

## **Outreach Contact Person**

The outreach contact scheme is an offering for those of you who need one-to-one assistance to be able to engage in leisure time activities due to a reduced ability to function. The assistance offered can be in the form of help in getting you to and from the place where an activity takes place or in the form of help during the activity. The focus of the scheme is on preventing isolation through helping you to get out of the house and participate in various social, cultural or physical activities, as well as on helping you to build a social network and try out new activities.

An outreach contact person cannot assist you in carrying out practical chores like shopping, cleaning up, washing, cooking, etc. Please contact your local Health and Welfare Office (HWO) if you have a need for assistance that is not covered by the outreach contact scheme, as these offices are responsible for coordinating municipal services.

Application for an outreach contact person is to be made on a special application form (see the link below) and sent to us. The applicant will then be called in to a meeting with Facilitated Leisure Time Activities (FLTA, Tilrettelagt Fritid), where the focus will be on facilitation in light of his or her wishes and needs. After the meeting, FLTA will send a recommendation to the HWO on whether to approve or refuse the application for an outreach contact person.

If you need help in filling out the form, please contact your local HWO or FLTA office.

[Application form, contact person for an adult](#)

**Fill out, save and send the form by e-mail to:**

[kulturenheten.postmottak@trondheim.kommune.no](mailto:kulturenheten.postmottak@trondheim.kommune.no)

Or by regular mail to:

Trondheim kommune

Kulturenheten

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