

A woman is standing in a forest with trees having yellow autumn leaves. She is wearing a red poncho over a light blue sweater, dark blue cargo pants, and a white headband. She is leaning against a tree trunk.

Kela®

# Rehabilitation

Briefly and in plain language | 2025



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## Useful terms and phrases

English	Finnish   Swedish
<b>Rehabilitation</b>	Kuntoutus   Rehabilitering
<b>Disability</b>	Työkyvyttömyys   Arbetsoförmåga
<b>Illness</b>	
<b>Impairment</b>	
<b>Doctor's statement</b>	e
<b>Rehabilitative psychotherapy</b>	Kuntoutuspsykoterapia   Rehabiliterande psykoterapi
<b>Vocational rehabilitation</b>	Ammatillinen kuntoutus
<b>Rehabilitation allowance</b>	Kuntoutusraha
<b>Maintenance allowance</b>	Ylläpitokorvaus
<b>Rehabilitation assistance</b>	Kuntoutusavustus

# Rehabilitation from Kela

If you have an illness or a disability which makes it difficult to cope with everyday life or work, you may have the right to rehabilitation from Kela.

This brochure tells you about the types of rehabilitation that you can get from Kela and the types of financial assistance that you can get from Kela during rehabilitation.

Rehabilitation services provided by Kela are arranged by, for instance, companies and private therapists. Besides Kela, rehabilitation can also be arranged by authorised pension providers, organisations and the wellbeing services counties.

The rehabilitation services are usually provided free of charge.

If you need interpretation of a foreign language, this can also be arranged for rehabilitation. Some rehabilitation services are also available in Swedish and Sámi.

The brochure describes the situation in 2025.



## More information on the internet and by phone

Visit Kela's website for more information about Kela benefits:  
**[www.kela.fi/english](http://www.kela.fi/english)**

Read more about rehabilitation on Kela's website at  
**[www.kela.fi/rehabilitation](http://www.kela.fi/rehabilitation)**



If you have questions, please call our customer service number  
**020 634 2650**



# What is rehabilitation?

The purpose of rehabilitation is to reduce impairments in functioning and work capacity.

The aims of the rehabilitation are agreed on together with professionals.

Via the rehabilitation services you can also get assistive devices for education, studies or work.

You can get rehabilitation allowance for the period of rehabilitation to secure an income.

