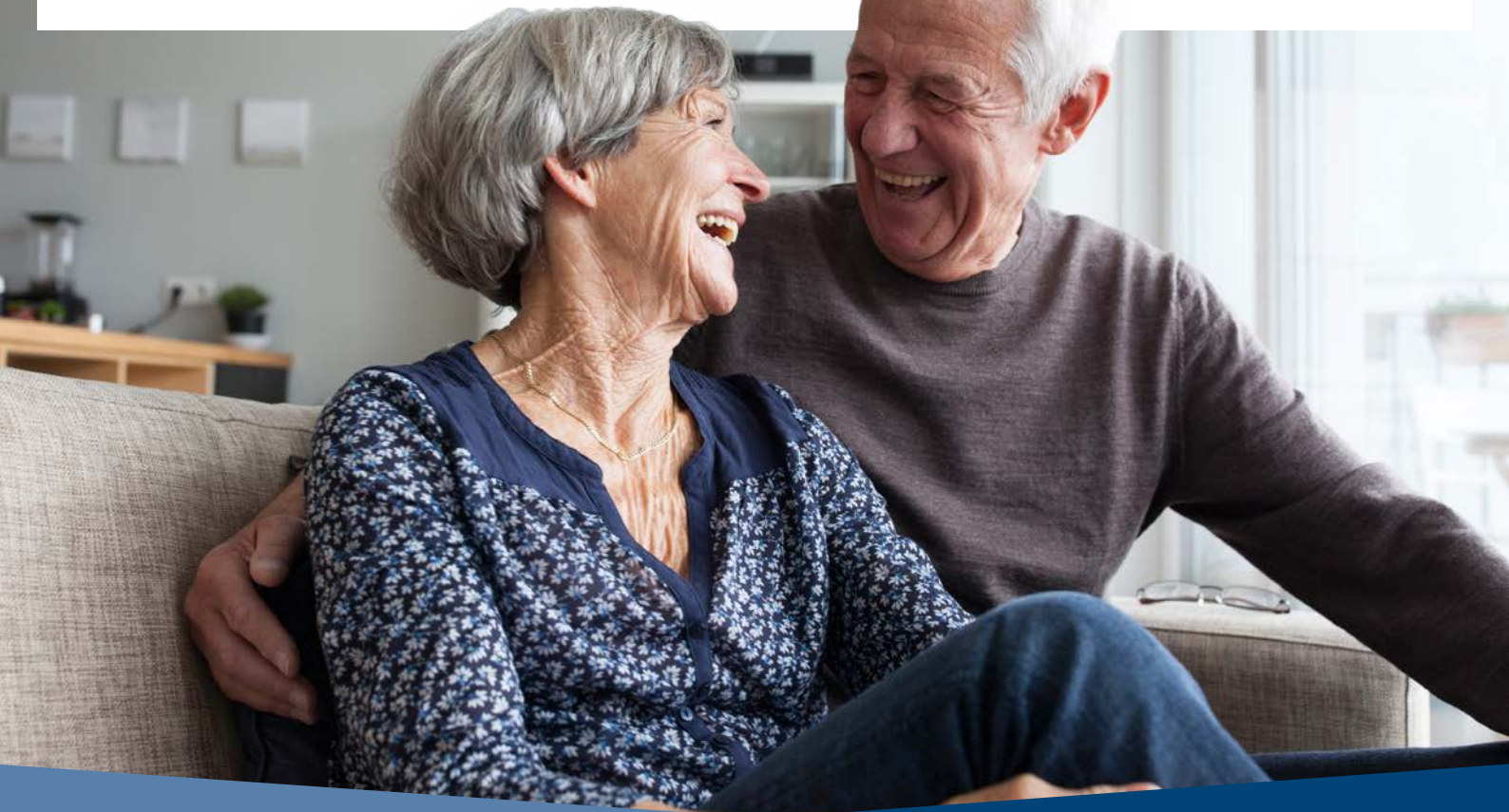




Federal Ministry for
Family Affairs, Senior Citizens,
Women and Youth

Aging AT HOME



Living at home longer

A guide to housing in old age

Foreword

Dear Reader,

Would you like to grow old in the familiar surroundings of your own home? Or maybe you would like to try something new and move into shared housing, perhaps even living among young families. Whatever you decide, I want my policies to help you live an independent, self-determined life at any age and any stage of life.

With this publication, we would like to inform you about the many opportunities for elderly people to arrange their home according to their needs. In addition to structural alterations and technical aids, this can include neighbourhood help and local voluntary support. Contacts in the immediate area as well as the social engagement of local residents – many of them older people themselves – are just as important as the amenities available in the home itself. And then there are the families, of course. Families who care for elderly relatives provide an invaluable service. Organised networks and support services can help ease the burden on them – helping the helpers, so to speak.



Remaining as independent as possible in old age and preferably in our own home can be made possible, even if we are reliant on support and care. But to make it happen, we must rely on others who help. Those helpers need to know that there is someone who can look after them. This is why I believe that we need to help the helpers so that, when the time comes, we can all live the way we want to live right up into old age.

A handwritten signature in blue ink that reads "Dr. Franziska Giffey". The signature is written in a cursive, flowing style.

Dr Franziska Giffey
Federal Minister for Family Affairs, Senior Citizens,
Women and Youth

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1

Viewing housing and neighbourhoods as a single space

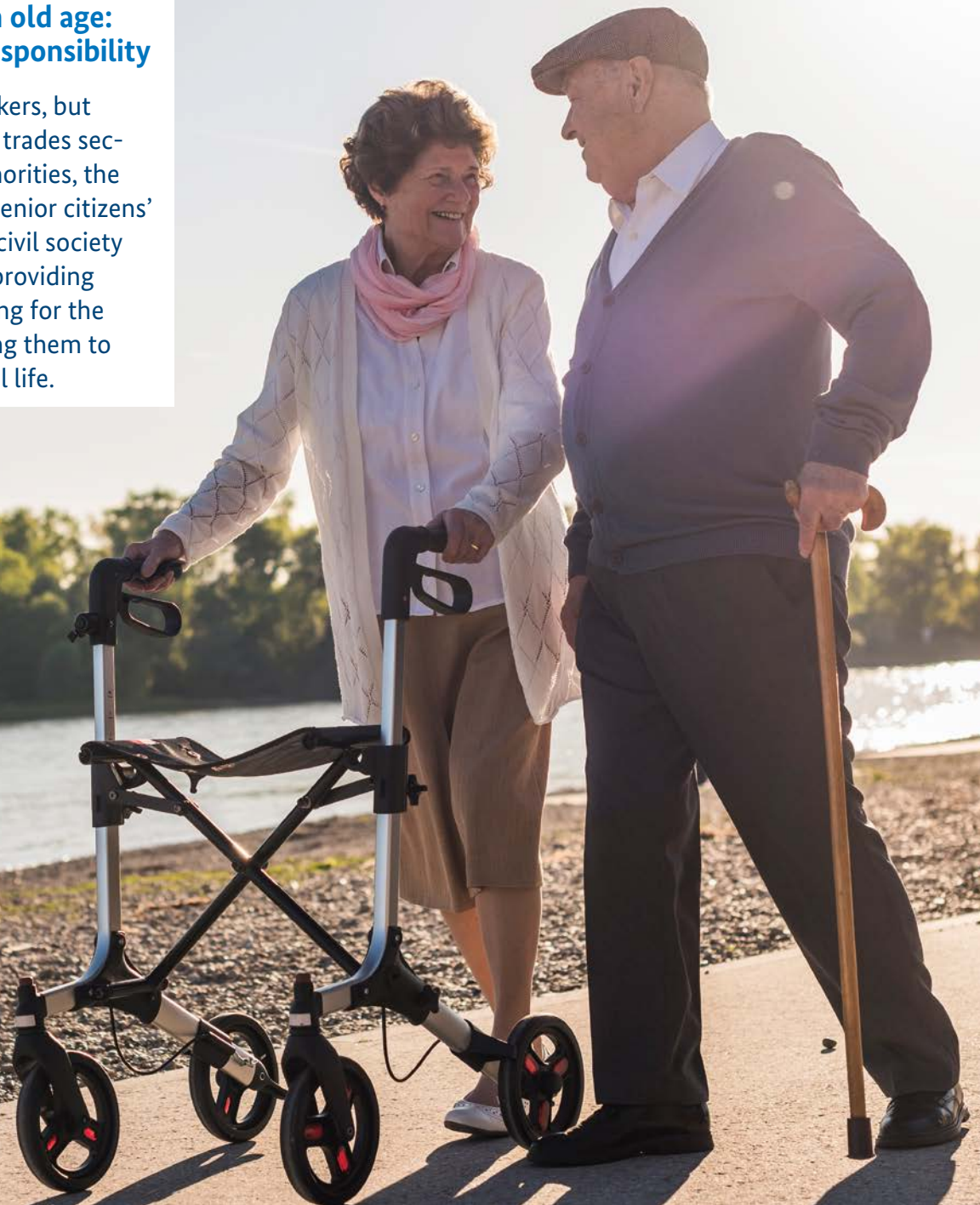
As people get older, they spend more and more time in their homes. Their housing arrangements are key to ensuring quality of life, happiness and wellbeing – in old age even more so than in younger years. Most elderly people today would like to be able to stay in their familiar surroundings for as long as they can. This is the case even if they are ill and need care and support. The aim of our “Wohnen im Alter” (Housing in Old Age) programmes and projects is thus to promote independent, self-determined living, both in old age and in all phases of life. The focal points of the various programmes and

projects take in shared housing, age-appropriate home conversions, ambient-assisted homes, local support and advisory services, neighbourhood help schemes, the provision of social services and improving living conditions to help people stay in their homes by offering family carers a range of options that provide them some relief. These issues highlight the fact that housing in old age is not just a matter of accommodation, but also of local surroundings, infrastructure, social contacts and integration.



Housing in old age: a shared responsibility

Not only policymakers, but also the crafts and trades sector, municipal authorities, the housing industry, senior citizens' organisations and civil society can contribute to providing comfortable housing for the elderly and enabling them to participate in social life.



