

- Guide-

For parents of a child
With special needs

Introduction

Being a parent of a child with special needs brings both joy and challenges. Many families find it difficult to locate the right information and support when they need it most. This brochure has been created to make it easier for you to find the help, guidance, and resources available in Sweden. Mitt Speciella Barn (My Special Child) project and this brochure focus especially on Helsingborg city. Here, you will not only get an overview of the various sectors and organisations that can support you and your family from habilitation and health care to financial support, municipal services, and non-profit associations, but also information about the activities that exist in Helsingborg for children with special needs. We have collected contact details, short descriptions, and tips on how you can make use of the different supports and activities.

You are not alone. Help is available, and many other parents understand your situation. We hope this brochure becomes a valuable tool for you and your family.

This brochure has been produced within the framework of the Mitt Speciella Barn project, with special support from the Allmänna Arvsfonden, which made the project possible through funding. The work is carried out in collaboration with DHS Helsingborg (project owner for Mitt Speciella Barn), Fritid Helsingborg, FUB Skåne and Invasam.

The information is taken from the respective authority, organization and association's website. All images are taken from Canva Pro except for the character on the front page which is self-made (L. Andersson).

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Overview of Key Sectors and Support Systems

Several important actors in Helsingborg and Skåne provide support to families with children who have special needs. Below is an overview of the most important sectors, what they offer, and how you can get in touch with them.

Habilitation & Health in Helsingborg

Habilitation service in Helsingborg offers specialized support, treatment, and counselling to children, youths, and adults with permanent functional impairments, as well as to their relatives. The aim is to strengthen the individual's possibilities to live as independently and meaningfully as possible.

Who can receive support?

You can receive help from habilitation if you have:

A physical special need that affects mobility in various ways.

An intellectual special need, also called a developmental disorder.

A neuro-psychiatric special needs, such as any form of autism. Vision or hearing impairment.

What can habilitation help with?

Support is always tailored to the individual's and family's needs and can include, for example:

- Managing daily tasks such as dressing, personal hygiene, and caring for the home.
- Initiating contact and socialising with others.
- Training mobility and practicing movement.
- Participating in group activities and exchanging experiences with peers.
- Trying out assistive devices and receiving advice on how the home and other environments should be adapted.
- Getting information about what support is available from the authorities, e.g., the Swedish Social Insurance Agency (Försäkringskassan).

The habilitation team consists of various professional groups such as occupational therapists, physiotherapists, speech language pathologists, counsellors, psychologists, special education teachers, nurses, and doctors. They collaborate to provide comprehensive support to the whole family.



That is how to apply for habilitation

To receive support and treatment, you must either have visited the unit before or have one of the following:

A referral (remiss) from another health care provider, e.g., barn- och ungdomspsykiatri, barn- och ungdomsmottagningar, barnhälsovården or elevhälsan.

Address Children and youth (0–17 years):
 Habiliteringsmottagning barn och unga Helsingborg
 Charlotte Yhlens gata 3, Helsingborg
 Phone: 042-16 91 00

Address Adults (18 years and older):
 Habiliteringsmottagning vuxna Helsingborg
 Charlotte Yhlens gata 3, Helsingborg
 Phone: 042-36 41 80



En väg in - BUP

“En väg in” is the common contact line to the child and adolescent psychiatry (BUP) in Skåne for anyone under 18 years, their guardians or relatives. You can call or use digital services to receive advice, support and guidance regarding mental health, worries, diagnoses or everyday difficulties.

Phone: 020 51 20 20, weekdays 08.00–16.30

What happens when you contact “En väg in”?

You tell them how you feel and why you are seeking help. You decide how much you want to share. Sometimes advice and support during the call are enough; other times “En väg in” can direct you to the appropriate clinic or book an appointment with BUP.

Digital contact: You can also chat anonymously, book a counselling call or submit a personal health request via 1177.se.

Who can use it?

Children and youths under 18 years, parents, relatives and other important adults.



1177 Vårdguiden (Health Guide)

1177 Vårdguiden is Sweden’s national information and advice service for health care. It is available both as a website (1177.se) and as telephone counselling, 24 hours a day.

What you can find on 1177.se?

Reliable information: Quality assured, up to date details about diseases, diagnoses, disabilities, and treatments.

Special pages for parents: Sections dedicated to parents of children with disabilities, covering diagnoses, what they mean, treatment options, and how to support the child in daily life.

