
FREDERIKSBERG HEALTH CENTER



FREDERIKSBERG
KOMMUNE



Welcome to Frederiksberg Health Center

Frederiksberg Health Center has a long range of health services available to the citizens of Frederiksberg. Some are open for everyone; others require a referral from your doctor. They are all free of charge.

We do our utmost to offer services that match your life situation. This is highly appreciated by our users. In our user satisfaction survey from 2018, 98 % reply that they are 'very satisfied' or 'satisfied' with their visit to the Health Center. In the comments section, they add things like:

'The staff is kind, caring and competent.'

'All the available services are great. I have just started a stop smoking program and I also exercise there.'

'Good advice, competent people, lovely safe atmosphere.'

(Source: user satisfaction survey from Frederiksberg Health Center 2018)

*Last updated October 2019
Illustrations by Niels Villum Petersen*

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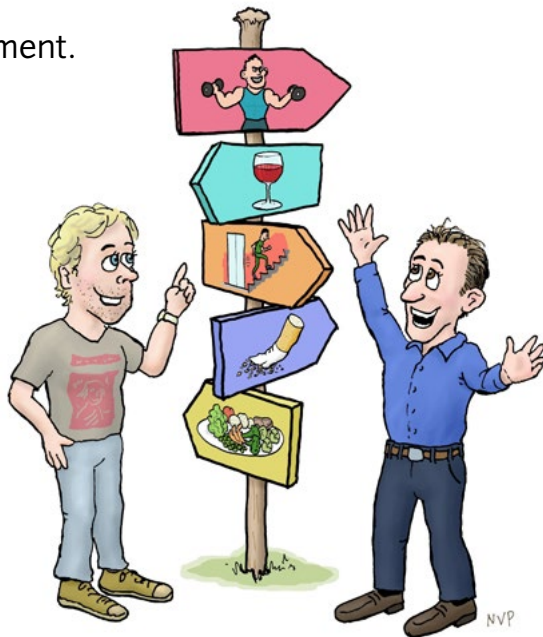
Health Interview

Are you thinking about changing your lifestyle or habits? Giving your health some thought can be a very good investment. Little adjustments in daily habits might benefit you now as well as later in life.

Stop by for an informal interview about how to build up your health or well-being. The session will take your daily life as its starting point and provide you with:

- An outline of daily habits
- Tools to make changes
- Awareness of health services in Frederiksberg
- A plan for how to get started

Call to get an appointment.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

Dietary Counseling

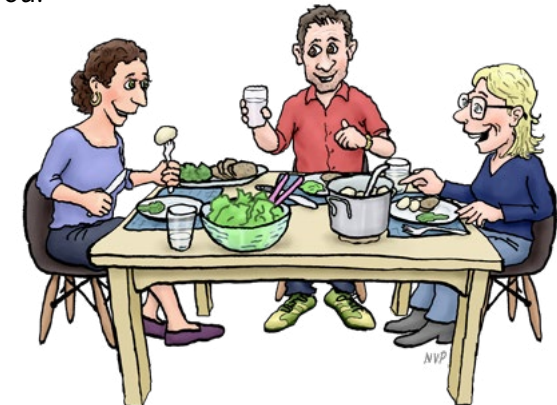
The right diet is a very important factor in the treatment of a range of diseases. However, changing your diet can be challenging.

If you come in for diet counseling, a trained Dietician will use your daily life and your typical diet as a starting point. Based on your wishes they will help you identify potential changes to your current diet and help you set goals for your future eating habits. A course with the Dietician involves 2 to 6 individual or group sessions. An accompanying family member is welcome.

You can be referred to counseling in case of:

- Type 2 diabetes
- High cholesterol (too much fatty substance in your blood)
- Obesity (BMI over 30)
- Unplanned weight loss
- Cancer

Ask your General Practitioner for a referral, whereupon the Health Center will contact you.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

Children and young people – weight Interview

If your child struggles with excess weight, Frederiksberg Health Center and the Frederiksberg Health Visitors offers tailored sessions to your family's needs. You will receive inspiration for a healthy life with more mobility and good eating habits, and we will talk about well-being, family life, bullying and friendships.

We plan the course of the interview together with you and your family. Sessions may consist of discussions and joint arrangements with other families. You will furthermore be offered a follow-up session by phone or in your home. A Health Visitor and a trained Dietician are in charge of the course.

Frederiksberg Health Center offers this service to all families with children or young adult children who struggle with excess weight and who live in or go to school in the Municipality of Frederiksberg.

