

In this leaflet, which is printed in several languages, we would like to inform you about some of the services available to help you or an elderly relative. As an older person who has retired to live in Germany you will naturally miss certain aspects of your former life, possibly from when you grew up abroad during your younger years.

There are about 2.600 immigrants currently living in Freiburg, who are over the age of 60. The Büro für Migration und Integration and the Seniorenbüro work together to ensure that the needs of elderly people from other countries are also catered for when providing services and assistance for this age group.

We are keen to establish a working relationship between the organisations and services concerned with elderly persons welfare (Altenhilfe), and those offering assistance to immigrants. (Migrationssozialarbeit). The initiation and development of these specialised services is possible through growing cooperation between organisations, and we would like elderly people from abroad and their relatives to become familiar with what services exist so that they

may use them and benefit from them whenever a need arises.

### Mobile Services

Most elderly people would like to stay in their own home or the environment they are used to. However, if you're not able to cope on your own or with the help of relatives any more, assistance may be available from one of our mobile services, which include:

- In house emergency alert systems
- Meals on wheels
- Mobile social services/neighbourhood help
- Mobile nursing units (for outpatients)

### Nursing Care Insurance

If you or a relative need nursing or help to maintain an independent life, financial help may be available from the Pflegeversicherung. This could include help

- at home
- in day or short term care
- in a nursing home

### Sheltered Accommodation

Sheltered accommodation is available in many parts of Freiburg. This kind of housing enables you to continue to live independently in your own apartment as you become older. Best possible security and help is provided for example, through an emergency alert system in every flat, advice and support on the availability of help, stimulating and informative meetings and social outings.

### Nursing homes

If the level of care available at home is not sufficient to help maintain an independent lifestyle, maybe when the elderly person becomes very infirm, it would be sensible to consider moving into a nursing home.

### Costs and Financing

We offer advice about costs and ways of funding the different options available to an elderly person or their relatives. We will help you find out if additional funding from the social security office (Sozialamt) and other offices are available.

## Seniorenbüro

The Seniorenbüro informs and advises you and your relatives about activities and help offered to older people in Freiburg. Immigration officers who speak different languages are available to help you, and we will also try to obtain any help that you may need. (see supplementary information sheet)

## Büro für Migration und Integration

The Büro für Migration und Integration is able to answer most of the varied questions which occur when people of different nationalities live together. We will also try to answer any questions that you personally have and direct you towards the relevant expert who will be able to clarify your query and help you sort out any problems you may have.

Check the supplement for local English speaking contact

**Seniorenbüro  
mit Pflegestützpunkt**  
Fehrenbachallee 12  
(Technisches Rathaus)  
79106 Freiburg

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Fax 0761/201-3039  
seniorenbuero@stadt.freiburg.de  
www.freiburg.de/senioren

Opening hours:  
Mo., Tu., Th., and Fr. 10 a.m. to 12 a.m. or by  
prior appointment.

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Opening hours:  
Monday to Wednesday 2 p.m. to 4 p.m. and  
Thursday 10 a.m. to 12 a.m.

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Seniorenbüro | Freiburg   
IM BREISGAU



**Growing old abroad:  
Information and advice  
on services available to elderly  
residents and their relatives who  
have moved to Freiburg from  
abroad**