1.1 Shared Housing, Self-Determined Lives programme

Older people are showing increasing interest in new forms of shared housing – living both with peers and also with younger people in multi-generation homes. Since late 2015, the “Gemeinschaftlich wohnen, selbstbestimmt leben” (Shared Housing, Self-Determined Lives) pilot programme has promoted selected housing projects that serve as best-practice examples and foster replication. The project developers range from private building consortia to housing companies, associations and municipal authorities who all design and implement model projects to provide shared housing in various forms.

The model projects take varied approaches depending on the specific area of focus. One such area of focus concentrates on forms of shared housing that permit independent and self-determined lifestyles, especially for residents who are either old or very old. Another concentrates on housing projects geared to older people with low incomes and a resident mix of people from differing generations and social groups.

The model programme places particular importance on establishing close links between the housing projects and the local community and environment. The idea is to ensure that the projects enhance quality of life in the respective municipalities, urban neighbourhoods and rural areas – and that the projects themselves benefit in return, thus improving prevailing conditions to enable longer, self-determined lives for the people living there.

1.2 Contact Points for the Elderly programme

Under the “Anlaufstellen für ältere Menschen” (Contact Points for the Elderly) programme, some 300 projects were launched countrywide to provide local solutions to promote independent, self-determined living in old age. This enables people to remain in their familiar surroundings up to a great age. The projects encompass services such as support, care and encounters, age-appropriate home and building conversions, and initiatives to train local volunteers and establish networks between voluntary helpers and organisations.

In a society where many family members and friends no longer live nearby, other forms of local support and networking structures are important for people young and old.

1.3 Social Housing in Old Age programme

The “Soziales Wohnen im Alter” (Social Housing in Old Age) programme comprised the following components:

- ✓ Competition for ambient-assisted living
- ✓ Initiative to train tradespeople in providing age-appropriate, accessible housing
- ✓ Project funding: neighbourhood help schemes and social services

1 Viewing housing and neighbourhoods as a single space



A wide range of stakeholders were involved – civil society, senior citizens’ organisations, the housing industry, the crafts and trades sector, and Länder (state) and municipal authorities. The programme has been a great success and continues to have an effect – innovations in housing technology, tradespeople who are well-trained and skilled, new neighbourhood help networks and support structures all benefit older people in both the short and longer term.



Tip

More information along with practical examples from the different programmes is available online at:

www.serviceportal-zuhause-im-alter.de

2

Demographic change and housing

The term demographic change describes a series of processes that alter the structure of a country's population:

- ✓ Life expectancy is increasing and people are living longer
- ✓ Birth rates continue to remain low
- ✓ The number of older people in the overall population is on the rise

Our altered society

While in 2015 some 17.3 million people in Germany were aged 65 and older (5.8 million of them over 80), the number of people in this age group is expected to

grow to 21.8 million (6.2 million of them over 80) by 2030.

(Source: Federal Statistical Office)

German society is growing older. This includes the country's migrant population, especially the "guest workers" who came to Germany to work and also the large number of repatriated ethnic Germans. Many have long made their homes in Germany and, contrary to their original plans, now intend to stay. Today, 9.7 percent of people in Germany aged over 65 have a migrant background, and the figure is rising.

(Source: Federal Statistical Office)



Demographic change is not unusual in a modern society and other countries are also seeing its effects. It impacts many policy fields from the labour market to pension policy, to building, construction and housing. Older people often live alone – something which in itself influences a country's housing situation. Added to this comes the fact that with families becoming smaller and growing numbers of women and men going out to work, fewer family members are available to help and care for their elderly relatives. And in many cases, due to the increasing need for mobility, those who are willing to provide such care tend to live further away. A similar trend can be seen in families with migrant backgrounds.

If more older people want to stay in their own homes for longer, but are less able to draw on family members' help, then housing conditions need to change – for example, with new forms of housing design and altered structures in the provision of long-term care and support.

2.1 Adapting housing to older people's needs

When designing and adapting not just housing, but also urban neighbourhoods and rural areas to meet elderly people's needs, society faces a series of challenges brought about by demographic change. Despite the medical advancements achieved to date, physical limitations continue to increase in old age, making everyday life even more difficult to manage than before. An elderly person wanting to stay in their familiar surroundings for as long as they can needs a home that is easily accessible and, if possible, completely barrier-free.

If we are to accommodate elderly people's needs, Germany's existing housing stock must thus be adapted on an even greater scale than has been the case to date. The country's current supply of age-appropriate homes is unable to meet growing demand.

2.2 Liveable housing, liveable neighbourhoods

Satisfaction, happiness and well-being are largely reliant on whether people like where they live and are able to identify with their neighbourhood or town. Apart from our actual homes, where we live includes the immediate surroundings, the neighbourhood, our social contacts and the amenities nearby – things like home help schemes, mobile nursing services, doctor's office, shops and public transport. In a society where the balance between the different age groups is shifting, it is even more important that people young and old have contact with one another, help each other out and stick together in times of need. This is where the neighbourhood plays a decisive role.

With its various programmes and measures, the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth aims to shape the impact of demographic change and exploit the opportunities it brings.

Many and varied options

Living a long life gives people a greater number of healthy years and many older people actively contribute to preserving social cohesion and ensuring quality of life, especially if they have lived in their neighbourhood for many years. The aim is to provide all generations in Germany with comfortable living conditions inside and outside the home. Older people should be able to live independent lives and participate in community life for as long as they possibly can.

3

Looking at housing from a structural, technological and social perspective

Is it wise to start thinking at 40 about how you want to live when you are 70 years old? There are very few people in midlife who put thought to how they want to live when they are old. Still, it is well worth starting to prepare for old age and to decide what needs to be done as early as you possibly can. People who address this issue at an early stage have ample time to adapt their current home to meet their future needs or pave the way for something different and new.

The next chapter is designed to give you useful tips on how you can plan and prepare to live in your own home up into old age. A lot can be done cheaply and easily. For more major alterations,

you can often find professional advice and assistance near where you live.

3.1 Accessible accommodation in old age

Barriers can sometimes make sense and protect you from harm

Balcony railings prevent falls, while a red traffic light prevents vehicles from colliding on the roads. But there are other kinds of barriers that restrict both independence and mobility, and thus freedom in everyday life.



Accessible accommodation – meaning with very few or no barriers – means a home free of obstacles and places that can cause you to trip, slip and fall. Steps, thresholds and narrow doors can all become barriers in older age. But these can be overcome. By making a few alterations, you will be able to move around your home unimpeded as you grow old and manage everyday life without the

need for outside help. A needs-based, accessible home enhances your comfort and convenience, and helps avoid injuries caused by falls. Social contacts can also be easier to maintain: a home without steps and raised thresholds is far more convenient, both for you and for visitors – be they in a wheelchair or pushing a child in a pram.

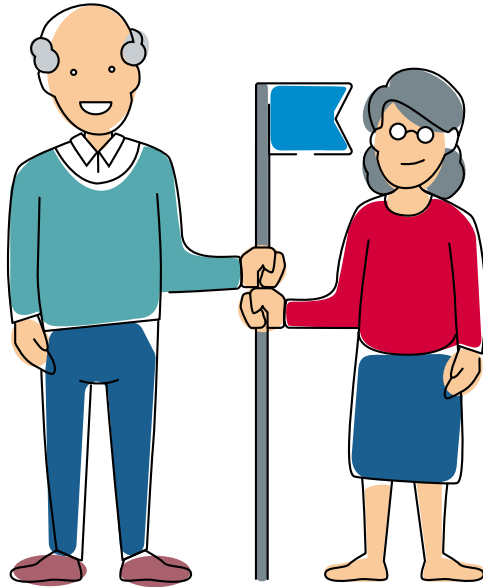
3.2 Planning and designing the age-appropriate home

A home is accessible and for the most part barrier-free when:

- It can be accessed without steps and thresholds, and entered unimpeded by people with impaired mobility
- It has a level-access shower or otherwise safe, needs-based bathroom design
- The doors are at least 80 cm wide and the bathroom, hall and kitchen allow space (at least 120 cm x 120 cm) to move freely, even with a wheelchair
- It is well equipped and the lighting is good

- It has grip handles as well as sitting and standing aids to provide help if mobility is impaired

The DIN 18040 standard gives precise definitions of accessibility for all areas of the home, for publicly accessible buildings and for public spaces and roads. New buildings should now be planned in such a way that they comply with this standard. For existing houses and flats, the minimum specifications contained in the KfW “Age-Appropriate Conversion” programme offer points of reference and also ideas on the kinds of things that can be done at reasonable expense.



i Useful tips on accessible home design

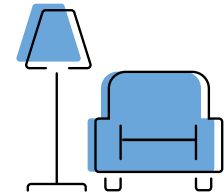
There are a number of practical measures you can introduce in your home without any major effort.

Go through your daily routine in your head and think about the obstacles that you encounter in your home in the course of a normal day and list the things that cause you problems.

Many of the obstacles found in your home can be eliminated quickly and cheaply, either with a little skill or with the help of a qualified tradesperson or firm.

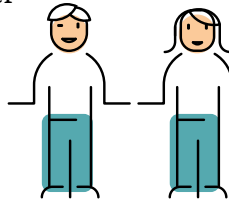
i Things you can do yourself

- Part with superfluous furniture and furnishings, and reorganise your rooms.
- Move furniture around so that all furniture, furnishings and windows are easily accessible.
- Make sure floor coverings are non-slip and fix rugs in place to eliminate the risk of slips, trips and falls.
- Keep a stable seat at hand for getting your shoes on and off.
- A non-slip shower stool to sit on makes it easier to shower without help and reduces the accident risk.



i Where you will need help from relatives, friends, neighbours or professionals

- Fit wooden blocks under the sofa, armchair or bed to raise them to a seat height of at least 60 cm – this makes it easier to sit down and get up.



- Fit handrails on both sides of the stairs.
- Grip handles make it easier to sit down and get up in the bath, and offer extra safety on the toilet.
- Replace conventional shelves in wall cupboards with glass shelves so you can see what's on the upper shelves.

i Where you will need professional help

- To facilitate housework such as vacuuming, move frequently used power points to an easy-to-reach height of at least 85 cm.
- If the available space allows, part of the kitchen worktop can be lowered, and legroom can be created by removing the bottom cupboards. In that way, you can even sit down to cook.



