

*“I support
expatriates and
their families
concerning health
issues in Austria“*

Dr. Bärbel Klepp

care  for you



How can I support

Being able to think clearly

A serious diagnosis can trigger a wide range of fears and emotions. Just as the illness itself affects physical health, it can also bring up many emotions that may be unfamiliar.

Regaining the ability to act

As a psychosocial case manager, I can support you in coping with this crisis. The first step is to get out of this panic mode.“ The next step is to gain clarity about your options. This might mean, for example, preparing for a medical consultation in a structured way in order to receive the information you still need to make informed decisions.

Planning, organizing and coordinating

Especially if you had little contact with the healthcare system before your diagnosis, it's easy to feel overwhelmed. My nearly 30 years of experience in the Austrian healthcare system and my training as a case manager are resources I offer to my clients.



“It's about planning, organizing, and coordinating what clients truly need in this phase of life.”

Dr. Bärbel Klepp



Who can benefit

You can use this short checklist to see whether **Psychosocial Case Management** might be right for you.

- ✔ When you need support.
- ✔ When you feel lost in the Austrian healthcare system.
- ✔ When you don't know how to get everything organized.
- ✔ When you have to make decisions about how and where your therapy or treatment should continue.
- ✔ When you are faced with a new, serious diagnosis.
- ✔ When it feels like the ground is being pulled out from under your feet.
- ✔ When you can't think clearly.
- ✔ When changes in the course of the illness bring stress, fear, and/or a lack of resources.



“Not everything that is possible needs to be done – what truly matters is becoming clear about what you really want to do.”

Dr. Bärbel Klepp

***”You can rely on me in
challenging times“***

Over the past 30 years, I have gained extensive professional experience within the Austrian healthcare system. The concerns and needs of patients have always been at the heart of my work. Now I make my experience, my knowledge and my network directly available to my clients.



Further information:
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