

Rehabilitation

Briefly and in plain language | 2026



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Useful terms and phrases

English	Finnish | Swedish
Rehabilitation	Kuntoutus | Rehabilitering
Disability	Vamma | Funktionsnedsättning
Illness	Sairaus | Sjukdom
Impairment	Vamma | Funktionsnedsättning
Doctor's statement	Lääkärinlausunto | Läkarutlåtande
Rehabilitative psychotherapy	Kuntoutuspsykoterapia | Rehabiliterande psykoterapi
Vocational rehabilitation	Ammatillinen kuntoutus | Yrkesinriktad rehabilitering
Rehabilitation allowance	Kuntoutusraha | Rehabiliteringspenning
Maintenance allowance	Ylläpitokorvaus | Ersättning för uppehälle
Rehabilitation assistance	Kuntoutusavustus | Rehabiliteringsunderstöd

Rehabilitation from Kela

If you have an illness or a disability that
makes your daily life or working difficult,
you may have the right to get rehabilitation from Kela.

This benefit guide tells you
what kind of rehabilitation you can get from Kela
and how Kela can assist you financially during rehabilitation.

The rehabilitation you can get from Kela is provided by,
for example, companies and private therapists.
In addition to Kela, there are other entities
that can offer rehabilitation.
These entities are authorised pension providers,
various organisations and the wellbeing services counties.

You can usually get rehabilitation free of charge.

If you need an interpreter to assist you during rehabilitation,
Kela can get you one.
Some rehabilitation services are also available in Swedish and Sámi.

This benefit guide describes the situation in 2026.

More information online and by phone

Visit Kela's website for more information about
Kela benefits in English:
www.kela.fi/english

More information about rehabilitation is available
on Kela's website:
www.kela.fi/rehabilitation

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

What is rehabilitation?

The purpose of rehabilitation is to help improve
your ability to work and function if they have declined.

You agree on the goals of your rehabilitation
together with the professionals who participate in your care.

Rehabilitation services can also help you get assistive devices
to help you at school, during your studies or at work.

You may have the right to get rehabilitation allowance
to help you financially during your rehabilitation.

How to get rehabilitation?

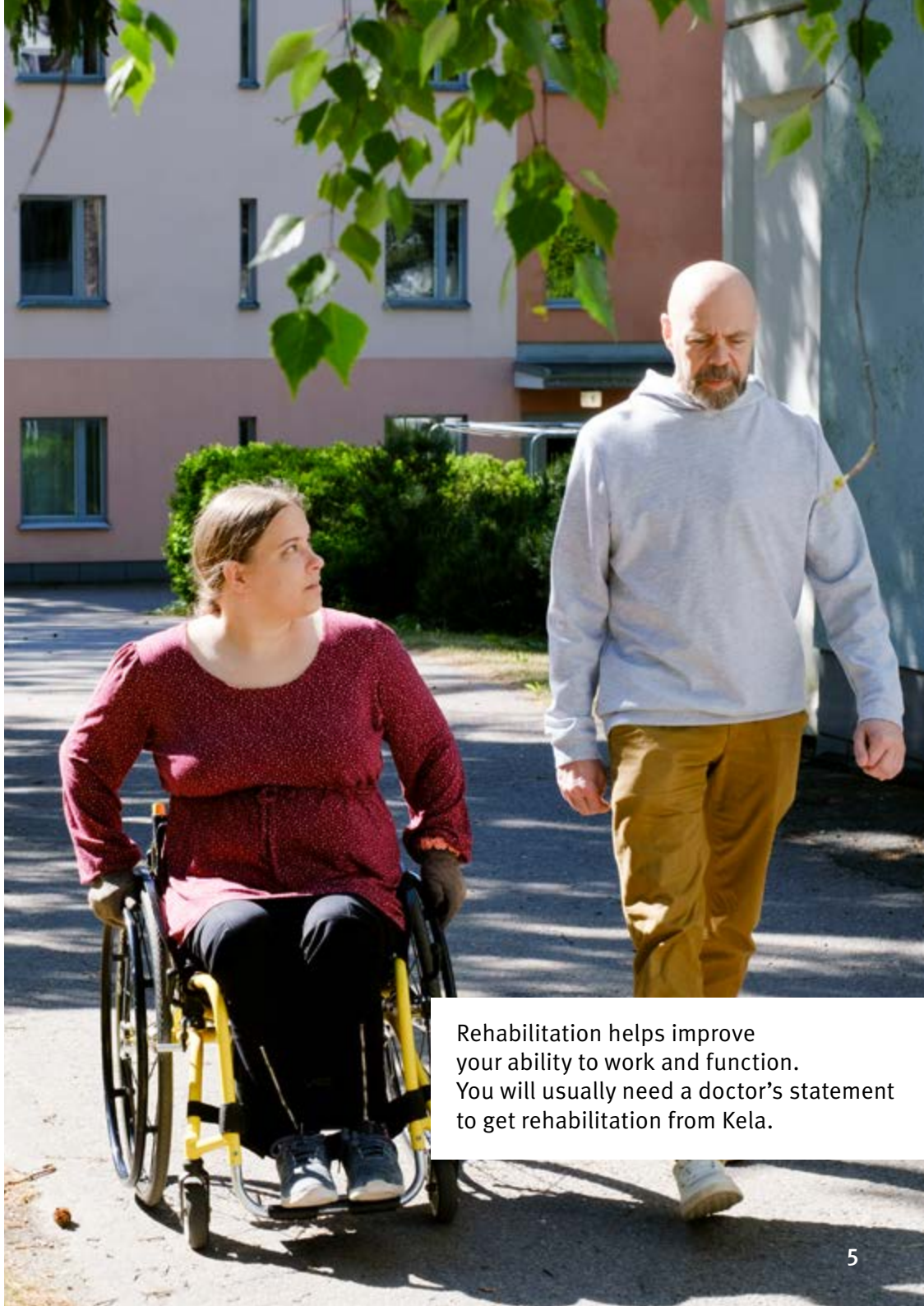
You can apply for rehabilitation from Kela
if your ability to work or function has declined.