3.3 Targeted planning of major conversion work

Sometimes, minor changes will not be enough to ensure you can continue to live independently in your home. Structural alterations may be needed, for example because you are no longer able to manage steps or get in and out of the bath without help. Building a front-door ramp can give you easier and safer access to your home, while **interior ramps**, either mobile or fixed, can improve both mobility and access to rooms. A **stair lift** can also be installed where structural conditions allow. Should this not be possible, mobile aids such as stair caterpillars and stair-climbing wheelchairs are available to help you reach upper floors. These are officially authorised mobility aids and are also available for rent.

To help you negotiate a high threshold that leads to a balcony, **raised floors** or installing an intermediate step can help.

3.4 Finding professional housing advice

When converting your home, it is advisable to seek expert help. This applies not just in the case of structural alterations, but also to the targeted use of aids – from raised toilet seats and grip handles, to fitting lifts on stairs and in baths. As conditions differ from home to home, an on-site check should be carried out to determine what makes sense and what is both possible and needed in your specific case. Information and advice on age-appropriate home conversions can be obtained from the following organisations:

- Your municipal authority, housing advice office (Wohnberatungsstelle), social services (Sozialamt) and housing office (Wohnungsamt)
- Church and independent welfare associations
- Chamber of Crafts & Trades (Handwerkskammer)

- Health insurance funds (Krankenkassen), long-term care support centres (Pflegerstützpunkten)
- Home-care services (Pflegerdiensten) or welfare centres (Sozialstationen)

In addition to the points of contact listed above, there are also more than 200 dedicated housing advice centres located across Germany. The Bundesarbeitsgemeinschaft Wohnungsanpassung e.V. (a German Federal working group which promotes independent living for older people and people with disabilities) can give you information on competent housing advice centres located near where you live.

Housing advisors are knowledgeable about the various technical and structural alterations that can be made, and they can also offer help with issues such as financing and long-term care. Many housing advice centres help with applications to funding agencies and recommend suitable tradespeople and firms in the area where you live. They are usually networked with other services so they can



Tip

You can also use the following website to find a professional housing advice centre near you: www.bag-wohnungsanpassung.de

Other housing advice centres are listed on the website of the State of North Rhine-Westphalia Working Group on Housing Advice (Landesarbeitsgemeinschaft Wohnberatung Nordrhein-Westfalen): www.serviceportal-zuhause-im-alter.de
www.wohnberatungsstellen.de/hintergruende/lag-wohnberatung-nrw/

provide the broadest possible range of advice. Professional housing advice centres also offer an outreach service and can arrange for an adviser to visit you in your home. This has the advantage that the adviser gets a first-hand impression of the current condition of your home, its layout and how it is equipped. You will receive more customised and targeted advice as a result.

The Lower Saxony State Housing Advice Centre (Niedersächsische Fachstelle für Wohnberatung) offers this kind of advice service in the home and has trained more than 800 employed and voluntary housing advisers in Hannover and further afield. Some senior citizens' advice centres (Seniorenbüros) also offer mobile housing advice.

Many housing companies are already responding to the needs of ageing tenants by offering advisory services and introducing housing conversion programmes.

3.5 Finding qualified tradespeople and firms

Skilled tradespeople play a key role in age-appropriate home conversions because the work is usually performed by small firms run by professional painters and decorators, carpenters, bricklayers and plumbers. The expertise of orthopaedic technicians and metalworkers is

also required when performing age-appropriate conversions in the home.

There are now tradespeople and firms who specialise in conversions catering to senior citizens and are registered as certified experts. Such certification documents that a business complies, for example, with Germany's DIN Standard 18040 on the construction of accessible buildings and dwellings, and has special knowledge regarding elderly people's needs.



Tip

To find local tradespeople and firms with experience in completing age-appropriate conversions, contact your regional Chamber of Crafts & Trades (Handwerkskammer) or the respective trade guilds (Innungen).



Tip

Information on the applicable DIN standards is available at: www.nullbarriere.de





Tip

A list of certified tradespeople and firms is available at: www.dincertco.de

Both DIN CERTCO (the certification body of TÜV Rheinland Group and DIN Deutsches Institut für Normung e.V.) and various chambers of architects and academies (such as the Academy of Engineers [Akademie der Ingenieure]) award “DIN-certified specialist for accessible construction” certification to architects and tradespeople. Crafts and trades businesses that offer generation-friendly products and services can be awarded the “Generation-friendly company – service + comfort” (“Generationenfreundlicher Betrieb – Service + Komfort”) trademark. The trademark is sponsored by the German Confederation of Skilled Crafts (ZDH) and is awarded to businesses that

have acquired knowledge and skill through training, or have acquired special expertise in some other way.

The following questions may be helpful when looking for a suitable tradesperson or firm to conduct an age-appropriate access conversion in your home. You should be able to answer most of the questions with “Yes”.



Tip

Information about the trademark can be found at: www.generationenfreundlicher-betrieb.de



Checklist:

finding suitable tradespeople and firms

- Can the tradesperson or firm name reference projects to show experience with accessible building work?
- Was the company recommended to you, for example by a housing advice centre?
- Have you viewed previous conversions performed by the company concerned?
- Can the company you are considering offer the crafts and trades needs from a single source?
- Have you talked about the conversion with a friend or acquaintance who knows about building and construction, or with experts in that field?
- Have you obtained several offers for the same items of work for comparison purposes?

3.6 Technical aids

In addition to the structural design of a home, technology can help elderly people maintain quality of life in many ways. And it need not necessarily call for large-scale installation. There are small technical aids on offer that are relatively cheap and, with only minor alterations, enable people with impairments and handicaps to live a self-determined life. Technical aids can also help to prevent accidents and injuries. Modern information and communications technology – especially the internet – likewise offers a range of options that can simplify and enrich your daily life.



Tip

For more information about ambient assisted living (AAL), see:

www.innovationspartnerschaft.de



The Guide to the Digital World

(“Wegweiser durch die digitale Welt”) contains useful tips for older people on using the internet and is available from the German National Association of Senior Citizens’ Organisations (BAGSO) (see Chapter 9: “Useful contacts” for the address).

3.6.1 Aids to help you inside and outside the home

The things that can help you in everyday life are usually items that can make it much easier to perform day-to-day activities by yourself.

These can include:

- › Gripping aids
- › Walking and mobility aids
- › Reading and writing aids
- › Special bottle and can openers
- › Shoe horns and sock/stocking aids
- › Window handle extensions
- › Large-key telephones for people of all ages

For further information on everyday aids, contact or visit the medical supply stores in your local area.

3.6.2 Help is on hand: the home alert

A home alert button system consists of a base station connected to the telephone and an emergency call transmitter worn either on a chain around the neck or around the wrist like a watch. It is used to trigger an alarm in case of emergency. The user's device automatically dials the emergency call centre, where the data needed to provide immediate assistance – GP's surgery, medication, illnesses, persons to be notified – is displayed on a computer screen.



Tip

Information on the home alert and also on technical aids for use in the home is available free of charge via e-mail from the online housing advice service Barrierfrei Leben e.V.: www.online-wohn-beratung.de

A hands-free facility makes it possible for the wearer to speak to the emergency call centre in person. The emergency call centre quickly notifies relatives or designated people in the neighbourhood, and also sends out an emergency service if required.



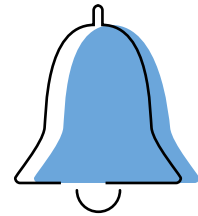
Tip

Information about the home alert system is available from Initiative Hausnotruf at:

www.initiative-hausnotruf.de or from the Bundesverband Hausnotruf at:
www.bpa-hausnotruf.de

3.6.3 Automatic oven monitor takes your worries away

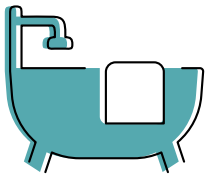
We all know the nagging feeling that comes when trying to remember whether we switched the oven off. That's why an automatic oven monitor can make sense at any age. Easily installed on any electric oven, it monitors both the operating time and the temperature of electric hotplates. The monitor starts automatically when the oven is switched on and turns the oven off again after a set period of time. The heat monitor checks the temperature during operation, switching the hotplate off if a critical temperature is reached. If acoustic or optical signals are also activated, an oven monitor can also be a sensible aid for people with impaired sight.



3.6.4 Using a bath lift to bathe without help

Anyone who appreciates a warm bath knows that they lose a little quality of life if they can no longer get into the bath with ease, relax in the water and get out again by themselves. This is where technology can help, with a variety of aids that offer a secure hold when getting into and out of the bath.

Safety and convenience are ensured, for example, by bath lifts whose hydraulic seats are secured with suckers. They can generally be used in most types of baths and do not need complex installation. Sitting on the lift, you can get into the bath at the push of a button and safely get up and out again after you have bathed.



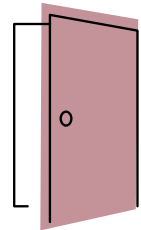
When it comes to financing the lift, it is advisable to talk to your health insurance fund and also to your GP.

3.6.5 Easy access with automatic doors

If you rely on a walking aid or a wheelchair, opening doors and closing doors can sometimes be a problem. Even if you're just laden with heavy shopping, it can often be awkward to get

through a door. Front doors, flat doors and also internal doors to rooms can be retrofitted with automatic drives. It's even possible to set a timer to control how long the door stays open.

Depending on your needs, the opener can be controlled either by switch or remote. This makes passing through interior and exterior doors easier all round.

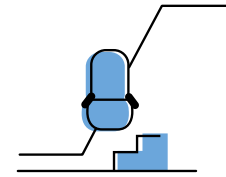


3.6.6 Using stair lifts to access upper floors

If a home extends over several floors, the stairs can sometimes be winding and steep. In many cases, installing a lift is not an option due either to lack of space or to cost. But even if you are dependent on a wheelchair, you don't have to forgo being able to access and use all your rooms. Chair and platform lifts can be found for most types of staircase, no matter how narrow or steep.

