

# Social support and services to people with disability and their carers in Estonia 2014

More You Care in Estonia, Latvia, Finland –  
MYSELF

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**norden**

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# Definitions

- ♥ Disability is the loss of or an abnormality in an anatomical, physiological or mental structure or function of a person which in conjunction with different relational and environmental restrictions prevents participation in social life on equal bases with the others.
- ♥ Moderate disability is assigned to a person who has difficulties in his or her daily activity or participation in social life.
- ♥ Severe disability is assigned to a person whose daily activity or participation in social life is restricted.
- ♥ Profound disability is assigned to a person whose daily activity or participation in social life is wholly restricted.
- ♥ Informal carer is a person providing daily assistance and care to family member or relative with a chronic illness, disability or other long lasting health or care need.



# Application to determine disability or permanent incapacity to work

- ♥ The permanent incapacity to work or the degree of severity of disability is determined by the Social Insurance Board based on the documents necessary and by involving medical experts.
- ♥ The permanent incapacity to work or the degree of severity of disability is determined based on two different documents – a person has to submit a standard application for examination, the family physician or medical specialist of the person submits the description of state of health form.
- ♥ If a person simultaneously applies for the establishment of permanent incapacity for work and determination of the degree of severity of disability a single application for examination is submitted.



# Determination of the degree of severity of disability

- ♥ For a **child** (less than 16 years of age) and a **person of pensionable age**, the degree of severity of disability shall be determined based on the need for personal assistance, guidance and supervision and as follows:
  - ♥ **moderate** if a person needs regular personal assistance or guidance outside his or her residence at least once a week;
  - ♥ **severe** if a person needs personal assistance, guidance or supervision in every twenty-four hour period;
  - ♥ **profound** if a person needs constant personal assistance, guidance or supervision twenty-four hours a day.
  
- ♥ For a **person of working age** (a person of 16 years of age until attaining the pensionable age), the degree of severity of disability shall be determined based on restrictions on participation in daily activity and social life as follows:
  - ♥ **profound** if a person's daily activity or participation in social life is wholly restricted;
  - ♥ **severe** if a person's daily activity or participation in social life is restricted;
  - ♥ **moderate** if a person has difficulties in his or her daily activity or participation in social life.
  
- ♥ **For determining the degree of severity of disability and additional expenses**, a person has to submit a standard application for examination that includes the description of the need for personal assistance, guidance and supervision.



# Appointment of carer

- ♥ Appointing a carer is one way to organise social care. Carer is appointed by local municipality to a person in need of care taking into consideration the requests of to-be carer and care dependant.
- ♥ Such measure improve the chances of a person in need of care to be cared for at one's home. Often, the care dependant can choose the person that could become carer amongst the relatives or friends.



# Social benefits for disabled persons

- ♥ Disabled child allowance;
- ♥ Disability allowance for a person of working age;
- ♥ Disability allowance for a person of retirement age;
- ♥ Disabled parent's allowance;
- ♥ Education allowance;
- ♥ Work allowance;
- ♥ Rehabilitation allowance;
- ♥ In-service training allowance.

The basis for the calculation of social benefits provided is the rate of social benefits for disabled persons established by the *Parliament* in the state budget for each budgetary year. In 2014 - 25,57€



# Disabled child allowance

- ♥ Disabled child allowance shall be paid monthly to a child under 16 years of age for the additional expenses caused by the disability and, upon existence of a rehabilitation plan, for the activities prescribed therein in an amount equal to:
  - ♥ 270 % of the social benefit rate to a child with a moderate disability (69,04 € in 2014);
  - ♥ 315 % of the social benefit rate to a child with a severe or profound disability (80,55 € in 2014).



# Disability allowance for a person of working age

- ♥ Allowance for disabled person in working life is paid monthly to a person with disability from 16 years of age to pensionable age for the compensation of additional costs caused by the disability.
- ♥ Allowance can not be less than 65% of the social benefit rate for the person with moderate disability (16,62 € in 2014) and not more than 210% of the social benefit rate for the person with profound disability (53,70 € in 2014).