You will usually need a statement from a doctor
where the doctor recommends rehabilitation for you.
For intensive medical rehabilitation,
you need a rehabilitation plan made by a doctor
who works in public healthcare.

Once a doctor has issued you a statement,
you can apply for rehabilitation.

If you are 16–29 years old,
you can apply for vocational rehabilitation for young persons.
You do not need a doctor's statement to apply for it.

For more information about rehabilitation offered by Kela,
you can call our customer service at 020 634 2650.



Rehabilitation helps improve
your ability to work and function.
You will usually need a doctor's statement
to get rehabilitation from Kela.

Rehabilitation for children and young persons

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

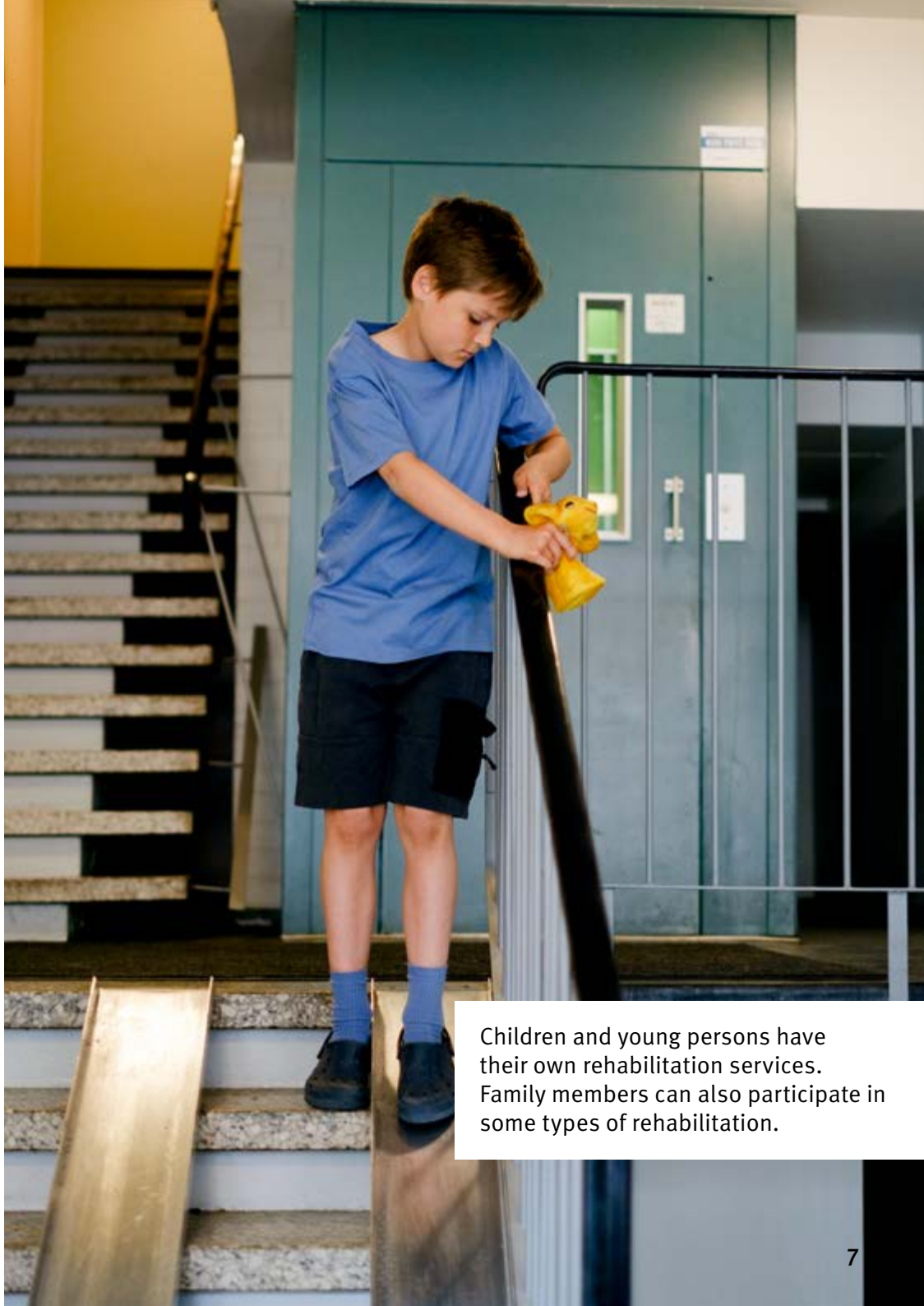
Family courses for children

Kela offers family courses for children who have a certain illness, condition or disability.
The family courses help the child and their family adapt to the changes caused by the child's illness, condition or disability.
During the course, you will meet other families who are in a similar situation.
You can talk about your experiences with each other.

The family courses are meant for children who have, for example, one of the following conditions:

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

More information about the courses is available at **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 meant for children aged 7–15 who have ADHD, ADD, Tourette syndrome or an autism spectrum disorder.

The rehabilitation course helps the child's family understand the child's neuropsychiatric disorder.
During the course, you will get information about the child's growth and development.
You will also learn ways to navigate daily life and difficult situations.

During the rehabilitation course, you will meet other families who are in a similar situation.
You can talk about your experiences with each other.

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