## How to get rehabilitation?

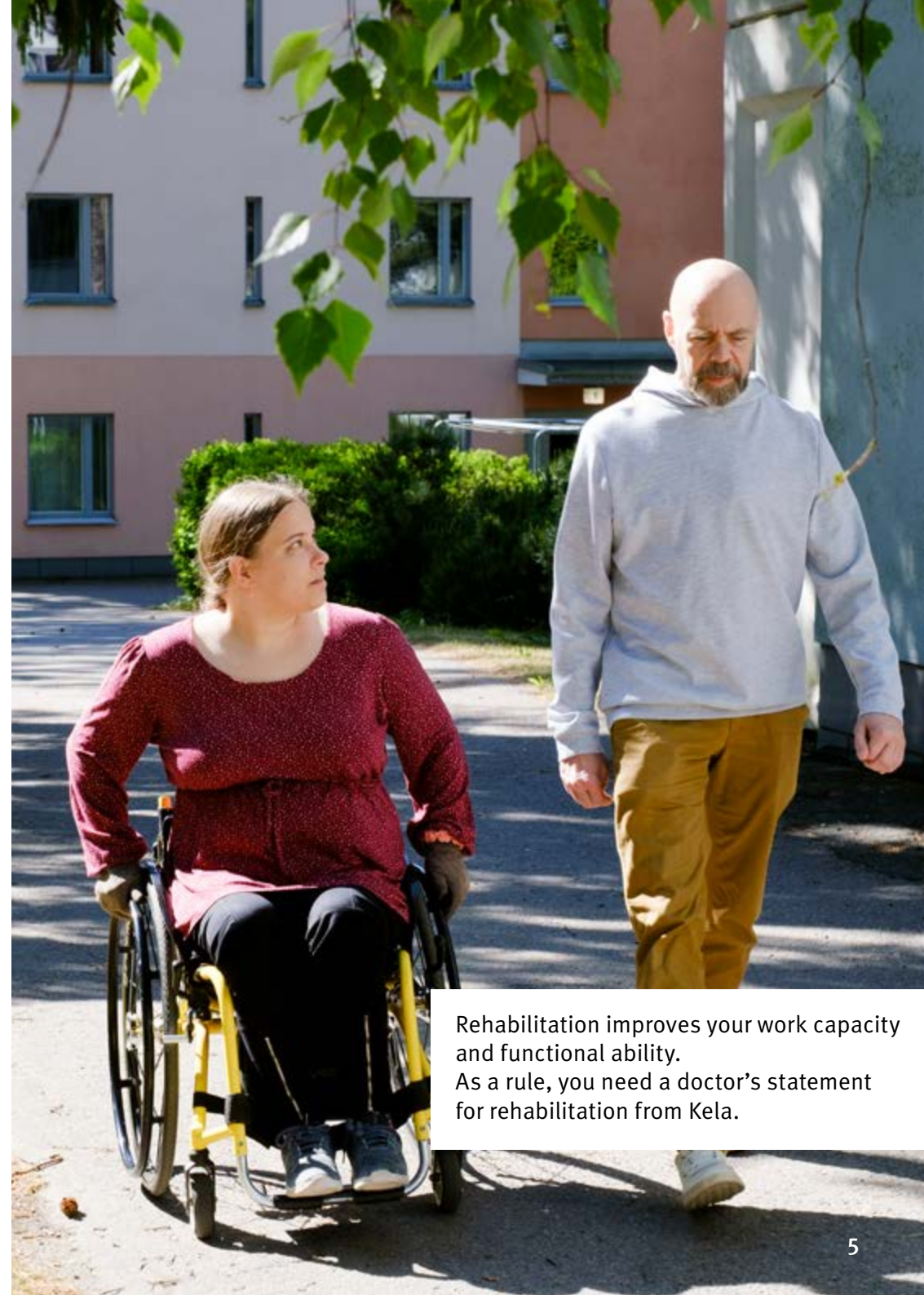
You can apply for rehabilitation from Kela if your ability to work or function has declined.

Usually, you will also need a statement from a doctor. The statement must include the doctor's recommendation of a specific rehabilitation option for you. Intensive medical rehabilitation requires a rehabilitation plan drawn up by a public healthcare provider.

Once you have received the doctor's statement, you can apply for rehabilitation.

If you are between 16 and 29 years of age, you can get vocational rehabilitation for young persons. Applications for this type of rehabilitation need not be accompanied by a doctor's statement.

For more information about rehabilitation from Kela, call our customer service number 020 634 2650.



Rehabilitation improves your work capacity and functional ability. As a rule, you need a doctor's statement for rehabilitation from Kela.

# Rehabilitation for children and young persons

Kela arranges rehabilitation for children and young persons in the form of individual rehabilitation or group-based rehabilitation. Rehabilitation can be provided on the rehabilitation provider's premises, at home, at school or at the day care centre.

## Family courses for children

Kela provides family courses for children with an illness. The family courses help the child and the family to adapt to the changes caused by the illness or disability. During the course, you will meet other families who are in a similar situation. You can exchange experiences with each other.

The family courses are intended for children who have for instance one of the following illnesses:

- ADHD
- autism spectrum disorder
- developmental language disorder
- Down's syndrome
- diabetes
- developmental disability
- cerebral palsy
- a rare disease.

More information about the courses is available at [www.kela.fi/rehabilitation-and-adaptation-training-courses](http://www.kela.fi/rehabilitation-and-adaptation-training-courses)



Children and young persons have their own rehabilitation services. Family members can also participate in some types of rehabilitation.

## LAKU family rehabilitation

LAKU family rehabilitation is intended for children between 7 and 15 years of age who have ADHD, ADD, Tourette's syndrome or a diagnosis for an autism spectrum disorder.