Call to get your first appointment.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

Or
Frederiksberg Health Visitors
Phone number +45 3821 1110

Smoking Cessation Course

Your chances of successfully quitting smoking increase 3 to 5 times if you receive professional help to stop smoking. Experience shows that it is easier to quit smoking if you participate in a stop smoking course together with other people.

The stop smoking course consists of 5 sessions, each approximately 2 hours long, in addition to a follow-up session 6 weeks after the planned quitting date. You can choose between morning or evening courses.

During the first two sessions you make the plan to stop smoking. In the group, you will jointly decide on a quitting date, which will be at some point between the second and third session.

Sign up for a stop smoking course by calling us.



Contact the Smoking Cessation Coordinator
Phone number +45 2898 5412

Alcohol Interview

Stop by for a completely anonymous interview about alcohol at Frederiksberg Health Center. It is an opportunity to shed new light on old habits and – if you want – get inspiration to change them.

Call us to get your first appointment.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

Exercise Counseling

Exercise counseling

Exercise counseling is for you if you need more inspiration and guidance about how to be more active in your daily life. We can help you find your own way to work out, and we also offer support to help you stay motivated and dedicated to an active lifestyle.

Exercise counseling is either by phone or as a personal interview.

Group course: Exercise inspiration – indoors and outdoors

This service is for you if you would like to test different types of exercise and get more inspiration about how to get physical activity into your daily life. The course comprises 4 sessions and we work out indoors as well as in the city parks.

Call the Exercise Counselor to get an appointment.



Contact the Exercise Counselor
Phone number +45 2898 5417

Preventative Home Visits for seniors

Frederiksberg Health center offers all citizens of the Municipality of Frederiksberg over 65 years a preventative home visit.

This is an interview with a Health Counselor where you have the opportunity to discuss your current life situation and how you are feeling. Maybe you have:

- Experienced changes in your health or well-being
- Lost someone close to you
- A desire to get out more and socialize with other people

We can help you clear up questions and guide you regarding the activities and support services available in the municipality.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

Learn To Tackle Long-term Health Issues

'Learn to tackle' is a range of courses for you, if you would like to learn how to tackle your daily life with the challenges that come with long-term health issues.

The courses reinforce your ability to take care of yourself as well as providing you with inspiration and tools to tackle your everyday challenges. Former course participants have experienced increased quality of life and more control over their daily life.

Volunteer instructors who are personally acquainted with long-term health problems run the courses. We meet once a week for 2 hours. The courses run for 6 or 7 weeks.

We offer the following 'learn to tackle' courses:

- Learn to tackle chronic pain
- Learn to tackle anxiety and depression
- Learn to tackle chronic illness

Call us to be signed up for one of the "learn to tackle" courses or if you have any questions about the courses.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

Type 2 Diabetes

If you have type 2 diabetes, Frederiksberg Health Center offers you, and if desired a family member, help with handling daily life with your illness. The course starts with an interview with a Diabetes Nurse. Together you will determine which services are appropriate for you and your life.

Services may for example cover:

- Diabetes course and training
- Individual counseling from a Diabetes Nurse
- Individual dietary counseling from a Dietician
- Exercise counseling
- Smoking cessation
- The Diabetes Association's motivational groups

Diabetes course and training

Training runs over a course of 13 weeks in groups, but are tailored to your level. The class meets 8 times, where we will address issues such as the importance of diet, exercise and other factors in relation to diabetes. Furthermore, you will receive inspiration for a healthy lifestyle and get the opportunity to meet other people with diabetes.

Ask your General Practitioner for a referral, whereupon Frederiksberg Health Center will contact you.



Contact the Diabetes Nurse
Phone number +45 2898 5408

Chronic Obstructive Pulmonary Disease (COPD)

If you have been diagnosed with Chronic Obstructive Pulmonary Disease, COPD, Frederiksberg Health Center can offer help with handling your daily life with your illness.