# Disability allowance for a person of retirement age

- ♥ Allowance for disabled person in pensionable age is paid monthly to a person with moderate, severe or profound disability in pensionable age for the compensation of additional costs caused by the disability and for the activities in the rehabilitation plan, if it exists:
  - ♥ 50% of the social benefit rate for the person with moderate disability (12,79 € in 2014);
  - ♥ 105% of the social benefit rate for the person with severe disability (26,85 € in 2014);
  - ♥ 160% of the social benefit rate for the person with profound disability (40,91 € in 2014).



# Disabled parent's allowance

- ♥ Disabled parent's allowance shall be paid monthly to the following persons who are raising a child of up to 16 years of age (or a child up to 19 years of age who goes to basic school, high school or vocational school):
  - ♥ disabled single parent;
  - ♥ one of two disabled spouses;
  - ♥ disabled step-parent;
  - ♥ disabled guardian who is raising a child alone;
  - ♥ disabled person who is raising a child alone and with whom a written foster care contract has been entered into pursuant to the Social Welfare Act.
- ♥ The amount of disabled parent's allowance is 75 % of the social benefit rate (19,18 € in 2014).



# Education allowance

- ♥ **Education allowance** shall be paid monthly (except in July and August) to a non-working disabled student who attends upper secondary school in classes 10 to 12 or who attends a vocational school or institution or an institution of higher education, and who has additional expenses in relation to his or her studies as a result of the disability.
- ♥ Education allowance shall be paid according to the actual additional expenses of the person but in an amount of
  - ♥ not less than 25% or
  - ♥ not more than 100% of the social benefit rate (6,39-25,57 € in 2014).



# Work allowance

- ♥ Work allowance is paid to a disabled working person of 16 years of age or older who has work-related additional costs due to the disability.
- ♥ Employment allowance is paid to compensate partly for the actual expenses made by the disabled person in relation to working with the disability in the social benefits rate of up to 10 times during three calendar years from the time of firstly granting the benefit. If the additional costs made in three calendar years are smaller than the maximum sum, the sums actually paid by the disabled person for goods or services will be paid back as benefits.
- ♥ The expenses compensated with allowance must be made during employment. The expenses made before the beginning and after the end of employment shall not be compensated for with benefits. Allowance is paid according to presented documentation on expenses for the expenses made during the calendar year. Allowance is paid for the expenses of the previous calendar year, if the application for receiving the allowance has been submitted by March 31 of the current year.



# Rehabilitation allowance

- ♥ Rehabilitation allowance shall be paid for the active rehabilitation of disabled persons of 16 to 65 years of age in rehabilitation institutions.
- ♥ The rehabilitation allowance shall be paid to compensate partially for actual rehabilitation expenditure in an amount of up to 200 % of the social benefit rate during a calendar year (up to 51,14 € in 2014).



# In-service training allowance

- ♥ **In-service training allowance** shall be paid for vocational training and formal education acquired by a working disabled person within the adult education system.
- ♥ In-service training allowance shall be paid to compensate partially for actual training expenditure in an amount of up to 24 times the social benefit rate during three calendar years as of the first grant of the allowance.



# Pension for incapacity for work

- ♥ Pension for incapacity for work is a type of state pension.
- ♥ The following persons have the right to receive pension for incapacity for work:
  - ♥ permanent residents of Estonia;
  - ♥ aliens residing in Estonia on the basis of temporary residence permits or temporary right of residence.
- ♥ Persons of at least 16 years of age who are declared permanently incapacitated for work with the 40 to 100 per cent loss of the capacity for work, and who have earned a following pension qualifying period in Estonia.
- ♥ For the persons declared permanently incapacitated for work, pension for incapacity for work shall be granted for the entire period of incapacity for work but not for longer than until attaining pensionable age.



# Calculation of pension for incapacity for work

- ♥ Base value for calculation is the higher sum out of two following options:
  - ♥ Permanently incapacitated person's old-age pension taking into account the person's pension qualifying period and the insurance component;
  - ♥ Standard old-age pension with 30 years of pension qualifying period.
- ♥ Pension for incapacity for work is the result of higher previous sum multiplied with the per cent of loss in incapacity for work.