Chairlifts are suitable for people who are still able to walk, but have difficulty climbing stairs. A chairlift usually has an armrest, a backrest, footrests and a safety belt. Modern chairlifts can also be converted into wheelchair lifts if need be. Platform lifts have a sturdy base and can also be used outdoors, such as for entering the house from outside.

Further information can be obtained from housing advice centres (Wohnberatungsstellen) or local chambers of crafts and trades (Handwerkskammer). Issues concerning the possibility of funding or grants should be addressed in good time by contacting the central welfare or integration offices, the employers' liability insurance associations (Berufsgenossenschaften) or, in cases concerning long-term care, the long-term care insurance funds (Pflegekassen).



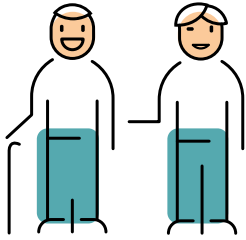
3.7 Staying in your familiar surroundings for as long as you possibly can

Anyone thinking about how they want to live in old age is well advised not just to focus on the home. Where they live is equally important. If you'd like to stay in your familiar surroundings in old age – be it the rented accommodation or the privately-owned home you have lived in for many years – you should keep an eye to the future when assessing your situation:

- Accessibility applies not just to the home, but to the area in which you live. You should be able to get to the most important shops, doctors and public transport stops on foot without having to negotiate barriers.

- There might come a time when you will need assistance – perhaps with the housework or when shopping, or you might eventually require long-term care. If this happens, it's good if services of this kind, either paid for or (at least partly) on a voluntary basis, are available nearby.
- People make all the difference: acquaintances to chat with, nice neighbours and friends close by. Social networks in the immediate neighbourhood are worth their weight in gold and are a good reason to continue living there. They ensure regular social contact and provide opportunities for mutual assistance and support.

To assess whether you live in an age-appropriate neighbourhood, use the checklist below. You should be able to answer most of the questions with “Yes”.



Checklist:

Is my neighbourhood suitable for people in old age?

- Are the main routes you use even and level?
- Are there enough benches available for resting and breaks?
- Are the surfaces non-slip and easy to walk on (ideally without cobblestones)?
- Can public transport stops be reached on foot?
- Are the pavements wide enough – at least 120 cm – to allow you to move unimpeded, including with a walking aid or an accompanying person?
- Can public transport stops be accessed without negotiating steps and thresholds?
- Does the street lighting also permit safe use of the streets at night?
- Can parks and gardens be reached on foot and are they safe to use?
- Do you have contact with neighbours? Can you rely on their help when everyday problems occur?

3.8 Staying in your own home longer with neighbourhood help

- Are there local meeting places (community rooms, cafés and restaurants) that can be easily reached on foot?
- Are there alternative shopping options, such as mobile supermarkets and home deliveries?
- Are there offers of help and support (visiting services, home help, welfare centres, and mobile care services) nearby?
- Can you get to shops, a post office, a bank, the hairdresser and to doctor's office on foot?

You can choose your friends, but you can't always choose your neighbours. Contacts with both have to be nurtured, and even more so if you want to benefit from having neighbourly relations in old age. If you need support, such as in the house or for heavy gardening work, or if you want to become involved in the community yourself and offer help, say by supervising children's homework, neighbours are often the first people who can help you or could do with help themselves.

In addition to the kind of mutual assistance that just happens in the course of everyday life, there are often local groups and societies who are committed to helping people in need.

Their members make home visits and many of them offer household help. Services of this kind are available through local parishes or welfare associations, sometimes through housing associations and often via self-organised neighbourhood schemes. If you are interested in voluntary work, the municipal authorities or local administration office can provide details of contact points such as volunteer agencies, senior citizens offices and multi-generation homes. For most voluntary workers, social engagement allows them to perform meaningful activities that give them personal satisfaction along with new contacts, encounters and experience. They sometimes receive monetary reward to cover expenses or give them a little extra income. Whatever its form, social engagement can be enriching – especially for older people who are fit, want to stay active and participate in social life.

Tips on nurturing good neighbourly relations

Sometimes, it's just little things that cement neighbourly relations, turning polite coexistence into helpful cooperation and support. Neighbourhood initiatives promote contacts and encounters, strengthen local cooperation, enable social engagement and participation, and provide mutual help and support. And most importantly, the keys to good neighbourliness are common interests and trust. A chat in the hallway or over the garden fence, an invitation to a barbecue – these are the small things that make a neighbourhood work. They nurture relations that can be relied on when a bigger favour is needed or when we need to ask for more regular support. There are many things you can do yourself – some of them take a bit of effort, while others involve hardly any at all.



Telephone tree

A communicative and inexpensive way of ensuring that someone gets help in an emergency is to set up a telephone tree – a self-organised group of relatives, friends and neighbours who call each other in a pre-agreed order. If one of the group fails to answer, someone goes to see if they are alright and notifies an emergency service if need be.



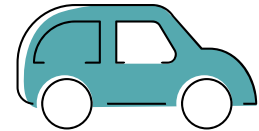
Communal shopping

Bulk buying in groups can certainly save time and sometimes even money. Why not get together with your neighbours and try it for yourself. You'll soon see the benefits. But remember to keep the group small to begin with. Also, the members should not only know, but also trust one another – orders are placed and purchasing decisions are made jointly after all.



Transport services

Neighbourhood transport services are an excellent alternative to public transport, especially for elderly people who can no longer drive or who live out in rural areas, where transport connections are few. This simple service can be used for trips to the shops, to visit the doctor or to take part in cultural events. If you still have a car and are able to drive, maybe you could think about helping out local families by driving their children to school, to music lessons, to play sport or the like.



Skills exchanges and bartering schemes

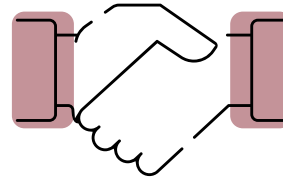
Offering to do gardening work, asking for help with the computer – skills exchanges and bartering schemes are a tried and tested form of organised neighbourhood help. They transform uncomplicated door-to-door help into a larger-scale system of give and take.

What it involves

Members offer something they are good at, such as cooking, gardening, decorating or DIY. In return for their service, they receive offers of help that they themselves can use. Schemes like these can be organised in close-knit neighbourhoods or across entire districts and towns.

Important

Anyone and everyone can join a skills exchange – they are not reserved for people with enough money to be able to buy the help they need.



✓ Tip

For more useful tips on how to organise a neighbourhood scheme, see the Netzwerk Nachbarschaft website at: www.netzwerk-nachbarschaft.net

or consult Verein Dein Nachbar e.V. at: www.deinnachbar.de

✓ Tip

A list of volunteer agencies is available from the Federal Association of Volunteer Agencies at: www.bagfa.de

4

Special forms of housing for people in old age

Most elderly people want to remain in the familiar surroundings of their own home for as long as they possibly can. That they do is confirmed by statistics: half of people aged 70 and over have lived in the same home for more than 30 years. But there is also a trend towards new forms of housing, be it with special services on offer or with a resident mix of old and young all living under one roof.

There is no one form of housing that suits elderly people per se. Moving house at an early stage can make sense to enable new contacts to be made in a new location, find more suitable living conditions and meet personal housing wants and needs. The first step is to get a clear picture of what you feel is right for you – preferably

talking things through with your partner, family members, friends and other people of your age.

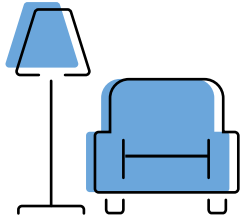
If you change your mind later down the line and want or need a change, there are several options to choose from. The following chapter gives an overview of the kinds of choices on offer.



Tip

Information about numerous government-funded, age-appropriate building and housing projects conducted throughout Germany is available in our dedicated database:

www.serviceportal-zuhause-im-alter.de



Checklist:

personal housing wants and needs

- Are you happy with your current housing situation?
- Would you like to stay in your familiar surroundings, come what may?
- Do you see a need to move (for example because of impairments)?
- Would you especially like to move to another place?
- Would you like to live with others in old age?
- Would you like greater assurance that you will be provided for in old age (for example, if you become ill)?
- Would you like to have more services available (for example, to help with daily shopping)?
- Would you like to have more professional help in the home (for example, with cleaning and other household tasks)?
- Are you looking for more (or new) social contacts?



4.1 Living with others: shared housing forms

If you would like to live with others but still want to retain a high degree of independence, you can opt for shared housing in one of its many forms. Similar to the flat shares so popular with students, shared housing projects for the elderly are self-organised initiatives. The difference here, however, is that each and every resident has not just a separate room, but their own flat to ensure they have privacy and personal space. But besides that aside, shared or communal housing can offer far more than the neighbourhood relations generally seen as the norm. In many cases, the housing projects are actually planned by the would-be residents themselves and in collaboration with others. Once they have moved in, the residents are there for each other whenever help is needed.

The dual advantage with this form of housing is that you can continue to live independently for longer in old age and you are not alone. You have contact with others and can rely on the help of your fellow residents and housemates should the need arise.

Of course, anyone wanting to live in shared housing must be willing to share an element of their private life with others and to help them out in times of need. There is also the risk that you might have to move out should you require long-term care or suffer from dementia.



Tip

Information on shared housing projects is available from Forum Gemeinschaftliches Wohnen e.V., Bundesvereinigung:

www.fgw-ev.de

and also via the information service provided by Stiftung trias at:

www.wohnprojekte-portal.de

4.2 Assisted living: services in the home

If home-help services no longer cover your needs and you would like to have a dedicated contact person who can give you comprehensive information and advice and also arrange additional services when needed, you will find that some local authorities offer services to enable assisted living at home.

Assisted living at home comprises a package of professionally-organised support services, a home alert system and regular house calls. Because the services and help you need are provided right in your home, there is no need for you to move to another place. You will need to enter into a mobile care agreement with the service providers involved and also pay an assistance fee. The fee can differ greatly depending on the service package you need. It is thus wise to obtain binding offers in advance. Services to enable assisted living at home are offered by welfare organisations, municipal

authorities and housing associations, but they are not necessarily available country-wide. Information can be obtained from mobile care services, welfare associations and housing companies in the area where you live.

