



NIEMIKOTISÄÄTIÖ

HOUSING SERVICES



An opportunity for rehabilitation

GUIDE TO SUCCESSFUL LIVING

Welcome to your own home!

**When a suitable apartment
for you becomes available
in Housing Services,
you can sign a lease
with the house manager
of Housing Services.**

Checklist for moving in

**When you move in to your new home,
please remember to**

- submit a notification of move to Posti and the Local Register Office. The notification can be made online at www.posti.fi/muuttoilmoitus, using the forms available at the Posti or the Local Register Office or by phone at 0295 535 535.
- notify your current housing company that you are moving out.
- make a notification of move to the housing office of your new home.
- terminate the electricity contract of your old apartment and make a contract for the new one.
- notify your care facility that you are moving.
- submit an application for housing support if you are eligible. You will need to include the receipt for one rent payment, your leasing agreement and a transcript of the register of occupants.
- empty out the storage space at your old apartment and put the lock on the door of the new storage space.



Smooth living

We want to offer you an enjoyable and long-term home, where everyday life flows smoothly. In order to ensure smooth living, please make sure that

- you pay your rent
- your apartment is well cared for and clean
- you and your guests follow the house rules
- you do not smoke in the apartment.

If you are not able to pay your rent, please contact both Housing Services and your own social insurance office. This will help us come up with a payment plan together.

We have installed a fire alarm in each apartment. Please let us know if the battery in the fire alarm dies, so that we can replace it with a new one. Please also contact Housing Services if your home is in need of repair or alteration work. We replace broken appliances with new ones and can arrange renovations together.

Pets are a source of great joy. You can have a pet in your home, as long as you are able to look after its wellbeing – even when you are not home.

Support for residents

The Housing Services counselors meet with residents during visits to the residents' homes. The frequency of the home visits is determined based on the resident's wishes and the need for support.

During the home visits, the residents get support for independent living. The resident and the counselors evaluate the resident's wellbeing and living situation together.

During the home visits, the counselors help with matters related to everyday living: they monitor residents' overall situations, guide them to participate in meaningful daily activities, help them apply for benefits from Kela and social services and do small renovation and installation work.

The home visits are always arranged with the resident in writing or by phone. If a resident cannot be reached despite attempts, or if there is reason to suspect that the resident's health is in danger, the counselors will have to use the Housing Service's keys to get into the apartment.



**If you need,
we will make
a home visit
to make sure
everything is
alright with you
and your home.**

Emergency counseling at night

Our emergency counselors can be reached every night from 7 p.m. to 5:30 a.m. You can call 050 573 5658 if you need support or someone to talk to at night.

Day activities

We organise a wide range of fun and interesting activities and ways to spend time together at the day centres. Ompelimo & Olohuone ('the sewing and living room') is a meeting place for all of our residents, where you can read the daily paper or use the internet. If you are interested in work and day centre activities, contact the Aurora work and food service centre at 041 519 6263.

Hobbies and events

We organise a variety of leisure time activities, trips and events for our residents. Our annual summer celebration and Christmas party bring many of our residents together.

Hyvä mieli magazine

We publish the Hyvä mieli ("Good mood") magazine 4–6 times a year and send it to all our residents. The magazine includes up-to-date information about the Niemikoti Foundation and Housing Services events.



We wish to operate
ecologically, so we
follow the EcoCompass
recycling instructions.
You will receive the
recycling instructions
when you sign
your lease.



**KIPPARLAHDEN
APTEEKKI**

Herttoniemenranta

kipparlahdenapteekki.fi / avainapteekki.fi

Avainapteekit

Hitsaajankatu 13,
FI-00810 Helsinki
tel. +358 20 741 5260

Open:
mon-fri 9-20, sat 10-15

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Guide for residents

This guide is intended for residents of Niemikoti Foundation's Housing Services. The guide contains tips and contact information to help make living easier.

Housing Services offer a personalised, safe and independent living environment for people recovering from mental health problems. You do not have to manage all on your own, as you will be supported by the Housing Services teams and your housing manager. There are two teams: one for residents in Western Helsinki and the other for those in Eastern Helsinki. The members of both teams are social and health care professionals.

We work according to the recovery philosophy, meaning all our work is based on residents' needs and wishes. We want each of our residents to feel equal and carry the responsibility for their lives as well as they can manage to. We will support you in every way we can in making independent decisions and in your recovery. We want to create the conditions you need for independent, long-term and happy living as well as a smooth everyday life.

We welcome you to come live with us!



Sinun kotisi?

Vuokra-asuntoja 18-29 -vuotiaille nuorille usealla eri paikkakunnalla

www.alkuasunnot.fi



**Niemikoti Foundation,
Housing Services**

Malminkaari 9 C
FI-00700 Helsinki

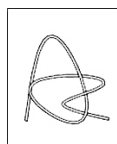
tel. +358 50 404 0030

jalleenvuokraus@niemikoti.fi

www.niemikoti.fi/jalleenvuokraus



Niemikoti Foundation
– now on your smartphone!



ARKKITEHTITOIMISTO RAUHALAMMI OY
Tuomarilantie 4, FI-02670 Espoo
tel. +358 9 626 665 / +358 50 557 5517
antti@rauhalampi.fi

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