# Pension qualifying period in Estonia

Age	Required pension qualifying period
16-24 years	No requirement for length of service
25-26 years	1 year
27-28 years	2 years
29-30 years	3 years
31-32 years	4 years
33-35 years	5 years
36-38 years	6 years
39-41 years	7 years
42-44 years	8 years
45-47 years	9 years
48-50 years	10 years
51-53 years	11 years
54-56 years	12 years
57-59 years	13 years
60-62 years	14 years



# Additional terms for calculation

- ♥ If the reason for the permanent incapacity for work is a work injury or occupational disease, pension for incapacity for work shall be granted with no requirement for length of service.
- ♥ If a person is retrospectively determined to be disabled child and the reason for the permanent incapacity for work is caused by the same injury or disease that brought about the disability the pension for incapacity for work shall be granted with no requirement for length of service.
- ♥ In other cases, the basis for calculations are as follows:
  - ♥ Pension's base amount 144.2585 €
  - ♥ value of a year of pensionable service is 5.245 €
  - ♥ insurance component - sum of the annual factors of an insured person multiplied by the value of a year of pensionable service



# Social benefits of local municipalities

- ♥ Arising from the Local Government Organisation Act it is in the competence of council of local municipality to establish the procedure for the grant of benefits financed from the local budget; including different target groups – disabled persons.
- ♥ These benefits can be needs-based and target-based.
- ♥ Majority of local municipalities opt for needs-based social benefits, that take into account the person's income and additional costs related to a disability.
  - ♥ Medications allowance
  - ♥ Compensation for buying technical aids
  - ♥ Carer allowance



# Carer allowance

- ♥ Carer allowance is a social benefit paid by local municipality according to the established provision to the person, who is caring for care dependant.
- ♥ Carer allowance benefit facilitates care for people who need care in their own home.
- ♥ Recipient of Carer allowance is entitled to social insurance, if this is not available for the recipient through other measures. Local municipality covers the Social Tax for recipients.
- ♥ Being adult person appointed as carer by local municipality or being a parent for disabled child do not ensure the right for Carer allowance. Being appointed as carer and applying for Carer allowance are two separate procedures.
- ♥ The amount of Carer allowance depends on the severity of disability of care dependant and established provision for applicable allowance by local municipality. (Varies from no allowance up to 100 € based on the circumstances)



# Social services

- ♥ Social counselling;
- ♥ Social care service, including care in institutions and respite care;
- ♥ Personal assistant service;
- ♥ Support person service;
- ♥ Domestic services;
- ♥ Housing services;
- ♥ Day care service;
- ♥ Social transport;
- ♥ Special Care Services;
- ♥ Rehabilitation service;
- ♥ Informal care;
- ♥ Substitute home service;
- ♥ Childcare service;
- ♥ Provision of prosthetic, orthopaedic and other appliances.



# Social counselling

- ♥ Social counselling is a service that is directed to a person or a family, whose independent coping with daily life is disturbed or is becoming to be disturbed due to the impact of social, financial, psychological or health issues.
- ♥ Social counselling gives necessary information about social rights and opportunities for protecting lawful interests, and assistance in solving specific social problems in order to contribute towards future coping.
- ♥ Individual social counselling – highlighting the opportunities within the legislation, hidden resources within the person and living environment, cooperation with the person towards future coping.
- ♥ Family social counselling – highlighting the opportunities within the legislation, hidden resources within the person and living environment, cooperation with the family towards future coping of every family member.
- ♥ Service is provided by care facilities, local municipalities and NGOs. Service is free of charge.



# Care service

- ♥ The service is designed to support person's coping with daily activities both in familiar surroundings and in care facility. The service provides safe environment and life quality for care recipient and creates opportunities for respite and personal time for family members of care dependant.
- ♥ Service is designed for a person, whose independent living is compromised and needs personal assistance, guidance or supervision due to the health condition, operational capacity or living environment of the person. Based on the needs and operational capacity of the person, such care service can be provided either short term or long term both in the care dependant's home or in care facility.
- ♥ Care service can be provided: in care facility, at care dependant's home, in form of respite care or at day care center.
- ♥ Care service is generally paid by the client. If the client's ability to pay is low, then the responsibility falls to the family members of care dependant or to local municipality.



