

JOURNEY TO THERAPY

1. Outpatient rehabilitation (financed by the Estonian Health Insurance Fund)
2. Occupational rehabilitation (financed by the Estonian Unemployment Insurance Fund)
3. Social rehabilitation (financed by the Estonian Social Insurance Board)

1. OUTPATIENT REHABILITATION

For therapies with a referral from a family physician

- o Referral letter from the family physician to a rehabilitation doctor;
- o The rehabilitation doctor refers to the therapy(s)
(occupational therapy/physiotherapy/speech therapist/psychologist).

Important to know:

- ✓ Creative therapy is not financed by the Health Insurance Fund, the service is available within the rehabilitation service;
- ✓ Be aware that e-consultation is not available in all regions of Estonia.

Family Physician Therapy Foundation

If the family physician writes a referral directly to therapy (the service is paid to the family physician from the therapy fund), then it is important to know that not all therapy service providers do offer your service based on a referral written by a family physician! **NB!** It is always necessary to ask the service provider if therapy service can be obtained on the basis of a referral from a family physician.

Important to know:

If the family physician writes a referral to, for example, physiotherapy, it is definitely worth asking a recommendation from the family physician, which physiotherapist he/she recommends to go to.

- ✓ Some family physicians have a good overview of various therapy service providers.
The patient saves time and reaches the service faster.
- ✓ In some cases, there are good therapists at the family medical centers, you may get immediate recommendation on a therapists working at the same center - use that chance!

✓ There are institutions that offer only occupational and/or social rehabilitation services or rehabilitation only.

NB! It is always necessary to ask whether the chosen health facility, based on a family physician's referral, are offered by the necessary therapy services! All medical and health institutions do not offer their service/s based on a family physician referral!

With a referral from a specialist (e.g. a referral from a neurologist/rehabilitation doctor)

o The specialist writes a referral letter (the service is paid for with funding from the Estonian Health Fund) for an appointment with a rehabilitation doctor;

o The rehabilitation doctor evaluates the patient and refers him/her to therapy/s.

NB! The rehabilitation doctor refers to the therapy service within the same institution.

A patient with a referral from a family physician can choose for himself appropriate facility to participate in the therapy services.

See also information - to therapies with a referral from a family physician.

Important to know:

✓ Social rehabilitation service is funded by Estonian Social Insurance Board;

✓ The occupational rehabilitation service is financed by the Estonian Unemployment Fund;

✓ Rehabilitation services are financed by the Estonian Health Fund.

2. VOCATIONAL REHABILITATION (Employment Fund)

NB! In order for you to reach rehabilitation services (occupational/social), **you have to do the first step and contact the authorities yourself.**

For example, a person of working age applies to the Estonian Unemployment Insurance Fund.

Important to know:

Vocational rehabilitation is offered by the Estonian Unemployment Insurance Fund to people who have fulfilled everything in the following conditions:

✓ they are of working age (i.e. aged 16 to retirement age);

✓ they have been determined to have reduced working capacity (disability or permanent incapacity for work or partial working capacity);

✓ they are busy (employees, students, entrepreneurs) or looking for work (is registered unemployed).

Qualifying for and accessing rehabilitation services

If you have survived a stroke and have been given an official stroke diagnosis and its medical history is recorded in the health portal then we recommend:

A person of working age

- o Contact as soon as possible the Unemployment Insurance Fund where you are going to be assigned to a case manager who introduces services (e.g. vocational rehabilitation) and guides in filling out documents;
- o An application for assessment of working capacity must be filled out at the Unemployment Fund (with the same document you can, if necessary, also make a request to determine the severity of the disability), documents to fill in, can be also obtained in self-service on the website of the Unemployment Insurance Fund;
- o If you were assigned partial work capacity, you will be supervised by the Unemployment Insurance Fund case manager with whom you can start a professional case in requesting a rehabilitation service;
- o If you were assessed as lacking work capacity, you will go to the Social Insurance Board (SKA) to a specialist who will introduce you to the services, opportunities and guides you in applying for social rehabilitation.

Important to know:

- ✓ The rehabilitation service is a complex service with everyday and/or working life to support coping. This means, for receiving rehabilitation services there is the prerequisite for at least three different services. More details will be agreed upon total services at the rehabilitation facility on site. The rehabilitation service is need-based and assessed by case manager.

3. SOCIAL REHABILITATION (Social Insurance Board)

The Social Insurance Board offers social rehabilitation to people who have:

- ✓ lack of ability to work or
- ✓ partial ability to work or severity of disability and not working, not studying and not registered as unemployed. If a person works, studies or is registered as unemployed, then you have to contact the Unemployment Insurance Fund if you need the service.

If a person is of retirement age, they can get the social rehabilitation service if

- ✓ the severity of the disability is determined.

A person of retirement age for service

Contact the Social Insurance Board as soon as possible, where you have to pass similar process as described above (see working age person). If the person has been assigned a disability, then he will also consult on this topic in the future Social Insurance Board.

The process is as follows:

- o The stroke patient applies to the Social Insurance Board;
- o An application for social rehabilitation service is completed together with a specialist.
The application can also be completed on the website of the Social Insurance Board in self-service or send it digitally signed to an e-mail address info@sotsiaalkindlustusamet.ee (fillable form is also available on the website);
- o The Social Insurance Board case manager contacts by phone for assessment of the need for rehabilitation.

Important to know:

- ✓ Since a stroke is a disease with complex consequences, it is recommended to go through with different therapies. Professional therapies support a good recovery as a complex service.

NB! Treatment, including rehabilitation, is not occupational or social rehabilitation. If treatment and rehabilitation are necessary, you should contact your family physician or a specialist towards.