

Apply for rehabilitation aftercare from the pension insurance fund

You can receive an aftercare benefit from the pension insurance fund if your attending physician at the rehabilitation facility determines the need for aftercare at the end of your medical rehabilitation.

Competent Department

- [Deutsche Rentenversicherung Oldenburg-Bremen](#)

Basic information

The rehabilitation aftercare services offered by the pension insurance fund help you to test and implement the knowledge and skills you have acquired during medical rehabilitation in your living environment.

This should enable you to cope better with your everyday life and return to work. Rehabilitation aftercare helps to ensure the success of the previous service.

Rehabilitation aftercare is as close as possible to your place of residence and is part-time.

Complex (multimodal) and less complex (unimodal) aftercare options are available to you:

- Intensified rehabilitation aftercare (IRENA)
- training-therapeutic rehabilitation aftercare (T-RENA)
- Psychosomatic rehabilitation aftercare (Psy-RENA)
- Addiction aftercare
- Tele-rehabilitation aftercare

The aftercare services are provided by approved providers throughout Germany, such as rehabilitation facilities, physiotherapists, psychotherapists and addiction counseling centers. You can use the search portal for pension insurance aftercare services and approved aftercare providers to search for a provider close to your home using your zip code.

On application, you can be reimbursed a flat-rate travel allowance of EUR 5.00 per appointment for your participation in rehab aftercare.

You do not have to pay anything extra. Your participation in rehabilitation aftercare is voluntary.

Pension insurance does not provide rehabilitation aftercare if

- at the end of your medical rehabilitation, your attending physician determines that you can work less than 3 hours in relation to the general labor market,
- you have applied for a full pension or are drawing a full old-age pension or
- you are drawing a partial old-age pension of at least 2 thirds of the full pension.

After completing medical rehabilitation, you can also make use of follow-up care if you

- have applied for a reduced earning capacity pension,
- are unemployed or unable to work,
- take advantage of gradual reintegration after rehabilitation,
- a recommendation has been made by the rehabilitation facility to review the guidelines for participation in working life.

Requirements

- The insurance requirements are met if you have received medical rehabilitation from the pension insurance fund.

What documents do I need?

- You will receive the required documents from the rehabilitation facility where you completed your medical rehabilitation.

Procedure

The need for aftercare services is determined at the rehabilitation facility where you underwent medical rehabilitation.

- You can claim rehabilitation aftercare if
 - the participation benefit has been completed,
 - individual problem areas still need to be addressed in order to ensure the long-term success of your rehabilitation - for example, lack of exercise and obesity,
 - at the end of medical rehabilitation, the patient is able to work at least 3 hours on the general labor market or
 - there is a positive employment prognosis.
- The recommendation for rehabilitation aftercare is deemed to be a cost commitment for the aftercare provider
- a separate decision is not made by the responsible pension insurance provider.

Subsequent determination of need:

If your need for aftercare services was not determined at the rehabilitation facility, you can submit an application to your responsible pension insurance provider within 4 weeks of completing your medical rehabilitation.

Legal bases

- [§ 17 Sozialgesetzbuch Sechstes Buch \(SGB VI\)](#)

More information

Legal remedy:

There are no legal remedies, as participation is voluntary.

What deadlines must be paid attention to?

Pension insurance finances aftercare services for a maximum period of 12 months following medical rehabilitation.

How long does it take to process

There is usually no processing time, as the recommendation is issued by the rehabilitation facility at the end of medical rehabilitation.

What are the costs?

There are no costs for you.