The rehabilitation gives the family a better understanding of the child's neuropsychiatric disorder. The rehabilitation provides information about the child's growth and development. You will also learn ways to cope with everyday life and difficult situations.

During the rehabilitation, you will also meet other families who are in a similar situation. You can exchange experiences with each other.

The sessions can be arranged at a rehabilitation centre, in the family's home or at some other familiar location.

## Oma Väylä rehabilitation

Oma Väylä rehabilitation is intended for young persons between 16 and 29 years of age who have ADHD, ADD or a diagnosis for an autism spectrum disorder. The rehabilitation gives you skills that you need for your studies or work and in everyday life.

The rehabilitation includes individual sessions and group sessions. The individual sessions are held at locations familiar to you, such as at home, at school or at the workplace. The group sessions give you peer support and you can exchange experiences with other young people.

## Vocational rehabilitation for young persons

Vocational rehabilitation for young persons is intended for persons between 16 and 29 years of age who are not employed or in education. It is also intended for persons who have interrupted their studies or are at risk of doing so.

Vocational rehabilitation for young persons includes

- Nuotti coaching
- vocational rehabilitation assessment
- work try-outs
- job coaching
- training offered on a trial basis.

You can apply for vocational rehabilitation for young persons by calling Kela's customer service number 020 634 2650. Application forms or doctor's statements are not needed.

**Read more about vocational rehabilitation assessment on page 13.**

**Read more about work try-out and job coaching on page 14.**

**Read more about training offered on a trial basis on page 14.**

### Nuotti coaching

Nuotti coaching is for young persons who need one-on-one support with managing everyday life and planning the future.

For the Nuotti coaching you will get your own coach, whom you will meet regularly. The coach helps you identify your strengths and resources. The coach can also help you enter education or working life.



## Other types of rehabilitation services for children and young people

So far, we have told you about rehabilitation services intended specifically for children and young persons. In addition to these services, children and young persons may also have the right to other rehabilitation services from Kela. These include for instance intensive medical rehabilitation and multidisciplinary individual rehabilitation.

**Read more about intensive medical rehabilitation on page 19.**

**Read more about multidisciplinary individual rehabilitation on page 18.**

If you are at least 16 years of age, you may also have the right to

- vocational rehabilitation for young persons
- other vocational rehabilitation services
- psychotherapy
- neuropsychological rehabilitation.