Oma Väylä rehabilitation

Oma Väylä rehabilitation is meant for young persons aged 16–29 who have been diagnosed with ADHD, ADD or an autism spectrum disorder.
The rehabilitation course teaches you skills that you need for your studies or work and in daily life.

The rehabilitation course includes individual sessions and group sessions.
The individual sessions will be held at locations that are familiar to you, such as your home, school or workplace.
The group sessions give you peer support, and you can talk about your experiences with other young people.

Vocational rehabilitation for young persons

Vocational rehabilitation for young persons is meant for persons aged 16–29 who do not have a job or go to school.
You may get this kind of rehabilitation also if you have stopped your studies or if you are at risk of doing so.

Vocational rehabilitation for young persons includes

- Nuotti coaching
- vocational rehabilitation assessment
- work try-out
- job coaching
- training try-out.

You do not need a doctor's statement to apply for vocational rehabilitation for young persons.

Go to page 13 to read about vocational rehabilitation assessments.
Go to page 14 to read about work try-outs and training try-outs.
Go to page 15 to read about job coaching.

Nuotti coaching

Nuotti coaching is meant for young people who need one-on-one support for managing their daily life and help with planning their future.

You will have your own coach during Nuotti coaching.
You will meet regularly with your coach.
The coach will help you identify your strengths and resources.
The coach can also help you find a place of study or enter working life.

Other types of rehabilitation for children and young persons

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 example, intensive medical rehabilitation and multidisciplinary individual rehabilitation.

Go to page 19 to read more about intensive medical rehabilitation.

Go to page 18 to read more about multidisciplinary individual rehabilitation.