4.3 Sheltered housing: assisted living in a residential home

If in old age you would like to be secure in the knowledge that services are readily on hand rather than have them come to your home, and if you would like to have more contact with others, it is wise to think about whether moving into sheltered accommodation might be the right thing to do. Sheltered accommodation offers residents all-round services while allowing them a large degree of independence. Depending on the residential home in question and the contractual agreements involved, services can include meals,

nursing care, cleaning and recreational activities. You live in your own largely barrier-free accommodation and can furnish it to your taste. In many cases, there is a dedicated contact person on site who can give you information and advice. Many residential homes also have communal rooms and spaces where residents can meet, spend time together and engage in joint activities.

The costs involved in sheltered housing can differ greatly and it makes sense to make a detailed comparison of the services on offer. As with other types of housing, rental prices vary depending on the home's location, condition, equipment and amenities. In addition to the rental fee, a fixed assistance fee is usually charged – for example for the services of the contact person and provision of a home alert.

The dual advantage with this form of housing is that it enables residents to live independently and rely on a high degree of service and support. You receive age-appropriate accommodation, can

make use of the services readily on hand and have contact with others in a similar situation to your own.

There may, however, come a time when you will have to move out – for example if you become reliant on long-term care or suffer from dementia. In other words, sheltered housing assumes that, for the most part, you are still able to run your household yourself.



For more about assisted living, see the German National Association of Senior Citizens' Organisations (BAGSO) website: www.bagso.de/wohnen.html

It is important to note here that the terms assisted living and sheltered housing are not legally defined. Both of these terms can thus be used to describe a wide range of services that offer housing and support. It is advisable, therefore, to examine each and every offer closely before you sign a contract and move in. Things to look out for include:

- › The services included in the price
- › The additional services that can be selected and deselected
- › The overall costs involved when everything is added up
- › Whether the housing on offer really suits your personal wishes and needs

4.4 Self-determined living, even when in need of extensive care: shared housing and communal living for those reliant on long-term care

Assisted living and shared housing allow residents to live a largely normal life in a self-determined way, even if they need extensive long-term care. As a rule, a group of between six and twelve people live in an assisted living group. They have their own room or small flat which they furnish themselves, while the kitchen-diner and sanitary facilities are shared. When needed, care-givers and nursing staff are present round the clock and manage the household for the group. Care and nursing services tailored to residents' individual needs are provided by qualified staff.

This form of housing provides an alternative to a nursing home, even for people who need extensive long-term care.

Their daily routine is not dictated by the care they receive, but by the kinds of normal activities that occur in most households and homes. Residents themselves decide their schedules, meal times, furniture and furnishings, and from whom they would like to receive additional services and help. Staff are able to dedicate more time to caring for the residents than would be the case in a conventional nursing home and are better able to cater to residents' individual needs.

It is, however, important to remember that like all forms of communal living, residents live very closely together and must be willing to compromise when organising and going about their daily lives. Other than in large residential facilities, no broad-based recreation activities are available. Residents and their family members remain responsible for organising services and care.

When it comes to financing the services you need, you may under certain circumstances only be eligible to receive the lower-scale long-term care insurance rates that apply for out-patient care. And as issues can often arise with regard to legal categorisations, it makes sense to contact the responsible supervisory authorities to ask for advice at an early stage.

4.5 Residential nursing homes: all-round services and support

For older people for whom living alone has become difficult despite receiving support from family members and outside help, being cared for in a well-established nursing home for the elderly could bring relief for all. The in-house medical and nursing assistance provided by qualified staff, the immediate social contact and the recreational activities on offer help to relieve the burden of everyday life.

4 Special forms of housing for people in old age

If the time comes for you to give up your home and leave your familiar routine behind, you will find dedicated nursing staff, comfortable accommodation and amenable living conditions in most residential nursing homes.

To ensure that a nursing home for the elderly meets both your expectations and needs, it is wise to look at the offers carefully in advance. Take the opportunity to try out various homes, say by booking a short trial stay.

Following the transfer of responsibility for the law on residential institutions to the Federal Länder (states) in the reform of Germany's federal system, the Länder issued their own applicable laws.

Contact the Ministry of Social Affairs in the Land (state) where you live for information regarding the prevailing regulations and special provisions contained in the Land-specific laws on the various forms of housing.



Tip

A useful guide when looking for senior citizens' residential nursing homes in Germany is available online at:
www.heimverzeichnis.de



Tip

When choosing a residential nursing home, also pay attention to independent ratings, such as those listed by:
www.pflegenoten.de

5

Lighthouse projects

5.1 Self-determined living at home

Zentrum für Jung und Alt, Langen

The idea

With the “Zentrum für Jung und Alt” (Centre for the Young and Old), the initiators of the project in Langen, namely the Mothers’ Centre (Mütterzentrum) and the Senior Citizens’ Welfare organisation (Seniorenhilfe), have combined a diverse range of networked services under a single roof. The main aim is to lessen the burden on women, mothers and families, and provide them with support. For example, the Lange Senior Citizens

Welfare organisation runs a skills exchange to arrange the different kinds of assistance that elderly people need.

People who give help to others receive credits which they can cash in to pay for help they need themselves.

The Mothers’ Centre is primarily open to young families with the aim of helping mothers and also fathers to better reconcile work with family life. Related advice and courses are on offer along with family-relief services, such as child care. A parents’ service arranges babysitters, nannies or child minders, for whom the Mothers’ Centre offers both basic and further training and education.

4 Special forms of housing for people in old age



The centre

- › New, two-storey, accessible building with an open area of 62 m² on the ground floor for use as an “open meeting place”, the rooms occupied by the Senior Citizens’ Welfare organisation, multi-purpose and seminar rooms.
- › The upper floor is largely reserved for children, with supervision, rest and homework rooms. The Mothers’ Centre also has four rooms of different sizes, one of which is used as an office and the others for seminars and training events.



Address

Zimmerstraße 5, 63225 Langen, Germany

Further information

www.serviceportal-zuhause-im-alter.de

www.zenja-langen.de

Voluntary senior citizen advisers

In the Bavarian district of Weißenburg-Gunzenhausen, voluntary senior citizen advisers are trained to serve as mobile touchpoints. Their deployment and networking activities, and the provision of regular further training courses are organised by full-time staff. The senior citizen advisers are known to the municipal authorities and, when requested by either institutions or private individuals, provide their mobile advisory services throughout the catchment area. Informational events are held on age-related topics such as housing and housing forms, neighbourhood help schemes, long-term care insurance and mobile care services. A wide range of additional services are offered in collaboration with a wide range of stakeholders. These include a community centre, a recreational programme and the provision of lunch-time meals. Because the district has no dedicated long-term care centre, the mobile touchpoints provide important information pools for elderly people and their family members.



4 Special forms of housing for people in old age

The creation of a district-level senior citizens forum provides an ongoing process in which new projects are initiated with a focus on demographic change.

Further information

www.serviceportal-zuhause-im-alter.de

Local generation offices – service networks for the elderly in Schwäbisch Gmünd

Located in Baden-Württemberg, the town of Schwäbisch Gmünd has been working since 2006 to provide broad-based support structures for senior citizens in the area. A key outcome of this work is the creation of service networks in various parts of the town to make life easier for elderly people in managing their homes. This has led to the opening of generation offices (Generationenbüros) to serve as

touchpoints for older people, especially in rural areas. These are mostly staffed by volunteers who are well known in the community and help to establish a neighbourhood help network. They are closely networked with full-time staff and work to promote collaboration with local clubs, associations and the offices of district mayors. The generation offices offer help with shopping and with filling out forms and applications. They also provide information about third-party services and refer anyone interested in a particular offering to the right address.



Schwäbisch Gmünd

Further information

www.serviceportal-zuhause-im-alter.de

Touchpoints for the elderly in Betzenberg

In the Kaiserslautern district of Betzenberg in Rhineland Palatinate, support was provided by establishing a touchpoint. As a first step, a public relations campaign was launched with the aid of an advertising agency and across various media channels.

Developed by the Department of Urban Sociology at the University of Kaiserslautern, the organisation and implementation of a future lab formed the key component of the plan.

Once the lab was in place, moderated, high-visibility meetings were held with local residents. The outcomes from these meetings were then used to develop and implement initial projects.



ZUKUNFTS WERKSTATT
BETZENBERG

Ihre Erfahrung und Ideen sind wichtig! Hier können Sie
... anregen
... sich einbringen
... verbessern
... gestalten
... mitarbeiten

Ob alt oder jung – Ihre Meinung zählt!

29. März 2014, 14 – 17 Uhr
Prof. Gemeindezentrum | Kantstr. 93 | 67663 Kaiserslautern

Wir auf dem Betzenberg
Unser Zuhause – heute und morgen

Von: Institut für Urbanistik Kaiserslautern | In Kooperation mit: Technische Universität Kaiserslautern | Gefördert von: Leibniz-Gemeinschaft, Bundesministerium für Soziales, Gesundheit, Pflege und Konsumentenschutz, Bundesministerium für Wirtschaft und Energie

Further information

www.serviceportal-zuhause-im-alter.de

4 Special forms of housing for people in old age



5.2 Shared or communal housing

Mutual support between old and young: Nuremberg's andersWOHNEN project

The andersWOHNEN house

The housing cooperative-led construction of a multi-generation house in the centre of Nuremberg is a multi-generation housing project for elderly people and single parents. The idea is that people in these two groups and stages of life can help each



other and benefit both from giving and receiving that help. The communal areas are open to residents and are also used for cultural events to which people from the surrounding area are invited.

Composition

- 4 one-room, 19 two-room, 17 three-room and 4 four-room flats, each with differing layouts and measuring between 40 m² and 98 m² in size
- A wheelchair-accessible apartment measuring 65 m² is located on the ground floor

Address

Karl-Bröger-Platz
90459 Nürnberg, Germany

Further information

www.serviceportal-zuhause-im-alter.de
www.anderswohnen-eg.de



“Bärenhof” multi-generation housing project in Hamburg-Langenhorn

The project

The construction project on the outskirts of Hamburg offers an impressive range of support services and was built thanks to social engagement and cooperative self-help. It is specially designed to meet the needs of elderly people and families.