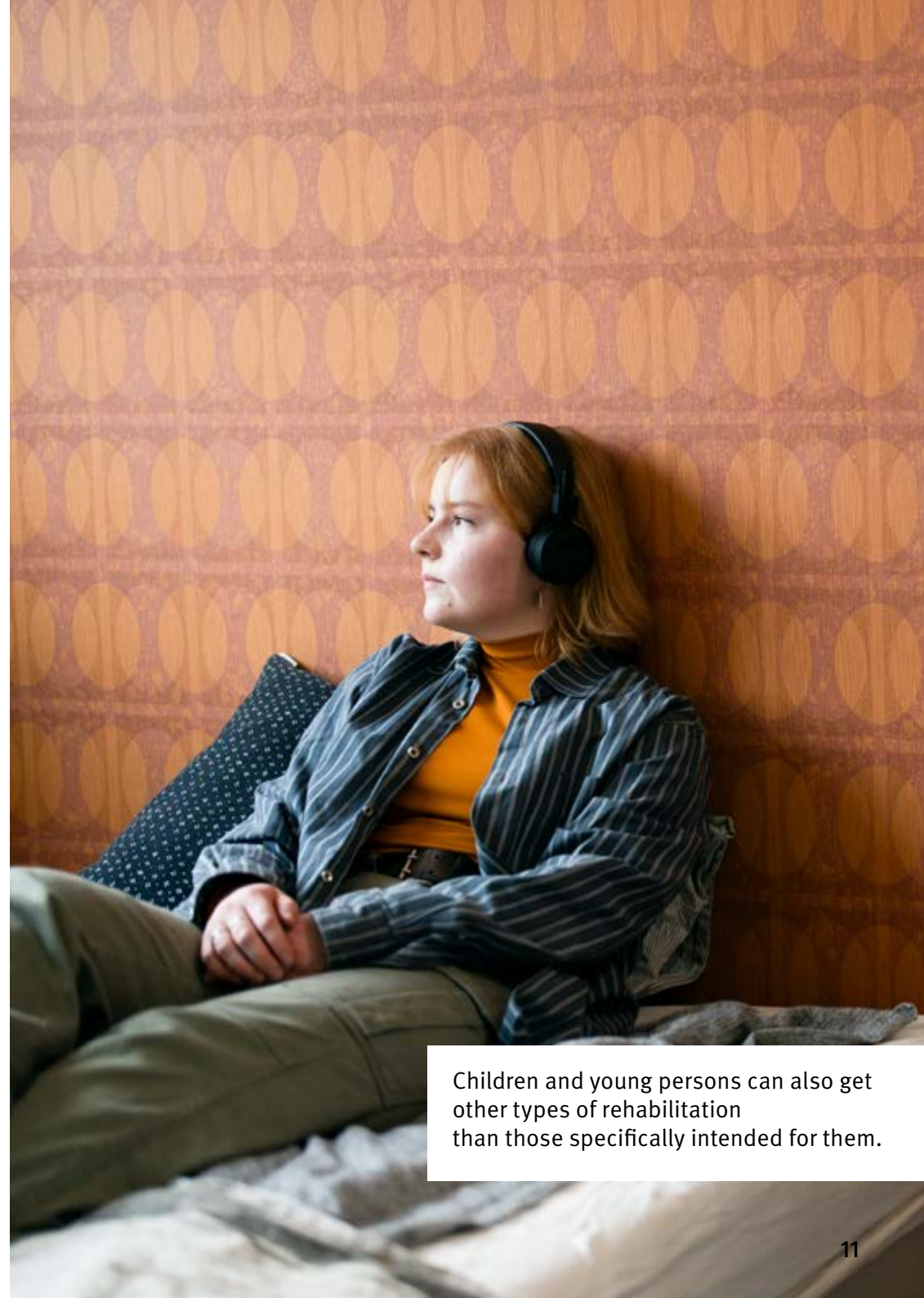
**Read more about vocational rehabilitation for young persons on page 12.**

**Read more about psychotherapy on page 12.**

**Read more about neuropsychological rehabilitation on page 17.**

### Assistive devices

If a child or young person needs assistive devices at school or in education, Kela can arrange assistive devices. Kela can also give advice on how to use the assistive devices. Assistive devices are available starting from the 7th year of comprehensive school.



Children and young persons can also get other types of rehabilitation than those specifically intended for them.

# Rehabilitation for persons of working age

Kela arranges rehabilitation for persons who are of working age and whose ability to work or study has weakened or is expected to weaken in the next few years because of illness.

The goal is to help you cope with work demands or go back to work.  
Rehabilitation can also help young persons enter the working world.

If your illness is severe and has a significant impact on your life, you can apply for intensive medical rehabilitation or multidisciplinary individual rehabilitation.

## Rehabilitative psychotherapy

You can apply to Kela for rehabilitative psychotherapy, if you are between 16 and 67 years of age and you have a mental health disorder that makes it difficult for you to study or to work.

You may have the right to rehabilitative psychotherapy, if you meet all of the following criteria:

- The mental health disorder has been diagnosed by a psychiatrist.
- The psychiatrist has issued a statement for you, detailing the reasons why you need therapy.
- You have already received treatment for a mental health disorder for at least 3 months.

If Kela grants you rehabilitative psychotherapy, you will get reimbursement for the psychotherapist's fees.

## Vocational rehabilitation

You can apply for vocational rehabilitation from Kela, if you have not yet been able to enter working life or you have only recently entered working life. If you have been in working life for a long time, you can apply for rehabilitation from your authorised pension provider. Kela also arranges Kiila rehabilitation for persons currently in work and self-employed persons.

**Read more about Kiila rehabilitation on page 15.**

The goal is to help you cope with work demands or go back to work.  
The rehabilitation can also help you find a job.