Everyday life advice: Tips on food, sleep, communication, leisure activities, and more.

Rights information: Details about the rights you and your child have within health care, e.g., support from habilitation, LSS, Försäkringskassan, and schools.

Support for relatives: Information and advice for siblings and other close family members.

E-services on 1177.se

By logging in with Bank ID you can:

- **Book, reschedule, or cancel health-care appointments.**
- **Renew prescriptions.**
- **View your or your child's medical journal.**
- **Send messages to health care providers.**
- **Receive test results and certificates.**

Telephone counselling

Call **1177** any time for advice from experienced nurses. They can guide you on self-care, help you assess whether you need further care, and direct you to the right clinic.

Language and accessibility

1177.se is available in several languages, and an interpreter can be arranged when you call the phone service.

Local pages

There are local pages at **1177.se** for Skåne and Helsingborg with information about clinics, contact details, and current news for your area.

**Försäkringskassan (Swedish Social Insurance Agency)**

Försäkringskassan's main task is to decide on financial support for families with children, the sick, and people with disabilities. They assess who is entitled to benefits and ensure that the money does not end up in the wrong hands.

Common benefits and what they cover:

→ **Care allowance (Omvårdnadsbidrag):** If you have a child with special needs you can get care allowance. It is based on the care and supervision of a child with special needs who need more help than typical children of the same age.

→ **Additional cost allowance (Merkostnadsersättning):** Tax-free supplement for extra expenses caused by the child special needs (special diet, assistive devices, travel, medication, housing adaptations). The supplement has different levels depending on the additional cost details.

→ **Personal assistance allowance (Assistansersättning):** For children or adults with very high needs of personal assistance (e.g. with basic needs like personal hygiene, meals, communication) you can apply for assistance allowance. Eligibility is evaluated if the need exceeds 20 hours per week



for basic needs. For needs that is less demanding turn to the municipality who may be responsible.

→ **Temporary parental benefit for caring for a sick child (VAB):** You can receive compensation when you need to stay home from work to take care of your sick child or accompany the child to medical appointments, examinations, or treatments. This also applies to visits to the child health center or other healthcare providers.

→ **Activity allowance for extended schooling:** If you have a disability that means you need more time to complete your education, you may be entitled to activity compensation for extended schooling.



→ **Car allowance (Bilstöd):** You can receive car support if you are an adult or have a child with a disability that makes it difficult for the child to move around or travel by public transport with you.

→ **Contact days (Kontakt dagar):** If you have a child covered by the LSS, you are entitled to take contact days. These days are intended to help you, as a parent, gain more knowledge about how you can support your child. One can receive compensation for up to 10 contact days per child per year.

→ **Activity allowance for reduced work capacity for you under 30 years:** If you are between 19 and 29 years old and have an illness or disability that prevents you from working full-time for at least one year, you may be entitled to activity allowance. During the period you receive activity allowance, you can also get support and assistance to help you start working.

→ **Sickness benefits for permanent reduced work capacity:** If you have an illness or disability that means you will never be able to work full-time, you may be entitled to sickness compensation. The rules vary depending on your age.

→ **High risk sickness protection:** If you are at risk of being sick frequently or having long periods of illness, you may be entitled to special high-risk coverage. Your employer will then receive allowance from the Swedish Social Insurance Agency for the sick pay you receive. If you are sick frequently, you may not have to pay a qualifying period deduction.

→ **Work related assistive devices (Arbets hjälpmedel):** If you need special work aids due to a special needs or illness, the Swedish Social Insurance Agency can provide a subsidy to you

or your employer. You can also receive a subsidy for an expert examination of what aids you need.

→ **Special needs allowance (Handikappersättning):** This information is for those of you who already have special needs allowance. It is no longer possible to reapply for the allowance. Instead, if you have costs because of your special need, you can apply for an additional cost allowance (merkostnadsersättning). The same applies if you are blind or have severe hearing impairment.

→ **For those of you who need information in alternative formats:** If you have a special need that makes it difficult for you to read what they write, you can get the information in a way that is easier for you to understand.

How to apply?

All applications are easiest through Försäkringskassans website: forsakringskassan.se
You can also call the private person Customer Center at 0771 524 524 for assistance.



LSS – The Act Concerning Support and Service for Certain Disabled Persons

LSS is a rights based law that gives children, youths, and adults with specific special needs the right to special support and services. In Helsingborg you can apply for LSS services through the municipal LSS case officer.