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

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

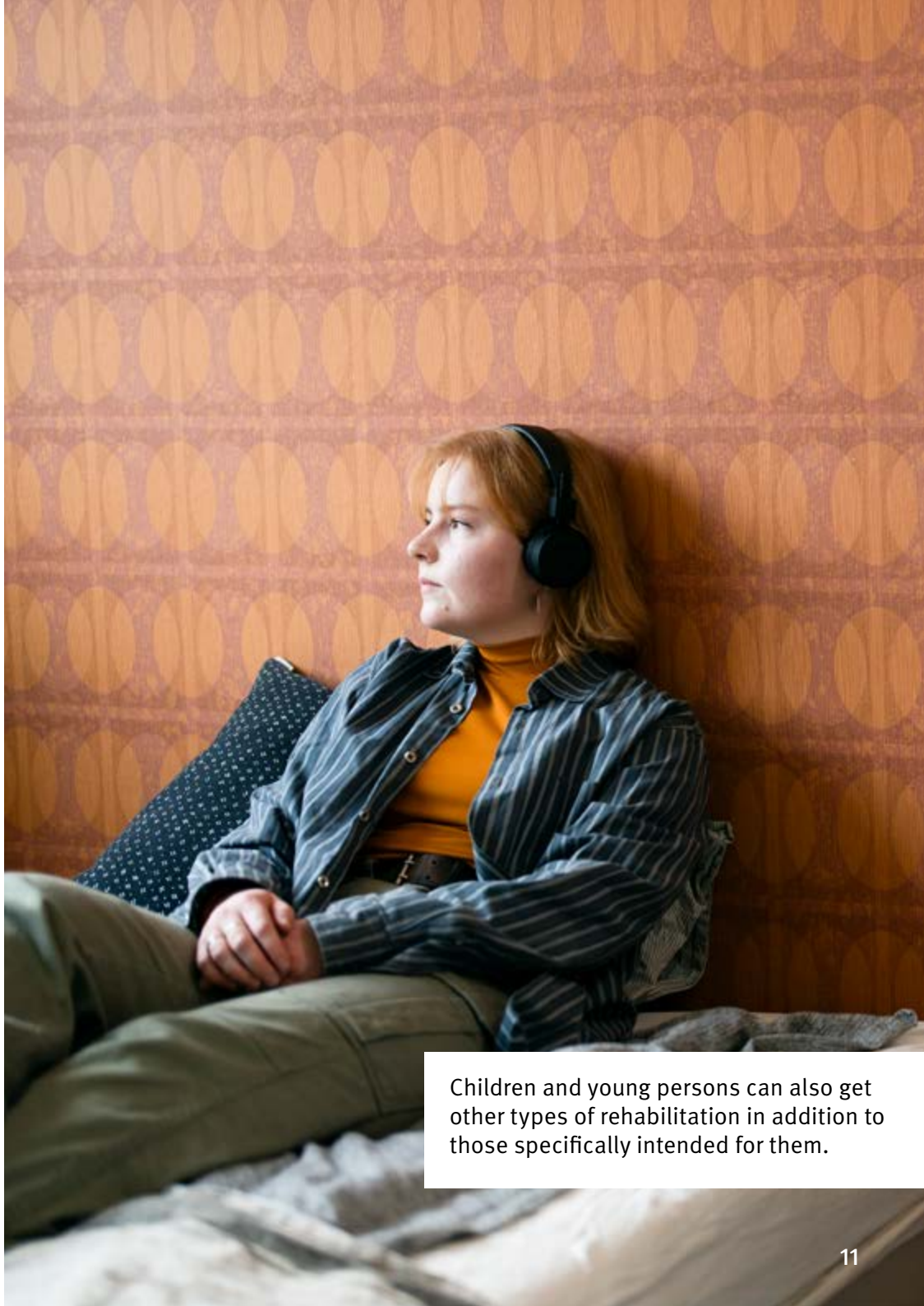
Go to page 9 to read more about vocational rehabilitation for young persons.

Go to page 12 to read more about psychotherapy.

Go to page 17 to read more about neuropsychological rehabilitation.

Assistive devices

If a child or a young person needs assistive devices at school or during their studies, Kela can help get them.
Kela can also give advice on how to use the assistive devices.
Assistive devices are available starting from the 7th year of comprehensive school (peruskoulu).