# Personal assistant service

- ♥ Personal assistant service is designed to assist person with disability in everyday physical activities, thereby contributing to the person's increasing independence and participation in various fields of social life, including education and employment.
- ♥ Additional aim of this service is to reduce the care responsibilities of the family member or relative of care dependant and contributing to their independence and increasing social inclusion, including active employment.
- ♥ Generally, the service is funded by the local municipality, the amount of pay depends on the service provision and on the agreement made between person providing the service and local municipality.





# Support person service

- ♥ Service is designed to grant the person's daily coping.
- ♥ Providing support, empowerment and guidance to aid the person in fulfilling the daily responsibilities, exercising the rights or coping with difficult situations arising from the living environment.
- ♥ Based on the needs of the client the support person assists with conduct of official affairs, offers emotional support, shares knowledge and experience etc. Difference between personal assistant and support person service lies in the fact that the latter will not complete necessary activities for the client, only aids with them.
- ♥ Generally, Support person service is funded by the local municipality.



# Domestic care service

- ♥ Domestic care services are provided to persons in their homes which help them cope in familiar surroundings and help maintain reasonable life quality at home and in society.
- ♥ Person's operational capacity consists of 3 action components (personal care, work and spare time) and readiness to operate (sensorimotor, cognitive and psychosocial skills). Aim of this service is to maintain and improve the person's operational capacity.
- ♥ Person's need for assistance results in the limited operational capacity. For example, person may not be able to cook or do shopping due to the health issues.
- ♥ Living environment may also be the cause for support. For example, person is living on the 5th floor in a building without an elevator but the health status limits the movements. This is the case where domestic care service can fill the void, solving the problem without the person being forced out of the home on its own risk.
- ♥ Service is generally provided by the local municipality. In addition, the service can be provided based on the signed contract by private enterprise, civilian or NGO. Service is paid by the client, by the family members or relatives of the client and/or by local municipality.



# Housing service

- ♥ Local municipalities are required to provide dwellings for persons or families who are unable or incapable of securing housing for themselves or their families and to create, if necessary, the opportunity to lease social housing.
- ♥ Persons who have difficulties moving about, caring for themselves or communicating in a dwelling shall be assisted by the local municipality in adapting their dwelling or in obtaining a more suitable dwelling.
- ♥ Housing costs are covered by the client, in case of insolvency the costs are covered by the local municipality.



# Day care service

- ♥ Day care service is provided by the local municipalities or NGOs through established Day care centers, which offer public services at favorable terms and possibility to spend spare time. Aim of the centers is to support adults in their social activities and daily coping or prevent future coping issues.
- ♥ Public services at favorable terms:doing laundry, hairdressing, catering, public sauna etc. Favorable terms mean that these services are free of charge or cheaper than the actual cost of such service. These services are partly or fully funded by the local municipality or other backer(Foundation, Agency, Sponsor etc.).
- ♥ For spending spare time different interest clubs, peer groups, events or other form of activities are established. Focus is on the opportunity of the different age groups to be socially active and inclusive.



# Social transport

- ♥ Social transport service is designed to grant the mobility for persons who are not able to use public transport or personal vehicle due to their disability. Social transport service enable these persons to access:
  - ♥ place of employment or
  - ♥ education and
  - ♥ use of public services.
- ♥ With the social transport service, help and assistance needed to enter or exit the servicing vehicle must be arranged.
- ♥ Service is generally co-funded by the client and local municipality.



# Special care services

- ♥ The special care services are directed to grown-up persons who have developed a greater need for personal assistance, instructing or also supervision due to severe or permanent mental disorder and who need professional personal assistance for coping. The need and justification for the special care service have to be included into personal rehabilitation plan.
- ♥ Special care services are:
  - ♥ Everyday life support service (101 € per month);
  - ♥ Supported living service (157 € per month);
  - ♥ Employment support service (83 € per month);
  - ♥ Community living service (329 € per month);
  - ♥ 24-hour special care service (435 € per month); specifications of payment in case of 24-hour special care service is provided to a person placed in a social welfare institution by a court ruling.
- ♥ Special care services are funded from state budget and costs are covered directly to the service provider.



