

New Brochure „Ageing in the City of Bremen“ has been released

This year's new brochure lists useful addresses of services and advice centres for the elderly in this city, both voluntary and professional. The brochure is edited by The Senator for Social Affairs, Children, Youth and Women, The Senator for Environment, Housing and Transport and the Municipal Representation of Senior Citizens of Bremen.

The brochure is aimed at assisting those who wish to manage personal changes due to ageing in the best possible ways.

There are many options how to get support. Bremen has a lot to offer for senior citizens – probably more than most people are aware of. A whole range of services by professional providers and assistance offered by volunteers will support the elderly in staying self-reliant as long as possible.

This guide will inform you about advice centres, self-help groups and opportunities to get involved in voluntary services. There is also information on education, leisure activities, sports, health, nutrition and housing. You will find legal references related to long-term care as well as to the services of the national care insurance.

In addition there is a list of care homes and housing options for living with assistance. Prices can be easily compared and the list is organised along town districts. Thereby elderly citizens can find a suitable place nearby more easily.

The brochure can be obtained free of charge from 300 different outlets in the city.