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

Rehabilitation for persons of working age

Kela offers rehabilitation for persons of working age who cannot work or study as usual because of an illness either now or in the next few years.

The goal of rehabilitation is to help you handle 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 for rehabilitative psychotherapy from Kela if you are 16–67 years old and you have a mental health disorder that makes it difficult for you to study or work.

You can get rehabilitative psychotherapy if you meet all of the following criteria:

- Your mental health disorder has been diagnosed by a psychiatrist.
- A psychiatrist has issued you a statement on why you need therapy.
- You have already been treated 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 entered working life yet or if you have only recently started working.

If you have been in working life for a long time, you can apply for rehabilitation from your authorised pension provider.
Kela also offers Kiila rehabilitation for employed and self-employed persons.
Go to page 15 to read more about Kiila rehabilitation.

The goal of vocational rehabilitation is to help you handle work demands or go back to work.
The rehabilitation can also help you find a job.

Vocational rehabilitation assessment

You can apply for a vocational rehabilitation assessment if you cannot work or study as usual because of an illness or disability.

During the assessment, professionals will assess your ability to work and function.
They will also assess your work expertise and skills.
You will get information on various study options and what requirements different occupations have.

During the assessment, you will also work together with professionals to make a plan that will 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 from Kela to get an education or go through training that will help you enter working life.

Education or training may be the right choice for you if, for example,

- you do not have a profession yet
- you change professions because of an illness or disability
- you need preparatory education before you start degree studies.

Kela will usually grant this type of assistance for upper secondary education, higher education or retraining.

You can get reimbursement from Kela for

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

Training try-out

A training try-out may be the right choice for you if it is difficult for you to choose a course of study or training because of your 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.

The training try-out can last for up to 10 days.

Work try-out

The goal of a work try-out is to help you find a suitable job or course of study.
During the try-out, you work at a real workplace to see if the job is suitable for you.

You will get your own coach for the work try-out.
You will work together with the coach to make a vocational plan that will help you reach your goals.
The plan will take into account whether you need other services, such as employment services or healthcare services.

Together with your coach, you will make a plan for the work try-out and find a suitable workplace where you can complete your work try-out.

You will usually not be paid wages or a salary during the work try-out.

Job coaching

The goal of job coaching is for you to find work 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 a plan for the job coaching and find a suitable workplace where you can undergo job coaching.

While participating in the job coaching, you will be working in paid employment in the open labour market.
You will be paid wages or a salary for your work.

If your goal is to be self-employed, you will run your own business during the job coaching period.

During your job coaching, you will also cooperate with, for example, 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 who are working

Kiila rehabilitation is a rehabilitation course that helps you improve your work capacity and stay on at work.
Kela works together with occupational health services and your workplace to offer Kiila rehabilitation.
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/hae-palveluntuottajaa** (in Finnish).

If you cannot find a suitable course,
you can apply for individual Kiila rehabilitation.
In individual rehabilitation, the rehabilitation provider
gathers individual clients together to form a group.

Assistive devices

If you need assistive devices for your work or studies
because of your illness or disability,
Kela can help you get them.
For example, you can get a video magnifier, a Braille display
or a large format display or a computer.

Assistive devices are available starting from
the 7th year of comprehensive school (peruskoulu).
If you need other assistive devices for example
to help with your mobility, you can contact public healthcare
services, such as a health centre, to ask for them.

Self-employment grant

Self-employment grants are meant for self-employed persons
and entrepreneurs who have an illness or a disability.
You can get a self-employment grant for your expenses
if you start a new business or make changes to your existing
business.

You can get the grant for

- buying tools, furnishings and supplies
- renovating your business premises.

You can apply for a self-employment grant also if
you already have a business and you need tools or equipment
because of your illness or disability.
You do not have to pay taxes on the self-employment grant.

Neuropsychological rehabilitation

Neuropsychological rehabilitation is meant for
persons aged 16–67 who have, for example, dyslexia,
a visual perception disorder or ADHD.
You can also get neuropsychological rehabilitation,
for example, after a cerebrovascular accident or brain injury.

To get 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

Rehabilitation 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 the right choice for you.

Rehabilitation courses

Kela offers rehabilitation courses for children,
young persons and adults who have an illness or a disability.
The courses give you information about your illness.
You also get support from your peers
and help with managing your daily 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.

