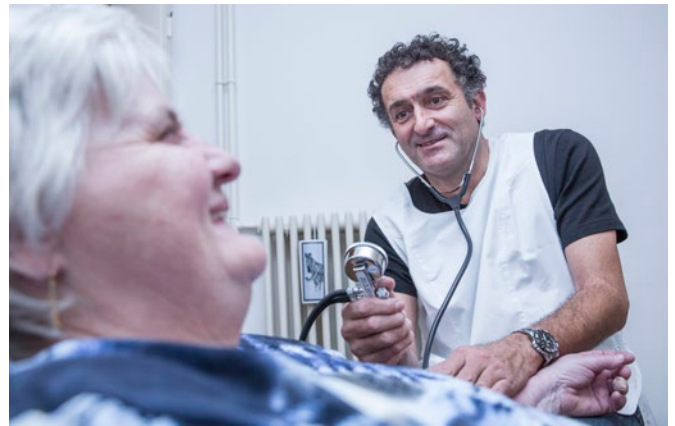
### Help with the household chores:

- Help with the shopping
- Meal preparation and cooking
- Cleaning at home
- Doing laundry

### Depending on the region Spitex offers also:

- Meal delivery services
- Transport and assistance services (doctor, shopping)
- Renting of aids (e.g. crutches, inhalation devices or wheelchairs)

More services like psychiatrists care, nursing in case of cancer or in incurable diseases are provided mostly in cities.



## WHAT IS COVERED BY THE HEALTH INSURANCE?

The obligatory health insurance pays for nursing services. This requires a Spitex nursing prescription of a doctor.

## WHAT IS NOT COVERED BY THE HEALTH INSURANCE?

The costs of Spitex help with household chores are not covered by the basic health insurance. Many insurance companies offer complementary insurance policies to cover these services. Ask your health insurance company for details. If you receive supplementary benefits, the community often pays a part of the cost for help in house-keeping.

## WHAT MUST THE CLIENT PAY BY HIMSELF?

- Annual deductible (personal contribution) of the health insurance
- 10% of the services costs (excess)
- Patient contribution in case of nurse services (highest rate CHF 15.95 per day, depends of the canton)
- Costs of household chores

**Spitex services are organized in all regions of Switzerland. You will get more by**

- [www.spitex.ch](http://www.spitex.ch) → Spitex in your region
- 0842 80 40 20 (8 centimes / minute)
- Municipality of your residence

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*Hilfe und Pflege zu Hause*