## Vocational rehabilitation assessment

You can apply for vocational rehabilitation assessment, if your ability to work and study has declined due to illness or disability.

During the rehabilitation assessment, experts will assess your ability to work and function as well as your expertise and skills for working life. You will also get information about different education alternatives and the requirements for different occupations.

During the rehabilitation assessment, you will draw up a plan together with experts to help you find a place of study or a job.

## Education and training

If you have an illness or a disability, you can get assistance for education and training from Kela to help you enter working life.

This type of assistance is usually provided for secondary education, higher education and retraining.

You can get compensation for the following:

- study costs, such as tuition fees and study materials
- costs for travels between home and the place of study.

### **Training offered on a trial basis**

Training offered on a trial basis may be suitable for you, if it is difficult to choose education or training due to illness or disability.

You get to choose the educational institution in which the training is arranged.

During the training, you will get to know the educational institution and the content of the educational programme.

In this way, you can find out whether the training is suitable for you.

Training offered on a trial basis can last up to 10 days.

### **Work try-out**

The work try-out aims to help you find a suitable job or course of study.

You will try a job at the workplace.

You will get your own coach for the work try-out.

You will draw up a vocational plan together with the coach to help you reach your goal.

The plan will take into account whether you need other services, for instance employment services or healthcare services.

Together with your coach, you will make plans for carrying out the work try-out and find you a suitable workplace for it.

### **Job coaching**

The aim of job coaching is for you to find work either in the form of paid employment or self-employment. You will get your own coach for the job coaching.

Together with your coach, you will make plans for carrying out the job coaching and find you a suitable workplace for it.

While participating in the job coaching, you will be working in paid employment in the open labour market.

You will get paid for your time in work.

If you aim at becoming self-employed, you will work in your own business during the job coaching.

Your job coaching will involve cooperation with for instance the employment services or healthcare services.

The cooperation aims to ensure that you get the services you need even after the rehabilitation ends.

### **Kiila rehabilitation for persons currently in work**

Kiila rehabilitation is a rehabilitation course that helps you improve your work capacity and stay on at work. Kela arranges Kiila rehabilitation together with the occupational health services and your workplace.

Employers can apply for Kiila rehabilitation for their employees. Trade unions can also apply for Kiila rehabilitation for their members.

You can look for courses at

[www.kela.fi/kuntoutuskurssihaku](https://www.kela.fi/kuntoutuskurssihaku) (only available in Finnish and Swedish).



If you cannot find a suitable course,  
you can apply for individual Kiila rehabilitation.  
For the individual rehabilitation, the rehabilitation provider  
gathers a group from individual clients.

### **Vocational Taito rehabilitation**

You can apply for Taito rehabilitation,  
if work or studies are difficult due to illness or disability.  
During the rehabilitation you get individual guidance,  
and you participate in group rehabilitation  
and on-the-job training.  
You get your own instructor,  
who supports you during the whole rehabilitation.

When the rehabilitation ends,  
an individual vocational plan will be drawn up for you.

### **Assistive devices**

If you need assistive devices for your work or studies  
due to illness or disability,  
Kela can provide them for you.  
You can get for instance video magnifiers,  
Braille and large format displays and computers.

Assistive devices are available starting from  
the 7th year of comprehensive school.  
If you need other assistive devices, for instance for moving,  
you can ask for them from the public healthcare services,  
such as the healthcare centre.

### **Self-employment grant**

The self-employment grant is intended for  
self-employed persons and entrepreneurs  
with an illness or a disability.  
You can get a self-employment grant if you have expenses  
for starting a business or making changes to the business.

The self-employment grant is available  
for buying tools, furnishings and supplies,  
and for renovating the business premises.  
You can also apply for a self-employment grant,  
if you already have a business and need tools and equipment  
because of illness or disability.  
The self-employment grant is free from tax.

### **Neuropsychological rehabilitation**

Neuropsychological rehabilitation is intended for  
persons between 16 and 67 years of age  
who have for instance dyslexia, visual perception disorder  
or ADHD.  
Neuropsychological rehabilitation is also available  
for instance after a cerebrovascular accident or brain injury.