Multidisciplinary individual rehabilitation

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

The goal of the rehabilitation is to help you manage
your daily 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.
- Daily life is very difficult for you due to your illness or disability.
- A doctor who works in public healthcare has made a rehabilitation plan for you.

Intensive medical rehabilitation can be, for example,

- psychotherapy
- physiotherapy
- occupational therapy
- speech therapy.

You can get either individual or group therapy.
Kela can grant you therapy for 1–3 years at a time.

Other examples of intensive medical rehabilitation are
rehabilitation courses and multidisciplinary individual
rehabilitation.

Rehabilitation services for the elderly

If you are 65 or older, you can apply for rehabilitation courses and multidisciplinary individual rehabilitation from Kela.

Courses are offered for example for persons who have

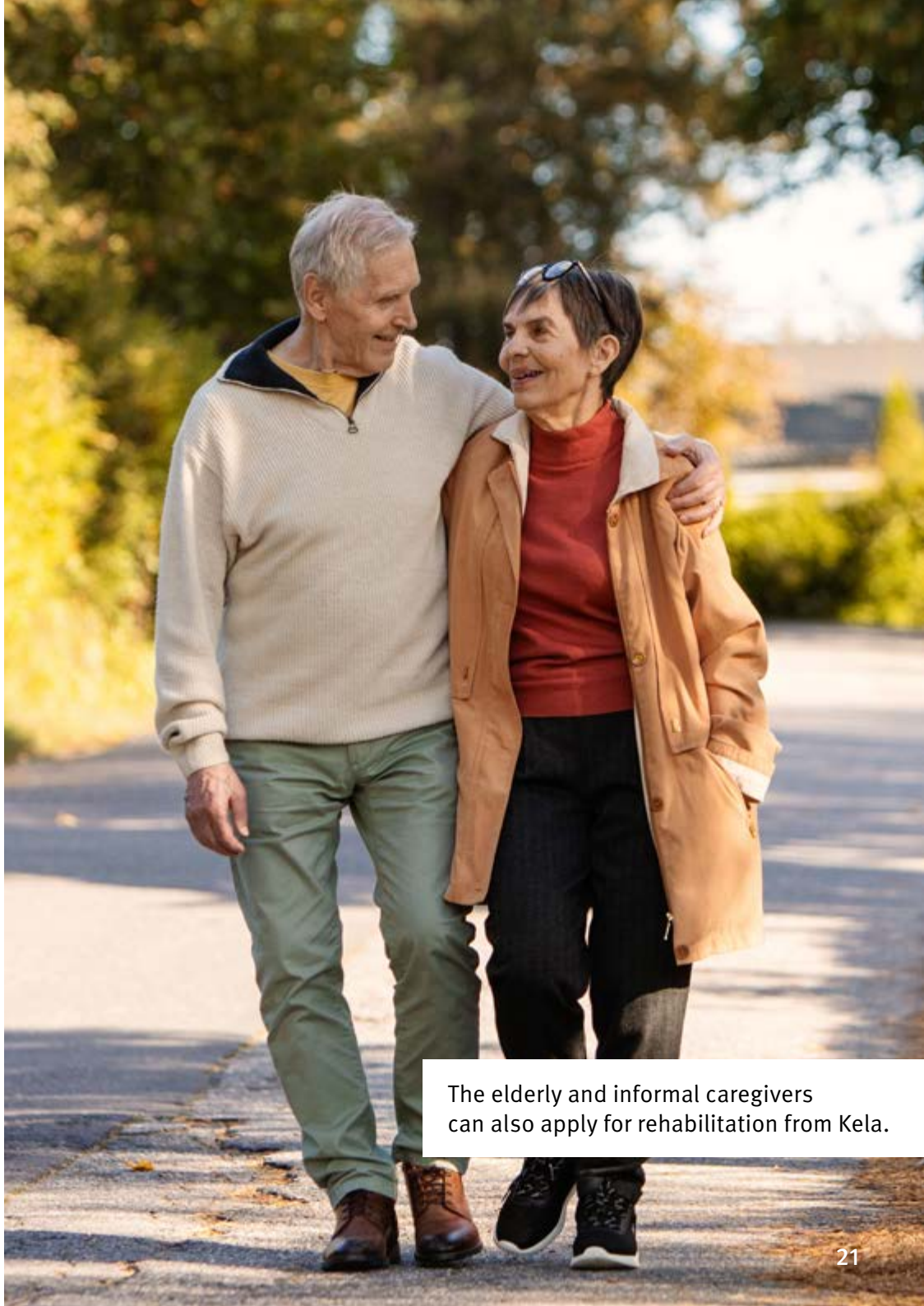
- a cerebrovascular disease
- a movement disorder, such as Parkinson's disease
- heart disease
- a respiratory illness.