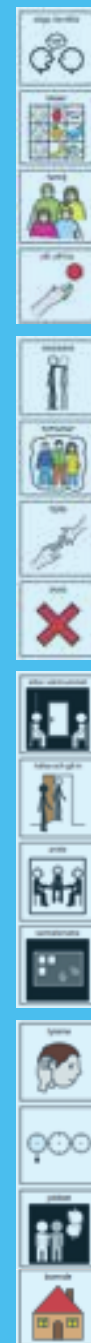
LSS interventions

Within LSS there are a total of ten interventions that provide you with support and help in everyday life.

o **Counselling and other personal support:**

Professional advice and support from, for example, a counselor, psychologist or special educator to make everyday life easier for people with special needs and their relatives.

To apply for the initiative "Advice and other personal support", please contact Habilitering & Hjälpmedel, Region Skåne, by phone 040-33 30 00.



o Personal assistance:

Personalized support in everyday life for people with extensive disabilities, such as help with personal hygiene, meals, and communication.

o Companion service (Ledsagarservice):

An intervention that is for those who have difficulty getting out on their own due to their special needs. Companions can accompany them on walks, visits to the cinema, concerts, and similar events. Help is granted for several hours every six months.

o Contact person (Kontaktperson):

A designated individual who helps break isolation and promote independent living.

o Respite service at home (Avlösarservice):

Relief for relatives by having someone temporarily take over care at home, so that parents or other relatives can have their own time.

o Short-term stay outside the home:

The person with a special need is given the opportunity for a change of environment and relaxation, while relatives are given relief. The short-term stay can take place in a support family or in short-term accommodation.

o Short-term supervision for school-age youths (12 years and older):

Supervision and meaningful activities before and after school and during holidays for schoolchildren with disabilities.

o Living in a family home or a residence with special services for children and young people:

This initiative is for children and young people with severe special

needs who, despite various support measures, cannot remain with their parents. The child can then live with another family, a so-called family home, or in a home with special services for children and young people.

o Housing with special services for adults or other specially adapted housing:

For adults with an extensive need for support and assistance because of their special needs. The need for support and assistance must be recurring throughout the day. In the city of Helsingborg, there is group housing and service housing.

o Daily activity (Daglig verksamhet):

Daglig verksamhet turns to you with special needs who are of working age, unemployed and is not pursuing any education. Daily activities are a type of employment.

All LSS interventions start with individual needs assessment.

How to apply

Fill out the LSS application form or use the e service **Ansökan om insatser enligt LSS**. For more information, contact: Helsingborg contact center, phone **042-10 50 00**.





Non profit Associations and Networks

Many non profit organisations and networks provide community, information, activities, and advocacy for families with special needs. They are often invaluable resources for children, youths, adults with special needs and their relatives.

What can associations offer?

- **Community and support:** You will have the opportunity to meet others in similar situations, exchange experiences and feel belonging.
- **Information and counselling:** The associations offer advice on rights, support measures, school, leisure and public services.
- **Activities and meeting places:** Many associations organize evening cafés, discussion groups, weekend camps, excursions, leisure activities, and lectures where both children and adults can participate.
- **Advocacy work:** The associations also work to improve the conditions for people with special needs, including by influencing politicians and authorities, spreading knowledge, and participating in debates.
- **Support for relatives:** Specific help for parents, siblings, and other close family members.

Examples of associations

DHS Funktionshinderrörelsen i HBG & Mitt Speciella Barn

These are local associations that run projects and provide support, activities and information for families with children with special needs.

Riksförbundet Attention

For people with neuro psychiatric special needs(NPF) such as ADHD, autism/AST, language disorders and Tourette's, and for their relatives. They offer activities, information, advocacy and support groups.

Autism Sverige

Works for the rights and support of people with autism and their families; offers café evenings, discussion groups, camps, excursions and offers advice and legal support to members.

FUB

Riksförbundet FUB works to ensure that people with intellectual special needs and their relatives can live a good life. People with intellectual disabilities, their relatives, and those who believe that all people are of equal value are members of FUB.

Other associations

There are also other groups focusing on mental health, sport, culture and other areas relevant for families with special needs.

How to find the right association

You can read more about and find contact information by checking the websites of local and national organisations. Look at the muni-



city's site or ask at the habilitation service or through Mitt Speciella Barn website. Many associations are also active on Facebook and Instagram.