# Rehabilitation service

- ♥ Rehabilitation service is provided by the state to support the ability of disabled persons to cope independently, their social integration and employment or commencement of employment in the framework of a prepared rehabilitation plan with a term of validity of six months to five years.
- ♥ Different target groups have different goals and expected outcomes through rehabilitation service:
  - ♥ In case of disabled child, the focus is on overall development and education attainment;
  - ♥ In case of individuals in working age, the focus is on support for entering active employment or staying on the labour market;
  - ♥ In case of elderly, the focus is on maintaining or improving independence and daily coping skills.
- ♥ Entitled to rehabilitation service are:
  - ♥ All children applying for disability and those individuals of working age applying for disability,
  - ♥ disabled children and adults,
  - ♥ individuals of working age (from 16 years to retirement age) with special intellectual needs who have lost at least 40% of their capacity for work,
  - ♥ individuals referred pursuant to a decision by the juvenile committee.
- ♥ Costs of the rehabilitation service are generally covered from state budget.



# Informal care

- ♥ Informal carer is a person providing care to a family member or relative with a chronic illness, disability or other long lasting health or care need.
- ♥ Informal care can be short-term and temporary, but usually tends to be long-term responsibility to provide supervision and care. Care responsibility may occur over longer period of time or may be the result of sudden illness or accident or the birth of a child with special care needs.
- ♥ Informal carers are persons of all ages providing care for family members or relatives of all ages: For example, they are the parents of disabled child or persons providing care for their elderly parents or other relatives.
- ♥ Costs related to providing care are covered by informal carers themselves.





# Substitute home service

- ♥ Substitute home service is designed to ensure family-like living conditions to a child for meeting his or her basic needs, the creation of a secure physical and social environment promoting his or her development and preparation of the child for coping in accordance with his or her abilities as an adult.
- ♥ The service provided to a child entitled to substitute home service is funded from the state budget: 758 € - 1173 € per month



# Childcare service

- ♥ Childcare service is designed to support the ability of the parent, guardian or a person providing contractual foster care to cope or work during the provision of which the care, development and safety of a child is guaranteed by a provider of childcare service instead of the persons specified above.
- ♥ The legal representative of a child with a severe or profound disability is entitled to state-funded childcare service until the end of the calendar year during which the child attains 18 years of age, provided that:
  - ♥ the need for care services of the child with a severe or profound disability is set out in the child's rehabilitation plan;
  - ♥ caring for the child is not guaranteed with other social services at the same time, except for foster care;
  - ♥ the child is not staying at an educational institution at the same time.
- ♥ Childcare service do not compensate the lack of kindergarten or school(including home schooling) spot for the family with disabled child. Disabled children have the equal right to attend the kindergarten or school and the childcare service is an additional relief-measure for the parent of disabled child.
- ♥ Parent can use the childcare service as 24-hour service, daily or for certain amount of hours. 24-hour childcare service is most suitable for parents on holiday or official assignment. If the need for childcare service is more extensive than provided by state funding, then the added costs will be covered in cooperation between the family and local municipality.



# Provision of prosthetic, orthopaedic and other appliances

- ♥ Persons who are in need of prosthetic, orthopaedic or other appliances due to illness, advanced age or disability have the right to receive the appropriate appliances.
- ♥ A list of prosthetic, orthopaedic and other appliances provided at a discount and the conditions and procedure for receipt thereof is established by the minister of social affairs.
- ♥ The technical aid is a device or tool that helps to prevent the progression of occurred damage or congenital damage or disability, to compensate for the dysfunction caused by damage or disability, improve or maintain the highest possible level of physical and social independence and ability to operate daily.