For the rehabilitation, you need a statement  
from a neuropsychologist and a doctor.

Neuropsychological rehabilitation is usually  
individual rehabilitation.

If Kela grants you neuropsychological rehabilitation,  
you will get reimbursement for the therapist's fees.

# Support while living with an illness

The rehabilitation and adaption training courses help you live a good life despite your illness. If your illness or disability is very severe, intensive medical rehabilitation or multidisciplinary individual rehabilitation may be suitable for you.

## Rehabilitation and adaptation training courses

Kela provides rehabilitation and adaptation training courses for children, young people and adults who have an illness or a disability. During the courses, you get information about your diagnosis as well as peer support and help with managing everyday life.

When you participate in a course, you can stay overnight on the service provider's premises.

More information about the courses is available at [www.kela.fi/rehabilitation-and-adaptation-training-courses](https://www.kela.fi/rehabilitation-and-adaptation-training-courses).

## Multidisciplinary individual rehabilitation

If your illness makes everyday life very difficult for you, you may have the right to multidisciplinary individual rehabilitation. During multidisciplinary individual rehabilitation, you will get help from several experts.

The aim of the rehabilitation is to help you cope with everyday life, work and studies. Part of the rehabilitation can be held in groups.

## Intensive medical rehabilitation

You can apply for intensive medical rehabilitation, if you meet all of the following criteria:

- You are under 65 years of age.
- Due to illness or disability, it is very difficult for you to cope with everyday life.
- You have a rehabilitation plan that has been drawn up by a public healthcare provider.

The intensive medical rehabilitation can be, for example,

- psychotherapy
- physical therapy
- occupational therapy
- speech therapy.

The rehabilitation can be individual therapy or group-based therapy. The group-based therapies are scheduled to end on 31 December 2025. Therapy can be granted for 1–3 years at a time.

The intensive medical rehabilitation can also consist of a rehabilitation or adaptation training course or multidisciplinary individual rehabilitation.

# Rehabilitation services for the elderly

If you have turned 65, you can apply for rehabilitation and adaptation training courses or multidisciplinary individual rehabilitation from Kela.

Courses are arranged for instance for persons who have

- cerebrovascular disorders
- movement disorders, such as Parkinson's disease
- heart disease
- a respiratory illness.