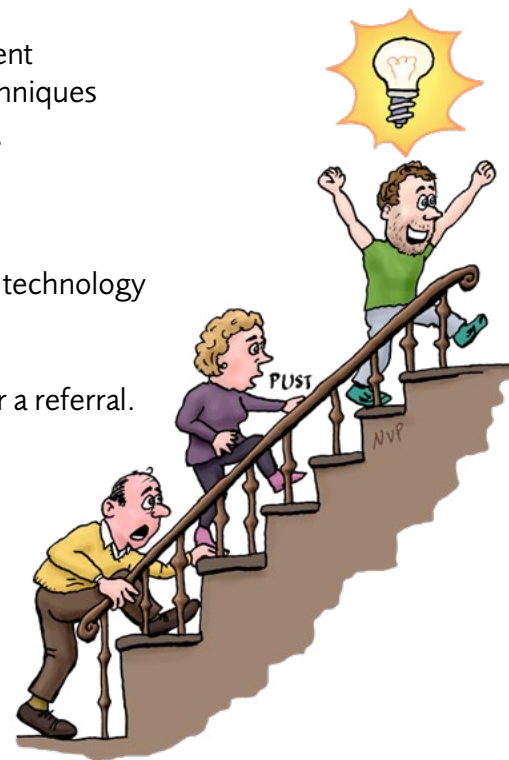
COPD course and training

'COPD course and training' is a 9 week long course with training and classes twice a week. Training is in groups and will be adapted to you individually.

The classes cover:

- Daily life with COPD
- COPD, symptoms and treatment
- Medication and inhalation techniques
- Smoking and passive smoking
- Breathing techniques
- Dietary counseling
- Exercise counseling
- Customized aids and assistive technology
- Networking

Ask your General Practitioner for a referral.



Contact the COPD Coordinator
Phone number +45 2898 5456

Cancer

If you have been diagnosed with cancer, Frederiksberg Health Center can offer help with handling daily life during and after your illness.

To begin with, you get a clarifying interview with the Cancer Coordinator, where the two of you together tailor a course suited to your needs. There are opportunities for follow-up sessions along the way.

The course may for example cover:

- Individual and group training
- Dietary counseling
- Exercise counseling
- Consultation with a social worker
- Support and clarification session with a psychologist
- Lectures and group sessions
- Information about support, offered by the Danish Cancer Society

Course for people affected by cancer

The course comprises 8 sessions and is aimed at the cancer patient as well as their relatives. The course offers information and inspiration regarding daily life with cancer and an opportunity to share experiences with other people affected by cancer. The courses are run by a Nurse, a Physiotherapist, a Social Worker, a Dietician and a Psychologist.

Ask your General Practitioner for a referral.



Contact the Cancer Coordinator
Phone number +45 2898 5411

Heart Disease

If you suffer from heart disease, Frederiksberg Health Center can offer help with handling daily life with your illness.

Heart course

The heart course meets 4 times and is aimed at you, if you suffer from heart failure, heart valve disorders, atherosclerosis such as embolism or angina pectoris. The class is run by Nurses, a Dietician and a Exercise Counselor. Family members are welcome, but must sign up.

The class covers:

- Information about heart disease
- Guidance towards a healthy lifestyle
- Shared experience with other people affected by heart disease

Ask your General Practitioner for a referral.



Contact the heart coordinator
Phone number +45 2898 5436

Dementia

If you are diagnosed with dementia, Frederiksberg Health Center can offer you and your family help with handling daily life with your illness.

Psychological support and counseling

If you or one of your loved one suffer from dementia, counseling by phone about the psychological challenges of living with dementia is available. There is also an offer of one or two individual support or counseling sessions with a Psychologist at the Health Center.

Legal counseling

If you have questions regarding the legal aspects of dementia, including guidance for applying for guardianship, you are welcome to contact the Dementia Counselors by phone.

Groups for relatives and people affected by dementia

As a relative to a person suffering from dementia you may join a group for relatives and increase your awareness of dementia. You will learn about the effect of dementia on behavior, emotions, social life and other aspects. If you or your spouse have trouble with memory loss, you also have the option of joining a group for couples.

Call to get an appointment or to sign up for a group.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

Preventing falls

Are you afraid to fall or have you fallen recently?

The falls counselor offers advice and guidance of what you can do to prevent falling. If you feel dizziness or have fallen multiple times, information about where to go for checkups is also available.

Call or write our Falls Counselor if you need help and guidance.



Contact the Falls Counselor
Phone number +45 2898 5456

Back Pain

If you have recently started feeling back pain or lower back pain, Frederiksberg Health Center can offer you help in dealing with the pain.

Back/lower back – course and exercise

'Back/lower back – course and exercise' is a training course that consolidates your knowledge about back problems and helps you deal with back pain, so you can maintain an active lifestyle. The course spans six weeks, where you will be introduced to different course themes and types of exercises.

Among other topics, the course comprises:

- Lifting techniques
- Sitting and resting positions
- How to carry out everyday activities
- The anatomy of the back
- Pain and coping with pain
- Trying out different exercises

Contact your General Practitioner and ask for a referral.



