



TRONDHEIM KOMMUNE
Tråanten tjælte

Health and Welfare Office, Ages 0–18

Health and Respite Service for Children and Youth

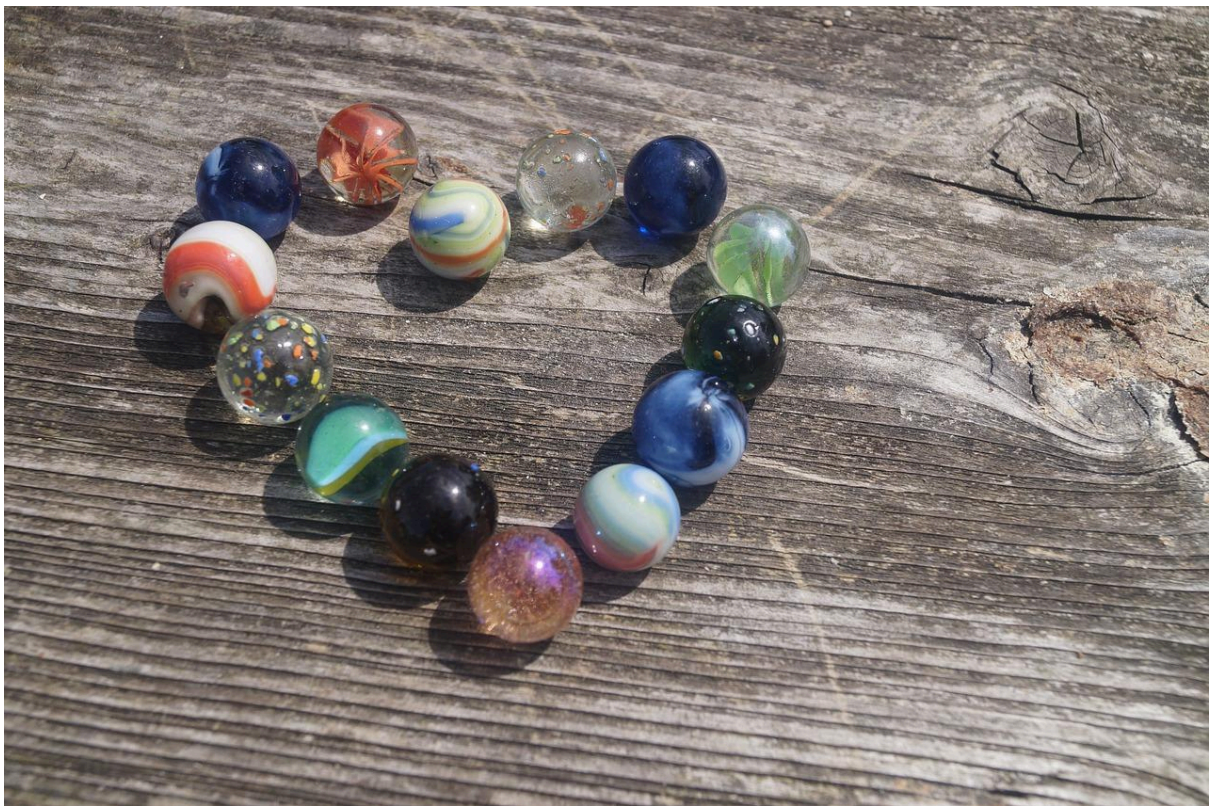


Photo: Pixabay

The Health and Welfare Office, Ages 0–18 is the municipal administration office that processes applications for health and care services and that serves as a co-ordinating unit for children and their families.

How to contact us

- **Telephone: 94 83 72 85**

Opening hours are 09:30–11:00 and 12:00–13:30 Monday to Friday.

- **E-mail:** helseogvelferdskontor_0-18ar@trondheim.kommune.no

- **HelsaMi**

- **Mailing address:**

Trondheim kommune
Helse- og avlastningstjenesten for barn og unge
Helse og velferdskontor, 0-18 år
Postboks 2300 Torgarden
7004 Trondheim

- **Visitation address:**

Reier Søbstdads veg 18
7078 Saupstad

Visits by appointment only.