The two multi-family dwellings stand side-by-side and offer communal areas that can be used for various activities along with a range of additional services. The housing complex also contains a sheltered housing unit in which a resident dementia-sufferer group receives mobile nursing care.

Composition

- 22 two- and three-room flats of up to 70 m², all with a balcony or patio suitable for elderly people
- 25 three- to five-room flats of up to 100 m², all with a balcony or patio suitable for families with children

Address

Langenhorner Chaussee 675
22419 Hamburg-Langenhorn, Germany

Further information

www.serviceportal-zuhause-im-alter.de
www.fluwog.de

Further information

www.serviceportal-zuhause-im-alter.de
www.werkpalast.de

“Werkpalast” shared housing project, Berlin-Lichtenberg in Berlin

The project

The aim is to revive a prefabricated concrete building previously used as a kindergarten for use as an intergenerational housing project.

To promote community life in the building, there are communal rooms used by all residents. The garden is likewise open to all. Residents’ readiness to provide mutual help and support in daily life, such as looking after children or helping elderly neighbours, is a key component of communal life. The “Werkpalast” project brings life to a long-deserted building, while the commitment of its residents serves in vitalising community life in the Lichtenberg district of Berlin. Since its completion in 2011, the building has become quite an attraction – not only because of its architecture, but also on account of its integrative effect.

4 Special forms of housing for people in old age



Composition

- 22 flats of various sizes (30 to 190 m²)
- Long-term, socially acceptable rents (€4.50 to €6.50 per m², excluding ancillary costs)
- Integrative neighbourhood and communal living space

Address

Alfred-Jung-Straße 6–8
10367 Berlin, Germany

5.3 Ambient-assisted housing cooperative

Housing and more in Hoyerswerda

The project

The “Lebensräume” housing cooperative has roughly 8,000 flats. It has set itself the goal not only of improving the living and housing conditions of the cooperative’s members, but of enhancing the services on offer to others in the neighbourhood.

With its approach, the cooperative actively addresses the challenges facing eastern German regions in light of demographic change – among them, dwindling populations and increasing isolation, particularly among older people.

Approach

An exhibition and visitor centre is open to cooperative members, and also to others who live nearby.

Exhibits on show

- › Kitchen equipment designed to save space and effort
- › Accessible/level-access sanitary fittings
- › Electronically-controlled features such as lighting and heating
- › Combined walk-in bath and shower, with access door and water-tight seal
- › Home alert system
- › Improved balcony accessibility



The equipment and features are simple, easy to use, practical and efficient. They demonstrate that technology for the elderly can equally be of benefit to young families and children. As the domestic technology used is especially designed for installation in existing buildings and housing stock, it forms a key component of “assisted living at home”, enabling the best possible mix of independence, familiarity and the necessary degree of help and support.

 **Further information**

www.serviceportal-zuhause-im-alter.de
www.lebensraeume-hy.de

Sredzki 44 intergenerational housing project – communal living made easy for young and old

Using funding from the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (BMFSFJ), the Berlin-based tenants’ association SelbstBau e. G. has completed a best-practice building and housing project that is communal, age-appropriate and inclusive. In the centre of the Prenzlauer Berg district, one of the remaining unrenovated buildings has been turned into a modern housing complex comprising eleven flats offering space for self-determined living, social participation and contact with people nearby. Several flats have been designed to accommodate people with disabilities and are thus barrier-free. The project also addresses the problem of displacement, because it allows existing residents to remain in their homes at fair and affordable rents. The project’s core component comes in the form of an information and exhibition centre which is open to interested members of the public and also to housing companies, school classes and others wanting to inform themselves

4 Special forms of housing for people in old age



Luckenwalde community office (Stadtteilbüro) Markt 1–3

about age-appropriate building and housing. As the centre is located inside the building itself, it can also be used as a communal space for residents as well as for neighbourhood events.

Further information

www.serviceportal-zuhause-im-alter.de

www.sredzki44.de

www.selbstbau-eg.de

The building at Markt 1–3 in the centre of Luckenwalde in Brandenburg was redesigned by the municipal housing company DIE LUCKENWALDER for use as a branch office with an integrated showroom used to showcase age-appropriate housing solutions. This created a space to enable both the transfer of knowledge and the provision of advisory services on topics concerning age-appropriate housing and accessibility.



Among other things, the newly-created permanent exhibition “Zuhause im Alter” (Housing Options in Old Age) showcases how stair-lifts work and demonstrates the benefits of age-appropriate bathroom fittings. On-site advisory services cover issues such as financing options and building alterations in cooperation with certified tradespeople and firms. Well-established, close cooperation between the city of Luckenwalde and the municipal housing association has played a key role in the project’s success.



Further information

www.serviceportal-zuhause-im-alter.de
www.die-luckenwalder.de

5.4 Self-determined living, even when in need of long-term care

“Wunschnachbarn” project in Cologne

The Wunschnachbarn GbR planning consortium is building a self-organised, multigenerational housing project on a formerly derelict industrial site. A cohousing floor specially designed for elderly people has four small, self-contained flats which are connected by a common hallway and an additional communal kitchen. The idea is to enhance residents' everyday life through contact with neighbours and the provision of mutual support. The model project is designed as a shared housing complex with a special focus on ensuring a balanced resident mix in terms of age and social group.

Composition

- A total of 11 freehold housing units with variable layouts measuring between 38.5 m² and 123 m²
- Of these, five family units for between two and four people
- Average price €3,700 per m², with either grants or discounts of between 6 and 6.5 percent
- Cohousing floor with four small housing units measuring between 38.5 m² and 46.5 m², each with a balcony, combined bath and shower, a small kitchenette and a communal kitchen (20.5 m²)
- The effective square-metre price for the units on the cohousing floor is around 12 percent lower than for those on the other floors (each of the four cohousing units is only allocated one-quarter of the financing costs applied per housing unit for the communal areas)
- Communal room (36 m²), communal garden and communal rooftop terrace (15 m²)

- › Guest room (24 m²) available for use by all residents

Provision of care and support

For residents in need of permanent care and support, a guest room can be used to accommodate nursing staff. This ensures that residents can remain in their homes longer should they become reliant on ongoing help and support.

Cooperation

The members of the building consortium form a general partnership (GbR) under German civil law. This will become the common ownership entity once the project is complete. As part of their partnership agreement, the partners agreed on a maximum cost threshold at an early stage so as to ensure that cost and planning security is guaranteed, especially for people with low incomes. The cohousing group forms an internal partnership, giving them special usage rights to the communal hallway and kitchen belonging to their respective flats.



Further information

www.serviceportal-zuhause-im-alter.de
www.wunschnachbarn.de

Neighbourhood offensive shared housing in Speyer-West

With its “am liebsten daheim” (love living at home) project, the municipal housing company GEWO wohnen GmbH creates age-appropriate housing by redensifying a mixed neighbourhood with the aim of providing affordable communal homes. Elderly residents are given the opportunity to move to smaller, newly built flats without having to leave the neighbourhood in which they live. This frees up larger units for families with children.



Composition

- 36 age-appropriate housing units in a newly constructed complex, spread across three standalone buildings with lifts
- Three accessible, ground-level flats
- All housing units have floor-level showers and threshold-free balcony doors
- €7.70 per m² net, indirect occupancy obligations/controls

Care and support

The concept borrows from the Bielefeld housing model. To build a “Quartiersmensa plus St. Hedwig (Q+H)” meeting, encounter and advice centre, developers GEWO Wohnen GmbH acquired the 1,800 m² church building from the Parish of St. Hedwig, complete with vicarage and rooms for use in organising community life. The district dining hall was established in one of the church rooms that

had been made smaller, while the vicarage was transformed into a small community centre which was rented back to the parish along with the downsized church. A nursing service (Pflegedienst) has set up offices and a day-care service in the space belonging to the meeting, encounter and advice centre. The nursing service is available 24 hours a day free of charge. Via the “Quartiersmensa plus” meeting and encounter centre and the Parish of St. Hedwig (Q+H), residents can make use of various services offering help and support. These include meals in the dining hall, the provision of advice, the tenants’ office, a skills (pin-money) exchange and a repair café.

Cooperation

As a subsidiary of GEWO Wohnen GmbH, GEWO Leben gGmbH operate the “Q+H” complex and lets the free space to partners offering mobile nursing services, the children’s daycare centre KEKS, a homework supervision initiative, the repair café and similar kinds of projects. The nursing



service rents one of the housing units for use as interim accommodation and has usage rights to two of the flats.

Further information

www.serviceportal-zuhause-im-alter.de

www.gewo-wohnen.de

www.gewo-leben.de



Age-appropriate housing in Burgrieden

A new housing complex called “Allengerichtes Wohnen” (Housing Appropriate for All) is being developed right in the centre of Burgrieden. The project is characterised by intensive citizen and municipal participation in both the planning and implementation phase. In a partnership approach, the Bürgerstiftung Burgrieden (the Burgrieden Civic Trust) and the municipal authorities are developing a multi-generation freehold housing project, a shared housing unit for a

group of residents in need of care, and a counselling centre as well as a café and communal activity space.

Composition

- 44 accessible, freehold flats distributed across four buildings
- Sales prices range from €2,500 to €2,800 per square metre
- 40 percent of the housing units will be rented to local residents at a price of €7.50 per square metre

- All ground-floor flats are wheelchair accessible
- Basic rent, plus €45 for an underground garage space and €35 for the fitted kitchen. Advance utility payments of €2 per square metre
- Residential care group in freehold flats developed by the Bürgerstiftung Burgrieden, with eight one-room apartments, each with its own kitchenette, a shared dining room and a communal lounge area

Care and support

Support and nursing care services are not linked to the rental contracts for the individual housing units. Nursing care must be arranged separately as needed. The local Verein Lebensqualität Burgrieden e.V. has set up a touchpoint (Kontakt und Rat, or KoRa) in the Atriumhaus to offer care and support services on a voluntary basis. Financing of the services occurs by means of a cost contribution – currently €8 – which recipients pay themselves. The services are available to



all village residents, but they are expected to join the association first. The KoRa touchpoint is open ten hours per week. Residents of the residential care group receive round the clock mobile care.