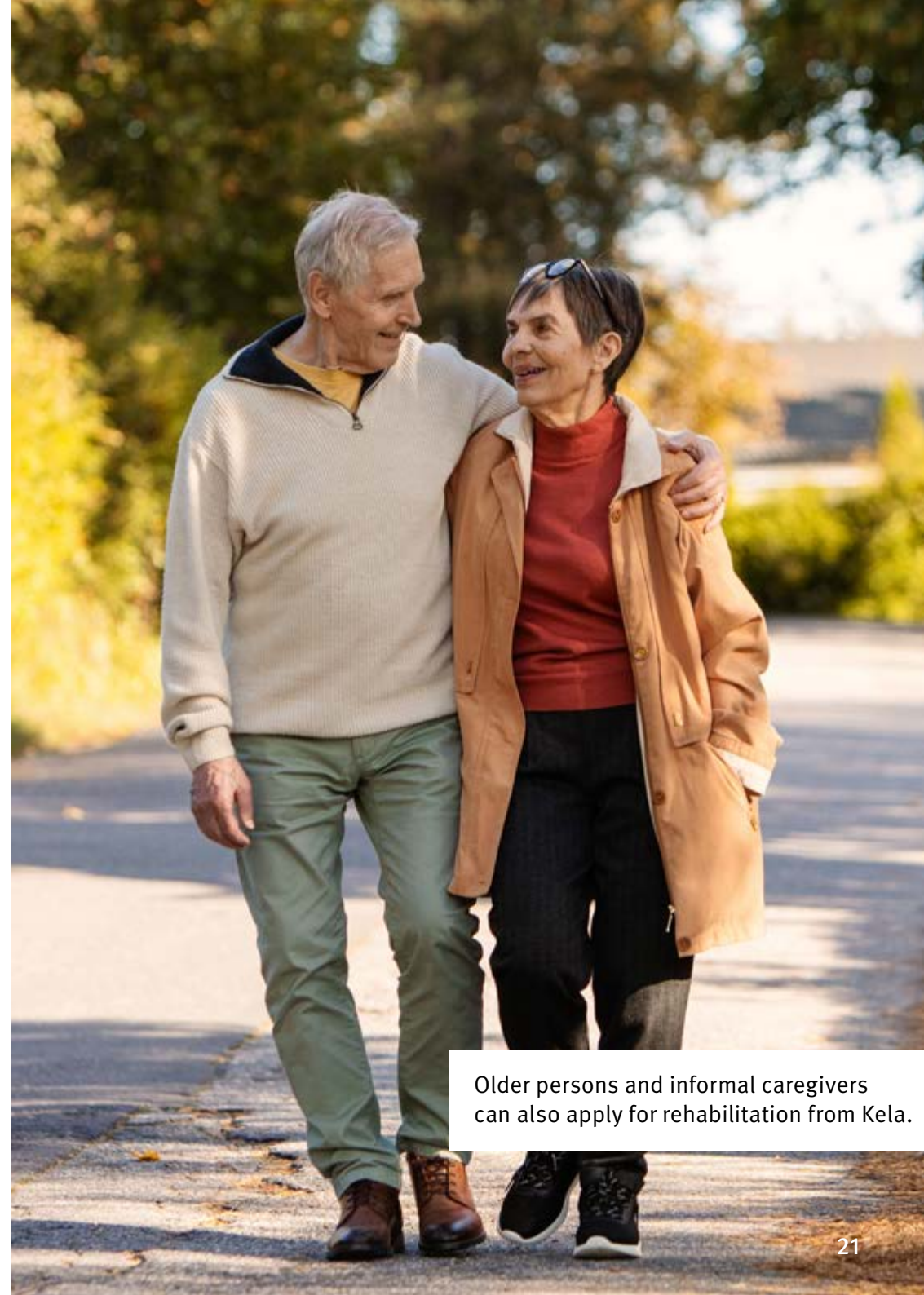
There are also rehabilitation courses for informal caregivers.

You can also get rehabilitative psychotherapy and neuropsychological rehabilitation until the age of 67.

Other rehabilitation services from Kela are intended for persons who are currently in work, that is under 65 years of age.

**Read more about rehabilitation and adaptation training courses on page 18.**

**Read more about multidisciplinary individual rehabilitation on page 18.**



Older persons and informal caregivers can also apply for rehabilitation from Kela.



# Economic security during rehabilitation

Kela can provide financial assistance during rehabilitation. These benefits include

- rehabilitation allowance
- rehabilitation allowance for young persons
- maintenance allowance.

## Rehabilitation allowance

You can get rehabilitation allowance if you cannot work or look for work because you participate in rehabilitation.

You can get rehabilitation allowance when the rehabilitation is provided by

- Kela
- a hospital
- a centre for social and health services
- the occupational health services.

Your annual income affects the amount of the rehabilitation allowance.

Annual income means the income you earn during a period of 12 months.

For example, if you are granted rehabilitation starting from May 2025,

Kela will pay rehabilitation allowance to you based on your income between 1 April 2024 and 31 March 2025.

The rehabilitation allowance always amounts to at least 31.99 euros per day, which means about 800 euros per month.

You must pay taxes on the rehabilitation allowance.

## Rehabilitation allowance for young persons

You can get rehabilitation allowance for young persons, if you meet all of the following criteria:

- You are between 18 and 19 years of age.
- Illness or disability weakens your ability to work and study.
- You need special support for your rehabilitation.
- A personal study and rehabilitation plan (KHOPS) has been made for you in your wellbeing services county.

You can get rehabilitation allowance for young persons when you study or participate in rehabilitation with the goal of preparing you to enter working life.

## Maintenance allowance

If the rehabilitation causes extra costs, you can get maintenance allowance. You can only get maintenance allowance if you get the smallest rehabilitation allowance.

The maintenance allowance is 9 euros per day. The maintenance allowance is free from tax.

