



AT A GLANCE

How can you prepare for the home visit?

Tell the assessor what limitations and care problems you are having to deal with. This way they can fully assess your care situation.

- Please have existing reports from your family doctor, specialist physicians or following a hospital discharge ready for the appraiser.
- Have the medications that you are currently taking ready.
- If you can, keep a care journal for one or two weeks. You can use it to note down which daily tasks you have to perform and how long they take.
- If a care service visits you, please also have any care documentation ready.
- Ask a person who cares for you or who knows your situation well to be present during visits.
- If you have received a questionnaire from the MDK or from your nursing care insurance provider, please fill it out in advance, if possible.
- If you have a legal carer, please inform your carer about our home visit.

LEGAL BASIS for the review process §§ 14, 15, 18, 45 a of the German Social Code (SGB) XI, §§ 60 ff. SGB I, guidelines of the GKV-Head Association for the review processes of nursing care according to SGB XI, the guidelines for determining a considerably limited range of coping in everyday life according to § 45 a SGB XI, the guidelines for a more detailed classification of the nursing care criteria mentioned in § 14 and the hardship guidelines.

Bu bilgileri diğer lisanlarda www.mdk.de adresinde bulabilirsiniz

Τις πληροφορίες αυτές θα τις βρείτε σε άλλες γλώσσες στην ιστοσελίδα: www.mdk.de

Informacje te w językach obcych znajdują się na stronie internetowej: www.mdk.de

Информацию на других языках Вы сможете найти по адресу: www.mdk.de

Ove informacije su raspoložive i na drugim jezicima na internet adresi: www.mdk.de

Questa informazione è disponibile in altre lingue, al sito: www.mdk.de

This information in English can be found at: www.mdk.de

Vous trouverez les informations en français sur le site suivant : www.mdk.de

For more information on needs assessment, visit:
www.mdk.de

If you require a sign language interpreter, please contact your nursing-care insurance provider.

If you do not speak German well enough, you should be assisted during the review by relatives, acquaintances or a translator.

Information from the association of the German Health Insurance Medical Service (MDK) and the Medical Advisory Service of the German Social Health Insurance (MDS) www.mdk.de



INFORMATION ON NEEDS ASSESSMENT

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You have submitted an application to your nursing care insurance provider for nursing insurance services. Therefore, your nursing care insurance provider has tasked the German Health Insurance Medical Service (MDK) with compiling an assessment. The MDK is the independent consulting and assessment service that supports the statutory health and nursing care insurance providers in medical and nursing issues.

Where does the assessment take place?

For the assessment an MDK assessor will come to your home, even if you are in a retirement or nursing home. The MDK will suggest an appointment date in writing or by telephone before the home visit. The assessor will assess your assistance needs and will also check if it is possible to improve your situation (e.g. through medical rehabilitation).



GOOD TO KNOW

When deciding on the care classification the assessors will consider the assistance needs for the following care and household activities, which are legally defined. The care level does not vary depending upon the severity of your condition.

→ BASIC CARE

Personal hygiene: Washing, showering, bathing, combing, dental care, shaving, going to the toilet
Nutrition: preparing food so it is bite-sized and feeding
Mobility: Getting up and going to bed, relocating, dressing and undressing, walking, standing, climbing stairs, leaving and getting back to the apartment

→ DOMESTIC HELP

Shopping, cooking, cleaning the house, washing, changing and washing of bedding and clothing, heating

What happens in an assessment?

The MDK assessors are specially trained nurses or doctors. Their visit is intended to give them an impression of your personal care situation. You should therefore tell the assessor what limitations and nursing problems you are having to deal with. Ask a trusted person to be there during the home visit. This way the assessor will be able to get a comprehensive picture of your situation. The home visit can take up to an hour.

What should be considered during the assessment of people with dementia?

During the home visit, the assessor will first speak to the person in need of care, even if the information they provide is not reliable due to dementia or other illness. However, this information is not simply accepted without further verification, but will also be discussed with the attending relatives.

What happens after the assessment?

The Medical Service will summarize the results of the home visit in a report. Based on this, the nursing care insurance provider will decide which level of care is assigned to you. You will receive the decision about the level of care together with the recommendation for rehabilitation. Rehabilitation can assist you in managing your daily life. If requested, the nursing-care insurance provider will send you a copy of the MDK assessment.

What if you do not agree with the decision of the nursing care insurance provider?

If you have objections to the classification, you can challenge the decision with the nursing care insurance provider within a period of one month after receipt of the decision.



CARE LEVELS

The amount of benefits from the nursing care insurance provider varies depending on the care level. What level of care applies for a patient depends on the extent of assistance required. A distinction is made between basic care (personal hygiene, nutrition and mobility) and domestic help.

→ Care Level I: greatly in need of care

Assigned if there is a need for assistance of at least 90 minutes per day on average. Of this more than 45 minutes must be allotted to basic care. The precondition is that this help is required at least once daily. In addition, support must be required in the household repeatedly during the week.

→ Care Level II: in extreme need of care

Assigned if there is a need for assistance of at least three hours per day on average. Of this more than two hours must be allotted to basic care. The precondition is that this help is required at least three times daily. In addition, support must be required in the household repeatedly during the week.

→ Care Level III: in constant need of care

Assigned if the need for assistance is so great that it is required around the clock, nights as well. On average, a time commitment of at least five hours per day must exist. Of this more than four hours must be allotted to basic care. In addition, support must be required in the household repeatedly during the week.

Care services for people with dementia

Regardless of the existence of a care level, the MDK checks, especially with people with dementia, whether in addition to care and help around the house, further special care is required. If so, they can receive additional benefits from the insurance.