Cooperation

When implementing the building project, the Bürgerstiftung Burgrieden (85 percent stakeholder share) and the municipal authority (15 percent stakeholder share) founded the company Burgrieden baut GmbH. The two partners each have a 50 percent vote. The company is jointly managed in a voluntary capacity by Burgrieden's mayor and the Bürgerstiftung Chair. The municipality of Burgrieden assumes the costs incurred in filling a mini-job position, whose

incumbent coordinates the voluntary help. The residents in the residential care group jointly commission a mobile nursing service. Apart from the tenants belonging to the residential care group, the Bürgerstiftung has purchased and lets two housing units that can be used to accommodate guests.

Further information

www.serviceportal-zuhause-im-alter.de
www.burgrieden.de/index.php?id=163

Tip

Follow the link for more on similar housing projects:

www.serviceportal-zuhause-im-alter.de

5.5 Living in a residential nursing home

Haus am Kappelberg, Fellbach

The project

Built in 1962, Haus am Kappelberg no longer complied with the building standards applicable today. Thus, to restructure the residential nursing services provided and focus on the care needs of dementia patients, the obsolete nursing home wing had to be demolished to make way for a new, fit-for-purpose building. Erected on the old site, the purpose of the new building was to create better conditions and options for people in need of long-term care and also for those providing that care. Patients and relatives will be able to select service packages geared to their individual needs. Here, the focus is not on the work processes involved in nursing, but on residents' housing needs. Priority is given first to housing and then to care – a principle that can be effectively applied, even in a nursing home.



Composition

- 124 places, including 98 for residential care, 11 for short-time care, 3 for night care and 12 for day care
- 93 apartments for assisted living, 9 places in an external shared housing unit
- Additional services available: mobile nursing service, meals on wheels, midday meal, advice centre, courses for family members providing care

- “Kappelzwerge” childcare service for children under the age of three, provided in cooperation with a parents’ initiative

Address

Stettener Straße 23–25, 70735 Fellbach, Germany

Further information

www.serviceportal-zuhause-im-alter.de
www.wohlfahrtswerk.de

6

Support services: living at home longer with help

Under the provisions of the Long-Term Care Insurance Act (Pflegeversicherungsgesetz), Germany has roughly 2.86 million people in need of long-term care. More than three-quarters of them are looked after at home. Most of the people requiring help (more than 80 percent) are cared for by family members. Even though people continue to be very willing to help their relatives, the trends towards smaller families and ever-greater mobility are leading to a situation where in the future, these support services will no longer be available to the same extent

(source: Federal Statistical Office, Long-Term Care Statistics 2015).

Most places in Germany have an extensive support network in place to provide help for older people. Various services and institutions offer a diverse range of home-help services to help the elderly cope with everyday tasks. Mobile nursing services come into the home to provide care and many organisations staffed by voluntary helpers offer their support when help is needed. The following gives you an overview of the social services that can make it easier for you to live in your own home for longer in old age.

6.1 What kinds of help do you really need?

Before you start thinking about who to approach for help, nursing or support, you should first consider the kind of assistance you need now or what you expect to need in the future. Also, talk things through with relatives or other people you trust. You may find the checklist on page 72 helpful when assessing your needs.



Do the one-week test

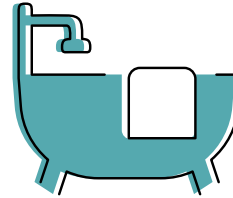
Make a daily note of the amount of help you need when going about specific tasks. Be honest with yourself when thinking about this. If you are unsure, talk to people you trust and who are able to understand and assess your needs.

6.2 Coping with day-to-day life: services available in the home

If performing everyday tasks involves increasing effort, but you can otherwise manage well on your own and are not dependent on nursing care, you can call upon a wide range of services that can simplify everyday life. Sometimes, it can be shopping or cleaning that you need help with, or perhaps getting to the doctor is proving difficult to organise. If you need help, you must be able to request it, either from relatives, volunteers or professionals. There is a wide range of services that you can call upon to give you the help you need at home.

Checklist:

What kinds of help do I really need?



- Do you need help with housework (e.g. cleaning, washing and ironing, cooking and preparing meals)?
- Do you need help in performing specific activities (e.g. washing, bathing or showering, dressing/undressing)? Are there family members or other people you trust who can either take over or help you with these?
- Using your notes, get an overall idea of the kind of help and nursing care you need. Go through a typical day in your mind and note, say over the course of a week, the times when you need help and the kind of help you need at those specific times.

Also give thought to things like shopping or grocery delivery services and assisted visits to the doctor. Think about where family members and friends can help now or at a later date, and where it might be better to have professional help, either now or in the future.

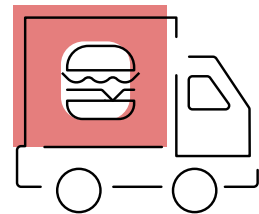
6.2.1 Home shopping: deliveries to your door

It's sometimes difficult to get the everyday things you need yourself, and not just in rural areas. Often, the shops are too far away or impaired mobility makes it hard to get out and do your shopping yourself. There are support services available to help you continue to run your home independently and get the supplies necessary to meet your daily needs. Drinks stores, supermarket chains, frozen-food chains and also small food shops can deliver to your door. Many of them offer a shopping and delivery service that allows you to place your order by phone. All you have to do is ask. If this kind of service is available near you, you can join up with neighbours to save on the charges for delivery.



6.2.2 Making sure you eat: meals on wheels

If you find it hard to cook, mobile meal services can deliver complete, hot meals to your door. Most welfare associations offer a service of this kind. You can often choose between different dishes, including vegetarian meals and food for special diets. If you decide to test the service, make sure that you can cancel or change your order at short notice should you not be satisfied or fall ill.



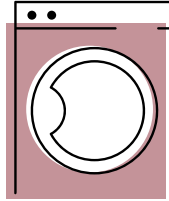
6.2.3 Help around the home

If you can no longer manage the daily housework on your own, you can enlist the support of a home help to tackle the cleaning or the laundry. If agreed, a home help of this kind can also run little errands for you. There are agencies that arrange the kind of help you need. You can also commission this kind of help yourself, but you then have to inform the Federal Miners' Insurance Institution (Bundeskknappschaft) about the employment relationship, and also pay social insurance contributions and tax. To deal with difficult jobs in the garden or with minor repairs in the home, caretaker services are available that will also clear snow in the winter months.



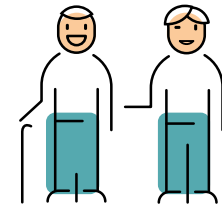
Tip

Information about home help services is available from: www.hilfe-im-haushalt.de



6.2.4 No need to travel alone: transportation, accompaniment and visiting services

Anyone who has ever tried to get onto a crowded bus with crutches has a rough idea of how difficult it can be to get to the doctor or to some other appointment – be it in old age, in the event of illness or when mobility is impaired. The same applies when getting to recreational activities and cultural events that you really don't want to miss. At times like these, relatives, friends and neighbours with a car are not always readily on hand. Added to this comes the fact that public transport connections are sometimes



not as convenient or as frequent as they could be, particularly in rural areas. Taxi companies and other transport companies offer driver and accompaniment services for situations like these. In some towns, there are also voluntary services available (such as “citizens’ buses”), as well as commercial visiting and accompaniment services which, in return for payment, also provide assistance in dealing with official matters. For more information contact your local authority, the public transport company, senior citizens’ bureaux and other voluntary organisations.

 **Tip**

If the requirements are met, the costs of day care and of short-term care are paid by the long-term care insurance fund. Contact your long-term care insurance fund to find out more.

6.3 Help in the event of impaired health: nursing care keeps you safe and secure

Even if your health is impaired, there are numerous ways to obtain home-based assistance and care.

6.3.1 Day care and short-term care

You can use the services of a day-care facility if you need special assistance or nursing care after a hospital stay or if you are lonely because you live alone. You spend part of the day there and are then taken home. In addition to care in its narrower sense, you also have your meals at the day-care facility and can join in specially organised recreational activities.

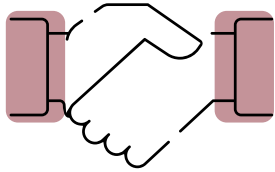
6 Support services: living at home longer with help

Do you need round-the-clock assistance for a few days or weeks, perhaps because your relatives are away on holiday? If this is the case, you can take up the offer of short-term care. This allows you to move into a care facility for a maximum of four weeks and receive the care and services you need. When your stay is over, you return to your everyday life at home.

on issues relating to home care. Care services are offered by non-profit organisations (such as the welfare associations) and also by commercial providers. The following questions might be helpful in finding the right service for you. You should be able to answer most questions with “Yes”.

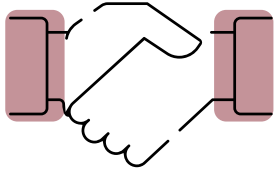
6.3.2 Regular assistance and care

It is not always possible for the families of people in need of long-term care to be on hand to help. This is where mobile nursing services come in to supplement family-provided care and arrange continued care in the home. These provide services involving basic care (personal hygiene, nutrition, movement and exercise) and curative nursing care (care prescribed by a doctor due to illness). In addition, these services frequently offer domestic support (meals on wheels, home alert and so on) and can also give advice



Checklist: finding the right home care service (part 1)

- Does the home care service have a service and remuneration contract (Versorgungs- und Vergütungsvertrag) with the long-term care insurance fund to enable them to bill the services directly to the fund?
- Does the home care service have more professionals than ancillary staff?
- Does the home care service operate according to a specially developed nursing and care concept?
- Is the home care service based near your home to ensure that journeys are short?
- Is a personalised care plan drawn up and discussed with you or your relatives?
- Are the care services documented in detail?
- Does the home care service cooperate with other institutions?
- Can the home care service cater to your individual needs and give consideration to your living habits, e.g. through flexibly timed calls at weekends or during the night?



Checklist:

finding the right home care service (part 2)

- Can the home care service guarantee that you are cared for by the same carers to the extent possible and do not have to repeatedly adjust to new nursing staff?
- Does the home care service inform you in detail of which services are paid for by the long-term care insurance fund and which costs you have to bear yourself?
- Can the home care service cover all the service areas of particular importance to you?