Activities for Children with Special needs in Helsingborg

The city of Helsingborg offers a broad range of activities and meeting places for children and youths with special needs, both specially adapted programs and inclusive activities that welcome everyone. Below you will find examples of organizations, venues and providers:

Habilitation's Activities

Habilitation's Activities in Helsingborg

The habilitation service in Helsingborg informs and guides families to leisure activities adapted for children and youths with special needs.

Examples of adapted activities

Adapted meeting place "Aktivitetshuset Tryckeriet":

This is a safe, adapted space where you within the age of 13–21 can have a quiet environment and participate on your own terms. You can play games, read, try VR, have coffee, do crafts or simply hang out with new and old friends. Organizer: Helsingborg City.

Football for all Helsingborgs IK, Idrott för alla:

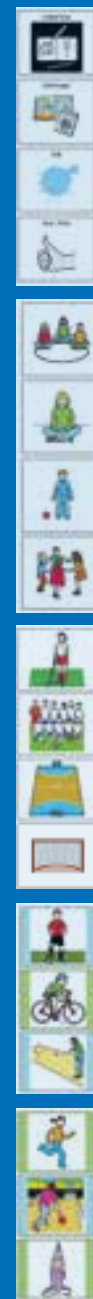
Football training for children and young people with special needs, where the focus is on the joy of movement, play and community.

Football for children with special needs – Hittarps IK:

Adapted football group for children with various special needs.

Floorball ParaStars Youth (FC Helsingborg):

Floorball team for children and young people with intellectual special needs or NPF. Here you train to become better at floorball, play games and have fun together.



Gymnastics “Alla kan gympa” (GF Ling):

Specially adapted gymnastics for children and young people who need extra support. The leaders have extensive experience in adapted sports and create a safe and inclusive environment.

“Funkisbibblan” at Helsingborg Library:

Discover the library in peace, get book tips, and borrow books in a customized environment.

Swimming “Parasim” (Helsingborgs Simsällskap):

Swimming school, swimming training, and competition for children and young people with special needs.



Tennis “Paratennis” (Helsingborg Tennis Club):

Tennis for children and youths with intellectual, visual, or motor disabilities.

Handball – OV Helsingborg:

Handball focusing on play and motor training for children and young people with special needs.

Kampsport - Fenix Kampsport:

Combat sport training for children and youths with special needs.

How to find more activities

Visit the Region Skåne page for an up to date list of all adapted activities and associations in Helsingborg: You can also contact the habilitation service or your personal contact person for recommendations that is right for your child.



Contact for habilitation activities

Would you like to know more about the habilitation activities or book a visit?

Phone: 042 16 91 00 (Children and youth)

Address: Charlotte Yhlens gata 3, Helsingborg

Web: Search “habilitering Helsingborg” on 1177.se or vard.skane.se

Fritid och kultur LSS

Targeted to individuals who are 18 years and older who live in Helsingborg and receive LSS support. The program offers a wide variety of activities to ensure a meaningful and active leisure life. Fritid och kultur LSS activities includes camps, meetings, meeting places, gym sessions, excursions, and more, based on participants' wishes. Before each spring and fall semester, they release a program with the activities planned for the coming six months. **Link to brochure:**



Here you will always find the latest brochure with activities for each season and semester.

For more information or questions about registration or participation, contact Helsingborg City's LSS unit or your LSS case officer.

Leisure activities for you in the year you turn 13

After school, it can be nice to take it easy or find something fun to do with friends. After the spring semester, the year you turn 13, you can participate in our leisure activities, Furutorp tillsyn or Stattenas tillsyn.

The leisure activities are open after school and during school holidays. When you start with us, they meet to talk about what you want to do and what you find fun, so that they get to know each other and can offer activities that suit you. When you are at leisure activities, you always have an adult nearby.



Fritid Helsingborg & Joina Oss

Helsingborg city provides a rich, varied leisure life through its youth centers, meeting places, and activity houses. Here you will find activities for children, teenagers and young adults of all ages and with different interests. Everything from sport, dance, music, crafting, gaming, cooking, e-sports, spontaneous meet-ups, etc.

The leisure centers and meeting places are open and welcoming to everyone, and many activities actively work to include children and young people with special needs in their daily activities. The staff have experience in meeting different needs and can adapt to activities so that everyone can participate on their own terms. It is also often a good idea to contact the activity in advance if you have questions about accessibility or special needs.