# Application

Apply for rehabilitation by filling in an application form that you can get from any Kela service point or from Kela's website:

[www.kela.fi/forms](http://www.kela.fi/forms)

See the application for a list of the documents you need to send with the application.

Send your application and supporting documents via the OmaKela e-service:

[www.kela.fi/e-services](http://www.kela.fi/e-services) (in Finnish, Swedish and Sámi)

You can also apply for rehabilitation allowance in the e-service.

You can also send the application to us by post.

Kela's address is

**Kela**  
**PL 10**  
**00056 KELA**

You can handle almost all your transactions with Kela by phone.

As soon as Kela has processed your application, you will receive a decision in OmaKela. The decision notice will also be sent to your home address if you have not given up paper mail.

The decision includes more detailed information on when the rehabilitation will start. You will get a decision even if you are not granted rehabilitation or rehabilitation allowance.

## Report changes

If your situation changes, this may affect the benefits and services you get from Kela. The change can for instance concern housing, income, work or family circumstances.

Remember to notify Kela of such changes. You can notify Kela of the changes online, by phone or by visiting any Kela office.

It is up to you to make sure that Kela has the correct information. That way you will be paid the right amount of benefit.

## If you get a decision that contains an error

If you think that the decision you got from Kela is wrong, you can appeal to have it changed.

Instructions on how to appeal are included with each benefit decision.

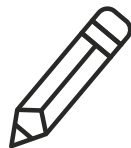
If you have questions, please contact Kela first.



## In the OmaKela e-service you can

- apply for Kela benefits
- submit additional documents
- get information about the status of your application
- send messages
- notify Kela of changes
- stop the payment of benefits.

## Notes



## Kela at your service

## On the internet

Visit Kela's website  
for more information:  
**[www.kela.fi/english](http://www.kela.fi/english)**

You can use calculators to calculate the amounts of the benefits:  
**[www.kela.fi/calculators](http://www.kela.fi/calculators)**

Kela's e-service OmaKela  
(in Finnish, Swedish or Sámi):  
**[www.kela.fi/e-services](http://www.kela.fi/e-services)**

## Log in to the e-services

**You must log in to use OmaKela and the online appointment booking system.  
You need online banking codes or a mobile certificate.**

## Help with using the e-services

If you have difficulties using the e-services, you can get help: **[www.kela.fi/digital-support](http://www.kela.fi/digital-support)**

You can give another person permission to handle your benefit matters with Kela on your behalf:  
**[www.kela.fi/on-behalf-of-someone](http://www.kela.fi/on-behalf-of-someone)**

If you do not speak Finnish, Swedish or English, you can get interpreter assistance:  
**[www.kela.fi/interpretation](http://www.kela.fi/interpretation)**

## By phone

Monday to Friday from 9 am to 3 pm.  
Families, students, unemployed  
and housing  
020 634 2550

**Health and pensions**  
**020 634 2650**

International situations  
Monday to Friday from 10 am to 3 pm.  
020 634 0200

Overpayment Recovery Centre  
Monday to Friday from 10 am to 3 pm.  
020 634 4940

The cost of phone calls and waiting time on the phone is charged according to the price list of your phone operator. Read more at [www.kela.fi/call-kela](http://www.kela.fi/call-kela)

## Book a telephone appointment

Book a telephone appointment  
online:  
**[www.kela.fi/book-appointment](http://www.kela.fi/book-appointment)**

## Visit a customer service point

Check the addresses and opening hours of Kela customer service points:  
**[www.kela.fi/visit-kela](http://www.kela.fi/visit-kela)**



# Information about Kela in English

Kela's website in English:  
**[www.kela.fi/english](http://www.kela.fi/english)**

## **Kela brochures in English:**

Families

General housing allowance

Moving to or from Finland

Pensions and retirement

## ■ **Rehabilitation**

Sickness and disability

Social assistance

Students and conscripts

Unemployment

The brochures are available at Kela offices.  
Online versions of Kela's brochures in English:  
**[www.kela.fi/brochures-for-clients](http://www.kela.fi/brochures-for-clients)**