

Die Senatorin für Arbeit, Soziales, Jugend und Integration  
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## **Happy birthday!**

Dear Sir or Madam,

On behalf of the Senate of the Free Hanseatic City of Bremen, I would like to congratulate you on your 80th birthday. I hope you are able to spend this special day as you wish.

80 years of life – that is an impressive amount of time full of experiences. I hope you can look back with joy and look forward with confidence.

As Senator for Social Affairs, it is important to me that you feel well cared for in Bremen – not just today, but every day. My colleagues in my department are also working towards this goal, because our common aim is to promote contented and self-determined ageing in Bremen.

If you have any questions about ageing in Bremen or would like more information, we would be happy to visit you – at home or at a location of your choice. Together, we can discuss your wishes and options.

We have many services for older people, which I would like to briefly introduce to you here. I warmly invite you to take advantage of one or more of these services.



**We offer the following support services free of charge:**

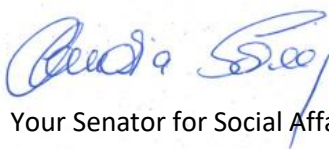
- **Bremen home visits:** Would you like to know how you can remain independent at home and what support is available in your neighbourhood? A trained visitor will be happy to come to your home and provide you with information about the options and services available in your area.
- **Socialising and meeting people:** Do you sometimes feel lonely or wish you had more contact with others? There are many meeting places for older people in Bremen. There you will find exercise programmes, courses and social afternoons. Some also offer discounted lunches.
- **Neighbourhood assistance:** Bremen has been promoting active neighbourhood assistance for over 50 years. Our service centres will be happy to advise and support you.
- **Care and support:** Do you need further support or care? The care centres provide comprehensive advice – including on outpatient and inpatient services.
- **Barrier-free living:** Do you have difficulties with barriers in your home? Kom.fort advises you on suitable solutions.
- **Memory and dementia:** Are you worried about your memory? The Dementia Information and Coordination Centre (DIKS) in Bremen offers confidential advice and helps you find the right support.

Now you have a brief overview of the support services available for older people in Bremen. Further information on services in your area can be found in the enclosed information sheet or in the Bremen Home Visit.

Finally, I would like to express my sincere gratitude to you for everything you have done in your life and for our society. Your commitment deserves great respect and recognition.

To enable you to read this letter in other languages, you will find a QR code below that will take you to the translations.

With kind regards



Your Senator for Social Affairs Dr. Claudia Schilling



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