Contact Frederiksberg Health Center
Phone number +45 3821 5400

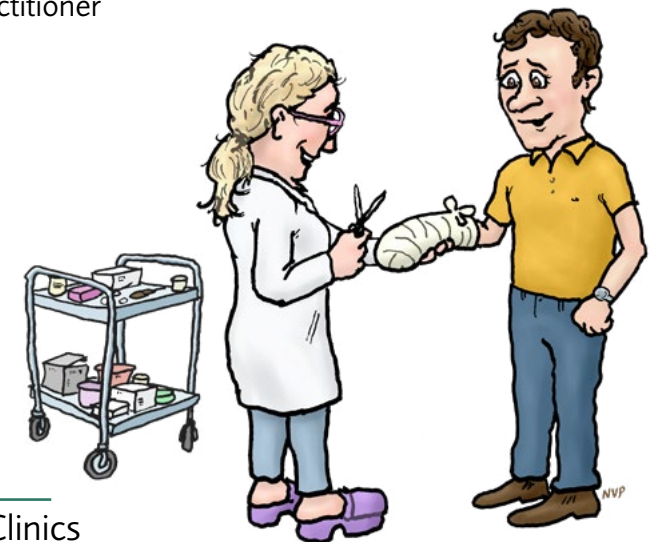
Nursing Clinics

If you need nursing and are able to get to one of the nursing clinics, your nursing and/or treatment will take place at the clinics at Frederiksberg Health Center.

At the clinics we offer health care assistance including:

- Wound care
- Compression bandaging
- Medicine dosage
- Antabuse treatment
- Injections
- Changing drainage tubes or CVC
- Changing painkilling patches
- Administering eye drops
- Removing sutures
- Changing or rinsing catheters

Contact your General Practitioner and ask for a referral.



Contact the Nursing Clinics
Nursing Clinic 1 phone number +45 2898 3270
Nursing Clinic 2 phone number +45 2898 3280

Rehabilitation

If you have been Hospitalized and have been issued a rehabilitation plan upon discharge, you can get rehabilitation therapy at the Health Center. You will receive an invitation automatically. In the Rehabilitation Department of the Health Center, you can get physiotherapy and occupational therapy. All training courses start with an individual interview and assessment; we jointly set a realistic goal for your course.



Course training

Most rehabilitation training takes place in groups in one of the Health Center's multifunctional rooms or in our training garden.

Individual training

If you are unable to take part in group training, you may in certain cases be eligible for personal training. A shorter spell of personal training may also be required to prepare you for group training. The Therapist assessing your needs will assign you to the relevant service.

Contact the Coordinator of Rehabilitation
Phone number +45 2898 5498

Rehabilitation

At-home training

If training at the Health Center is impossible for you or ill-suited to you, you may exercise with a Physiotherapist or Occupational Therapist in your own home. Your therapist will assess whether your training should be at Frederiksberg Health Center or at home.

Have you been in hospital, but feel that your ability to function deteriorates either due to age or illness? Ask your Doctor, your Specialist or your home carer facility to write an application for the Coordinator of rehabilitation.



Contact the Coordinator of Rehabilitation
Phone number +45 2898 5498

Incontinence

At the Incontinence Clinic you can get help and guidance in relation to how you might alleviate or prevent incontinence issues and among other things get instructions for pelvic floor exercises. You may also address any bowel movement issues here.

The Incontinence Clinic is staffed with specialists in the area such as Continence Nurses and Physiotherapists. Using simple examinations and expert guidance the staff can help you reduce or remedy your problem.

Call the clinic to get an appointment.



Contact the Incontinence Clinic

Phone number +45 2898 3290

The phones are open Monday- Friday 08.00-09.00
and Tuesday 14.30-15.30

Sex counseling

For people affected by illness sexuality can give rise to grief, frustration, feelings of inadequacy and maybe also of guilt and shame. Therefore Frederiksberg Health Center offers sex counseling to people affected by illness. You may come alone or with a partner.

In the counseling you can discuss your changed life circumstances with the Sexologist and address issues such as sexual desire and function as well as closeness and intimacy. You and your partner can get tools for achieving more constructive communication in your relationship.

Call one of the coordinators to get an appointment.



Contact the coordinators

Phone number +45 2898 5411

Phone number +45 2898 5420

Frederiksberg Health Center

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2000 Frederiksberg

Phone number +45 3821 5400
Sund.frederiksberg.dk
facebook.com/sund.frederiksberg

Parking is free for two hours in the streets of the surrounding area and disabled parking is available near the entrance.

You can reach us by public transport using bus 74 and the stop at Frederiksberg Hospital/ Frederiksberg Sundhedscenter.