Services that you can apply for

Support for carers

The municipality is obliged to offer necessary support for carers who perform especially burdensome care work. Support for carers can be provided in the form of training and counselling, respite measures and/or a monetary care benefit.

Training and counselling

The Health and Welfare Office, Ages 0–18 has a counselling team that provides carer support in the form of training and counselling after a decision ('vedtak') has been issued. The counselling team can provide counselling in relation to matters including diagnoses, behaviour, alternative and augmentative communication (AAC), boundary-setting and emotional regulation.

Respite measures

Respite measures are intended to ensure that parents are not overburdened, that they are given the opportunity to enjoy necessary and regular leisure and vacation time and that they can participate in the life of society. Whether respite care is granted and if granted, its scope, is decided by the Health and Welfare Office, Ages 0–18 after an assessment. The scope may range from a few hours or days per month to many days a year. Respite care may be organised as private respite care, respite care in housing units or as part of a provision of user-controlled personal assistance. Day care arrangements before/after school and during school holidays may also be considered.

Care benefit

Persons who undertake especially burdensome care work and who perform tasks that would otherwise be performed by the municipality, may be granted a care benefit. Examples of care work that may entitle you to a care benefit include assisting in personal hygiene, medicating and providing support during the night.

In order for your application for care benefit to be processed, it is a requirement that you have applied for assistance allowance ('hjelpetønad') from NAV. Applications for care benefit will be processed even if the application to NAV for assistance allowance is still pending.

If the guardian/carer receives a disability benefit, financial assistance or other cash benefits from NAV and the municipality, these benefits may be reduced in the event of a decision granting a care benefit.

Personal support contact and facilitated leisure time

For children and young people with disabilities, special accommodation and help may be granted so that they may enjoy an active and meaningful leisure time in the company of others.

Accommodation may be in the form of participating in a facilitated activity group or participating together with a personal support contact.

As a general rule, parents are responsible for transportation to and from activities.

You may apply for a carer certificate ('ledsagerbevis') through Transporttjenesten at the Health and Welfare Office Falkenberg.

Healthcare services in the home and practical assistance

Healthcare services in the home for children are in principle granted to children who are seriously or chronically ill with disabilities and who require follow-up care and/or around-the-clock monitoring by healthcare professionals. Such help may be provided in the home, at school or in kindergarten.

The provision of practical assistance, such as help for self-care and personal grooming, may be granted.

User-controlled personal assistance (BPA)

BPA is a way of organising health and care services.

It is the services of personal support contact, practical assistance and respite that may be organised as BPA.

You are entitled to organise these services as BPA when the need for services lasts for more than two years. The scope must be at least 32 hours per week, but may be considered for as little as 25 hours per week. It is the municipality that will determine how many hours to grant.

You are not entitled to BPA when the assistance requires the presence of more than one service provider, or if the services are needed during the nighttime. There is an exception when the need for services is continuous around-the-clock.

For children, a parent will be the supervisor for the BPA. The supervisor recruits assistants.

BPA is generally not provided during the time that the child is in kindergarten or at school/out-of-school care (SFO).

Coordinator

The municipality must offer a coordinator to children in need of long-term and coordinated services in accordance with the Health and Care Act.

The coordinator must ensure that the child is given the necessary support, that the services provided are coordinated and the progress of their individual plan.

Child coordinator

For families that have or are expecting a child with serious illness, injury or disability, and who are going to need long-term and comprehensive or coordinated health and care services and other welfare services, the municipality may appoint a child coordinator.

Individual plan

Children who require long-term and coordinated health and care services are entitled to have an individual plan created for them. An individual plan is a tool for joint action and collaboration.

The application and the application process

- Applications may be submitted via HelsaMi or by utilising the application form found on our website. If you so wish, you may also write the application by hand.
- It is preferable that it is the family themselves who apply for services. If service providers are to assist in applying, it is important that the parents are informed of and consent to the application.
- The applicant/parents will receive in reply to the application information about when they will be contacted and the expected processing time.

For further information, visit our website:

<https://trondheim.kommune.no/tema/helse-og-omsorg/barn-og-familie/helse--og-velferds kontor-0-18-ar/>

This brochure is also available in: Norwegian, Arabic and Tigrinya.

Last updated April 2025