# Benefits, services, subsidies – employment

- ♥ Disabled person in employment or seeking employment:
  - ♥ Adaptation of the workplace – Employers can receive compensation for all or a part of the cost incurred for the adjustment;
  - ♥ Technical aids and equipment – Special equipment available, if it is needed for the employee to do his or her job properly;
  - ♥ Assistance in job interviews – Jobseekers may receive assistance to communicate with you during job interviews.
  - ♥ Working with a support person – possibility to offer that extra support, by paying for the cost of a support person. This support person can guide a disabled employee more intensively, and help establish the necessary routines. The wage cost for a support person is partially compensated for up to one year.
  - ♥ The annual holiday of an employee receiving pension for incapacity for work or national pension based on incapacity for work is 35 calendar days (28 days of regular annual holiday covered by employer; additional 7 days compensated by the state).
- ♥ Additional holiday for working parent of disabled child:
  - ♥ One parent of a disabled child has the right to child leave of one working day per month until the child reaches the age of 18 years, which is compensated by state on the basis of the average wages;
  - ♥ One parent who is raising a disabled child of up to 18 years of age has the right to child leave without pay of up to ten working days every calendar year.



# Benefits, services, subsidies – employment

## Special cases of taxation

- ♥ Social tax:
  - ♥ The state or legal persons in public law shall pay social tax for the employees of a company, non-profit association, foundation or sole proprietor who receive pension for incapacity for work. The state or legal persons in public law pay the social tax on the part of wage, that exceeds the monthly minimum wage rate established (2014- 355 €).
  - ♥ Local municipality shall pay social tax for persons who care for a disable person and to whom a local municipality pays carer allowance (person should neither work nor receive state pension).
  - ♥ Local municipality shall pay social tax for persons who care for a disable child and to whom a local municipality pays carer allowance (person should neither work nor receive state pension).
- ♥ Income tax exemptions:
  - ♥ Expenses incurred to transport are not classified as fringe benefits if it is impossible to make the journey using public transport with a reasonable expenditure of time and money, or if disabled employees are enable to use public transport or if use of public transport would cause a material decrease of the persons' ability to move or work. Transport costs have compensation rate up to 355 € per month when the travel diary is filled out.
  - ♥ Fringe benefits do not include expenses made for granting medical devices to an employee whose loss of capacity for work has been established to be 40 per cent and more or whose degree of disability has been determined and the value of which does not exceed 50 per cent of the total size of payments subject to social tax made to the employee during one calendar year.



# Healthcare services providing respite for care responsibilities

- Physiotherapy up to 10 days per year (generally, free of charge for patient);
- Nursing care up to 60 days per year (daily fee as co-financing; 2015 – 9,20 €);
- Home-nursing – according to the needs of care dependant (free of charge for patient).



# Public transport discounts

- ♥ On national lines in railway, road and waterway traffic (including commercial lines), the carriers is required to carry without charge:
  - ♥ pre-school children,
  - ♥ disabled children, persons aged 16 years or more who have a profound disability,
  - ♥ person accompanying a person having a profound or severe visual disability or the guide dog accompanying a person having a visual disability.
- ♥ Travel fare discount in the amount of up to 50 per cent of the full price of the ticket, in public regular services provided in road and waterway traffic on urban or other domestic train routes where points of departure and destination of passengers are located within the limits of one city, is granted for:
  - ♥ school pupil,
  - ♥ person accompanying a person with a profound disability,
  - ♥ person accompanying a disabled child.
- ♥ The extent of the annual travel fare discount is determined:
  - ♥ in road traffic – by the council of municipality for local lines and by the county governor for county lines;
  - ♥ in waterway traffic – by Minister of Economic Affairs and Infrastructure for the ship, small ship and ferry lines
  - ♥ in railway traffic – by the city council for train routes.
- ♥ Ferry travel fare discount:
  - ♥ Free of charge – disabled children and adults with profound disability;
  - ♥ Discount in the amount of up to 50 per cent of the full price of the ticket – person accompanying disabled child or person with profound disability, including severe visual disability, and pensioners, including persons receiving pension for incapacity for work;
  - ♥ Free of charge – vehicle ticket, transporting disabled child or person with profound disability.



# Additional social support and services

- ♥ Every local municipality is allowed to determine additional social support and services that support coping with daily life of disabled person or the family.
- ♥ Exact provision of services and social support would be established by the council of local municipality.





# Thank You for the attention!

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