Examples of activities

Sport & movement: *football, basketball, table tennis, dance, obstacle courses, outdoor games.*

Creative & cultural: *Craft, painting, music studio, theatre, film evenings, workshops.*

Games & technology: *Board games, video games, e sport, VR, digital creation.*

Food & community: *Cooking evenings, fika, café activities, themed nights.*

Excursions, camps, holiday programs.



How to find activities:

Youth app (Ungdomsappen) for those 13 years and older:

The app provides a list of activities and registration information. Download the app and create an account to stay up-to-date and book your spot.

Read more and download at: helsingborg.se/ungdomsappen.

Event calendar for those younger than 13 years:

If you are younger than 13 years old, you can find fun activities for you and your family in the Helsingborg city event calendar.

Read more at: helsingborg.se/event.

Social media:

Follow [@fritidhelsingborg](https://www.instagram.com/fritidhelsingborg) and [@joinaoss](https://www.instagram.com/joinaoss) on Instagram for updates on current activities and tips.



Tip:

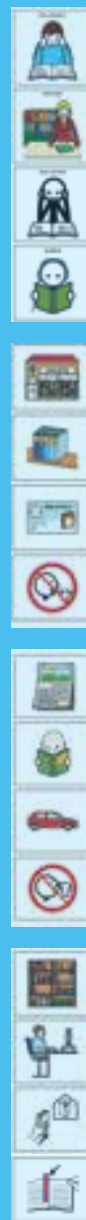
You can always talk to the staff if you have any requests for special activities or need extra support to participate. Many activities are free or have a low cost.



Helsingborg Library

The library is a safe, accessible, and inclusive meeting place for all children, offering special support for children with special needs through the “Funkisbibblan” initiative. This is an extended presentation of the library’s activities and the particular funkis-bibblan-activity.

Helsingborg Family Library regularly offers activities for children of all ages, such as Storytimes, crafts, theater, film screenings, and reading circles. The activities are almost always free and open to everyone. The library is a safe and accessible meeting place where



children and families with special needs are especially welcome to visit.

Funkisbibblan is a special part of the city library aimed at children, young people and adults with disabilities and their relatives.

Funkisbibblan offers:

- Adapted books and media (easy read, audiobooks, tactile books)
- Story time and reading sessions tailored for children with special needs
- Craft and creative activities open to everyone
- Support and help from library staff experienced with disabilities
- A chance for group activities and meet-ups for children and families



The library works actively to create an inclusive environment and takes special care of different needs. The premises are wheelchair accessible and there are staff who can help if needed.

For more information and current activities, visit the library website or contact the library directly.



Culture & Museum Activities

Here you can read about museums, theatres, and galleries in Helsingborg. You can also join city walks, visit gardens and historical landmarks. If you also have a culture card (kulturkort), you get free admission to many exhibitions, performances, and other experiences.

In the event calendar, you can find out what is happening today or on another dates.



Tip:

Many events offer free admission for companions or personal assistants. Keep an eye out for special family days and inclusive cultural arrangements on **helsingborg.se** and the organizers' own websites.

How to Find Activities?

Municipal event calendar: Helsingborg's website and the Youth app (Ungdomsappen) you will find collected tips about current activities.

Association websites & social media: Follow, for example, Mitt Speciella Barn, Fritid Helsingborg, and Joina Oss on Instagram for updates.

Library programs: "Bibliotek Familjen Helsingborg" publishes term programs on their website.

Through habilitation: Ask your contact person in habilitation for activity tips that suits your child.

Tip:

Many activities are open to dialogue and can adapt activities to the child's needs. Please contact the organizer in advance if you have questions about accessibility or special needs.

Extra Support & Free Cards for Persons with Special needs

In Skåne, there are several cards and benefits that can make everyday life easier for people with special needs and their relatives.

Here some of the most important ones:

Travel Service Card & National Travel Service

If you have difficulty traveling by public transport on your own due to your special needs, you can apply for a public transport card or a national public transport service.



- **Mobility service card (Färdtjänstkort):** You can get a transport service if you have a disability. This applies if you have great difficulties moving around without help or travelling by public transport. Your disability must have been present for more than three months in order for you to be able to apply for a transportservice. For longer trips in Sweden, you can apply for a national transport service (Riksfärdtjänst). In that case, different rules apply.



- **National mobility service (Riksfärdtjänst):** For longer journeys outside Skåne but within Sweden. Tested according to Lag (1997:735) om riksfärdtjänst.