Kela also offers rehabilitation courses for informal caregivers (omaishoitaja).

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

Kela's other rehabilitation services are meant for persons of working age.
This means people who are under 65.

Go to page 18 to read more about rehabilitation courses and multidisciplinary individual rehabilitation.



The elderly and informal caregivers can also apply for rehabilitation from Kela.

Economic security during rehabilitation

Kela can give you financial assistance
during your rehabilitation in the form of different allowances.

These allowances include

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

Rehabilitation allowance

You can get rehabilitation allowance
if you cannot work or look for a job
because you are participating in rehabilitation.

You can get rehabilitation allowance
when the rehabilitation is provided by

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

Your annual income affects how much
rehabilitation allowance you can get.
Annual income means the income you earn
during a period of 12 months.
For example, if you are granted rehabilitation
starting from May 2026, Kela calculates
the amount of rehabilitation allowance you can get
based on your income between
1 April 2025 and 31 March 2026.

The rehabilitation allowance is always at least EUR 31.99 per day,
so about EUR 800 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 18–19 years old.
- You have an illness or disability that
  makes it more difficult for you to work or 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 your rehabilitation causes extra costs,
you may get maintenance allowance.
You can only get maintenance allowance
if Kela pays you the smallest rehabilitation allowance.

The maintenance allowance is EUR 9 per day.
You do not have to pay taxes on the maintenance allowance.

How to apply

Apply for rehabilitation by filling in an application form
that you can get from a service point or from Kela's website:
www.kela.fi/forms

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

Send your application and supporting documents online:
www.kela.fi/e-services (in Finnish and Swedish)
You can also apply for rehabilitation allowance online.

You can also send the application to us by post.

Kela's address is
Kela
PL 10
00056 KELA

You can also call us for help with almost all matters
related to Kela benefits.

As soon as Kela has processed your application,
you will get a decision notice in the OmaKela e-service
or by post to your home address.

The decision notice will give you more information on
when the rehabilitation will start.
You will get a decision notice also if
Kela does not grant you rehabilitation or
rehabilitation allowance.

Report changes

If your life situation changes,
it may affect the benefits you get from Kela.
The change can concern for example your housing, income,
work or family circumstances.

Remember to report such changes to Kela.
You can do it online in the OmaKela e-service, by phone
or by visiting a Kela service point.

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

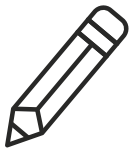
If you think that the decision you got from
Kela is wrong, or if you have questions,
please contact Kela first.



In the OmaKela e-service you can

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

Notes



Kela at your service

Online

Visit Kela's website for more information:
www.kela.fi/english

You can use calculators to calculate benefit amounts:
www.kela.fi/calculators

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

You must log in to OmaKela. You need online banking credentials or a mobile ID.

Help with using the e-services

If you have difficulties using the e-services, you can get help:
www.kela.fi/digital-support

You can give another person permission to act on your behalf at Kela:
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

Services in the Sámi languages:
www.kela.fi/saame

By phone

Monday to Friday from 9.00 to 15.00.

Families, students, unemployment and housing
020 634 2550

Health and pensions
020 634 2650

International situations
Monday to Friday from 10.00 to 15.00.
020 634 0200

Overpayment Recovery Centre
Monday to Friday from 10.00 to 15.00.
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**

Submit a call request

You can submit a call request in OmaKela or while waiting in queue during a customer service call.

Visit a service point

Check the addresses and opening hours of our service points:
www.kela.fi/visit-kela

Information about Kela

Kela's website in English: **www.kela.fi/english**

Kela benefit guides in English:

Coming to Finland

Families

General housing allowance

Pensions and retirement

Rehabilitation

Sickness and disability

Social assistance

Students and conscripts

Unemployment

The benefit guides are available at service points and online:
www.kela.fi/brochures-for-clients

PunaMusta Oy 2025



Kela's newsletter for customers

By subscribing to our newsletter, you get up-to-date information delivered straight to your inbox.

www.kela.fi/customer-newsletter