



ZOE KNOWLEDGE · AT A GLANCE

Use the relief allowance

Put up to €131 per month to good use.

The essentials

The relief allowance (Entlastungsbetrag) is an earmarked budget for certain support services. First check whether the service you want is recognised and how billing works.

Your practical steps

01 · Find suitable support

What would help most: household support, everyday assistance or time off for relatives? Ask your care insurance fund about eligible, recognised services in your area.

02 · Understand the costs

Get the service scope, price, travel charges and cancellation terms in writing. Check which services qualify for reimbursement and whether you must pay first.

03 · Keep track of billing

Confirm your available budget with the fund. Keep invoices and submission dates. Make an informed agreement about direct billing or assignment of reimbursement claims.

Good to know

The relief allowance is earmarked for eligible services, not freely payable spending money. Unused amounts can be carried over into the first half of the following calendar year.



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Your next step

Use the relief allowance

Your checklist

- ☐ Recognition of the service clarified
- ☐ Scope of service and total costs known
- ☐ Billing method agreed
- ☐ Available budget checked with the long-term care insurance fund

Questions for my appointment

Is this specific service eligible for the relief allowance?

What budget remains and what might I have to pay myself?

What I will do next

Who can support me?

By when?

My notes

Sources & full guide

§ 45b SGB XI

Read the complete guide: zoe-pflegeberatung.de

General guidance. Check individual entitlements with your care insurance fund. Zoe provides additional private advice; scope and costs are agreed in advance.