- **Companion Card (Kamratkortet):** Allows you to bring a companion free of charge to many activities such as sports, cinema, museums, etc. It can be a great and fun way to try new activities when the two of you share the experience. Example venues: Helsingborg City Theatre, Dunkers Kulturhus, OV Helsingborg, Sofiero, and many more.



Parking Permit for Mobility Impaired

If you have difficulty walking and need to park close to your destination (e.g. a shop entrance), you may be entitled to a parking permit for mobility-impaired people.

The permit is personal and valid throughout Sweden for any vehicle. You can apply either as a driver or a passenger.

Application: Via the municipality.
Applications are made via the municipality website.



Where Can I Turn for Help, Questions and Support?

Finding the right support in the community can feel overwhelming when you have questions about diagnoses, school, assessments, or simply need advice about your child's or family's situation. Below is a consolidated list of contacts in Helsingborg and nationally to get help, information, and guidance.

Advisors & Support in Helsingborg

Do you need help and support in life, but don't know where to turn to get the help you need? Then the advice and support coordinators, Mariam and Katarina, can help you.

Counsellors Mariam and Katarina: Free, anonymous, confidential advice (confidentiality applies).



What can the advisor help with?

- Clarify problems and find solutions
- Guide to the right authority or activity
- Provide advice and support regarding the entire life situation
- We speak Swedish, English and Arabic.

Support in school and around education (SPSM)

Specialpedagogiska skolmyndigheten (SPSM) works to ensure that children, students, and adults, regardless of special needs, are allowed to achieve their educational goals. They do this through special educational support, teaching in special schools, skills development, accessible teaching materials, and government grants.

Who can contact SPSM?

Parents, school staff, and school leaders can get advice about adaptations, support, learning materials, and rights.

Vad erbjuder SPSM?

The support they offer can be about the individual's learning, special educational work, or association and organization. The expertise they offer complements the municipalities' and schools' own resources. SPSM is Sweden's largest knowledge bank in special education.



For example:

- Advice on how the teaching and learning environment can be adapted.
- Information about special schools and rights at school.
- Courses, webinars, and support materials for both parents and school staff.

Health Care & Assessment / Diagnosis

Child Health Center (BVC): For younger children, developmental concerns, or behavioural issues.



School health services (Elevhälsan): Support within school, extra adaptations, referrals for assessment.

Healthcare center (Vårdcentralen): General questions about diagnosis, referral to BUP, or habilitation.



“En väg in” telephone counselling (Region Skåne):
Call 020 51 20 20 for mental health guidance, NPF,
and support for children and youths in Skåne.

Habilitation

Habiliteringsmottagning barn och unga, Helsingborg: offers advice, support, and treatment regarding special needs, diagnosis, everyday strategies and aids.



Phone: 042-16 91 00



Barn- och ungdomspsykiatrimottagning Helsingborg (BUP)

BUP Helsingborg is for children and young people under the age of 18 with mental health problems that require special care. For example, anxiety, depression, ADHD, or other mental difficulties.



How to get help?

- Contact “En väg in” for advice, guidance, and possible booking of an appointment at the clinic.
- Referral can be given from student health (elevhälsan), the youth clinic (ungdomsmottagningen), the health center (vårdcentralen), or other healthcare providers.
- Young people aged 13–17 can book a digital visit themselves via 1177.se.

Associations & Networks

Associations such as **DHS Funktionshinderrörelsen i Helsingborg, Mitt Speciella Barn, Autism Skåne, FUB Skåne** and others offer advice, support groups, exchange of experiences, and answer questions via telephone, email, and social media.



1177 Vårdguiden

1177.se provides reliable information about diagnoses, treatment, rights, and support. You can also call 1177 for healthcare advice 24/7.

LSS

LSS-handläggare: For questions about interventions according to LSS (e.g., relief service, short-term stay), please contact your LSS administrator in the city of Helsingborg.



This brochure is for parents with children who have special needs. We have gathered all available information about activities and help in Helsingborg that is specifically aimed to children on the so-called Neuro-psychiatric disabilities (NPF).

The brochure is part of the Mitt Speciella Barn project, which is run by DHS - Funktionshinderörelsen i Helsingborg with support from Allmänna Arvsfonden.

We reserve the right to make any changes to meeting places and information on the websites referred to after September 2025.

Participants in the Mitt Speciella Barn project:



JoinaOss
på Ung Fritid



**ALLMÄNNA
ARVSFONDEN**