7

Funding

The financial assistance available to you depends on your personal situation. We have compiled a list of answers to the key questions that arise when trying to finance your housing needs in old age.



Tip

More information on the KfW Bank funding programmes is available online at www.kfw-foerderbank.de. The following websites provide information about other funding options concerning building and housing: www.baufoerderer.de and www.foerderdatenbank.de

7.1 Where can I get funding for age-appropriate conversions to my home?

Before commissioning alterations to your home, you should first find out if you can apply to receive funds. For example, the KfW-Förderbank offers low-interest loans and grants for home conversions.

If you would like to carry out structural alterations to a rented home, you must first consult your landlord or landlady on the matter and get his or her permission. If your tenancy agreement requires you to restore the property to its original condition at your own expense when you move out, you should agree in writing that this provision is not to apply in the case of the planned alterations.



Tip

The “List of Aids of the National Association of Statutory Health Insurance Funds” lists all products for which the costs can be assumed by the various insurance funds. The list is available online at: www.gkv-spitzenverband.de

7.2 Which conversion costs or nursing aids are funded by health insurance or long-term insurance funds?

In some situations, health insurance or long-term care insurance funds bear the costs for age-appropriate home conversions and for certain nursing aids.

- If they are prescribed by a doctor, the costs of items such as a bath lift, a nursing bed or sanitary products are borne by health insurance funds. If you are classified as being in need of long-term care under the provisions of the Long-Term Care Insurance Act, the long-term care insurance fund may, under certain circumstances, pay for technical aids such as walking aids, a nursing bed or a home alert system and also for structural alterations. Grants are likewise possible for adapting furniture and even to cover the costs of moving to more suitable accommodation.

- › The long-term care insurance fund can grant a subsidy of up to €4,000 for home alterations that facilitate or permit home-based care. An application for the subsidy together with a cost estimate for the work required must be submitted to the long-term care insurance fund before the work begins. It's best to contact the long-term care insurance fund in good time to find out if this kind of funding is available in your specific case.

If you are eligible for income support, you may, under certain circumstances, be able to get financial assistance for home alterations from the Social Services Office (Sozialamt). You can only receive these benefits, however, if you do not meet the eligibility criteria for other funding providers.



Tip

You can obtain more detailed information from the Federal Ministry of Health at +49 (0)30 34060-6602 or online at: www.bmg.bund.de

7.3 Assistance for people in need of long-term care

If you are classified as being in need of long-term care under the provisions of the Long-Term Care Insurance Act (Pflegeversicherungsgesetz), the costs of the services rendered by a home care service are partly assumed by the long-term care insurance fund. An application must be submitted to your health insurance or long-term care insurance fund in order to determine a need for long-term care. The respective fund then commissions the German Health Insurance Medical Service (MDK) to assess the extent of your need for long-term care.

Under the Second Act to Strengthen Long-Term Care (Zweite Pflegestärkungsgesetz), the assessment to determine the extent of the need for long-term care looks equally at physical impairments and restrictions on account of mental illness or psychosomatic disorders.

The existing system of long-term care categories and the additional determination of considerable restrictions in everyday abilities and skills (especially where dementia is concerned) have been replaced with a system comprising five

specific grades of care (Care Grades/ Pflegegrad 1 to 5).

The appropriate care grade for your situation is determined on the basis of a meeting with a representative from the MDK and the results of a visit to your home.

Different benefits can be claimed relative to the grade of care concerned. For a home care service, the long-term care insurance fund grants the following amount of long-term care benefit each month:

	PG 1	PG 2	PG 3	PG 4	PG 5
Care allowance (Pflegegeld) (out-patient ambulant)	—	316	545	728	901
Care benefits in kind (Pflegesachleistung) (out-patient ambulant)	—	689	1,298	1,612	1,995
Support allowance (Entlastungsbetrag) (out-patient ambulant)	125	125	125	125	125

Amount in €

Status: Third Act to Strengthen Long-Term Care, January 2017

Instead of receiving care benefits in kind (Pfleagesachleistung), people in need of long-term care can claim a care allowance (Pflegegeld) or opt for a combination of the two. They can decide for themselves how to use their care allowance and regularly pass it on as a token of appreciation to recognise the services of those who provide them with care and support.

The amount of the care allowance is likewise graduated, ranging from €316 to €901 per month, depending on the care grade (Pflegegrad) concerned. In addition to the direct long-term care benefits provided, there are special benefits available for people in need of long-term care:

- For aids such as walking frames, people in need of long-term care need no longer submit a separate application if their MDK care grade assessment recommends that these be supplied.
- As a general rule, all people in need of long-term care automatically receive a copy of their MDK assessment report.



Tip

Further information is available from the Federal Ministry of Health at +49 (0)30 34060-6602 or online at: www.bmg.bund.de www.pflegestaerkungsgesetz.de/

Benefits provided by the long-term care insurance fund are generally designed as non-comprehensive insurance

Costs that cannot be covered by the long-term care insurance fund must be personally borne as a deductible by those in need of long-term care. Should this not be sufficient to finance the long-term care benefits and services needed, it may under certain circumstances be possible to apply for assistance from the local Social Services Office (Sozialamt).

7.4 Benefits for family members providing care

Short-term care/holiday stand-in or respite care

If a family member who provides care becomes ill or wants to go on holiday, they can apply for a substitute to take over for a period of six weeks. Up to €1,612 is available per year for what is known as holiday stand-in or respite care (Verhinderungspflege). In addition, up to 50 percent of short-term care benefit (Kurzzeitpflegebetrag) may be used to pay for holiday stand-in/respite care in the home.

The greater flexibility allowed in claiming these various benefits enables the individual needs of family carers to better be met. For example, up to 40 percent of the funds for home care benefits in kind can be used to pay for low-threshold nursing services and support.

Employees who need to organise care for a close relative at short notice may under the Care Leave Act (Pflegezeitgesetz) take up to ten days away from work. And since 2015, they may also apply for income-replacement benefit (known as care support allowance [Pflegeunterstützungsgeld]) – also for a period of up to ten days.

With the Act to Improve Reconciliation of Family, Care and Work, employees are given the opportunity to take up to six months away from work in order to care for a close relative at home. They are also entitled to reduce their working hours to a minimum 15 hours per week for a period of up to two years. To cushion loss of earnings during that time, employees may apply to the Federal Office for Family Affairs and Civil Society Functions (BAFzA) to receive an interest-free loan.

8




Further information

8.1 Publications issued by the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth




All publications issued by the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (BMFSFJ) can be found online at www.bmfsfj.de. Click on **“Service”** and then **“Publikationen”** to download them free of charge.

They can also be ordered by post, telephone or e-mail from:

Bundesministerium für Familie, Senioren, Frauen und Jugend, 11018 Berlin, Germany

-  info@bmfsfj-service.bund.de
-  Service hotline: +49 (0)30 20179130
-  Monday to Thursday
from 9 a.m. to 6 p.m.

Selected German-language BMFSFJ publications relating to housing




-  “Wohnen für (Mehr)Generationen. Gemeinschaft stärken – Quartier beleben”
-  “Charta der Rechte hilfe- und pflegebedürftiger Menschen”
-  “Auf der Suche nach der passenden Wohn- und Betreuungsform. Ein Wegweiser für ältere Menschen” (only available online)



8.2 Literature

The following is a list of recommended further reading on various topics relating to housing in old age:

Housing in old age

FORUM Gemeinschaftliches Wohnen e. V. Bundesvereinigung

 Hildesheimer Straße 15,
30169 Hannover, Germany
 Telephone: +49 (0)511 165910-0
 Website: [www.verein.fgw-ev.de/
service-und-informationen/
publikationen.html](http://www.verein.fgw-ev.de/service-und-informationen/publikationen.html)

-  “Genossenschaftliche Trägerstrukturen für Wohnprojekte – Potenziale und Grenzen genossenschaftlicher Kooperationen”
-  “Kommunale Grundstücksvergabe für gemeinschaftliches Wohnen”

Much of the information and many of the checklists contained in this publication are based on a separate publication produced in cooperation with the German Foundation for the Care of Older People (Kuratorium Deutsche Altershilfe – KDA).

**Kuratorium Deutsche Altenhilfe (KDA)
Wilhelmine-Lübke-Stiftung e. V.**

- 🚩 Michaelkirchstraße 17–18,
10179 Berlin, Germany
- ☎ Telephone: +49 (0)30 2218298-0
- 🖱 Website: www.kda.de

- 📄 “Leben und Wohnen für alle Lebensalter. Bedarfsgerecht, barrierefrei, selbstbestimmt. Praxisbeispiele und Handlungsempfehlungen.”
- 🖱 Online: www.bmfsfj.de/bmfsfj/service/publikationen/leben-und-wohnen-fuer-alle-lebensalter/77506?view=DEFAULT

Further publications issued by the German Foundation for the Care of Older People (Kuratorium Deutsche Altershilfe – KDA):

- 📄 Monitor “Leben zu Hause”/Wohnatlas
- 🖱 Online: <https://www.serviceportal-zuhause-im-alter.de/service/publikationen/wohnen-im-alter.html>
- 📄 “Handreichung Quartiersentwicklung – praktische Umsetzung sozialraumorientierter Ansätze in der Altenhilfe” (2016)

The following publications are available as PDFs for download on the website of the **Rhineland Palatinate State Ministry of Finance:**

- 🚩 Kaiser-Friedrich-Straße 5,
55116 Mainz, Germany
- ☎ Telephone: +49 (0)6131 160
- 📠 Fax: +49 (0)6131 164331
- ✉ E-mail: poststelle@fm.rlp.de
- 📄 “Barrierefrei Bauen – Empfehlungen für den Wohnungsbestand”
(Printed: September 2017)
- 🖱 Online: https://fm.rlp.de/fileadmin/fm/PDF-Datei/Service/Broschueren/Barrierefrei_Bauen_-_Empfehlungen_fuer_den_Wohnungsbestand.pdf
- 📄 “Barrierefrei Bauen – Leitfaden für die Planung” (Printed: September 2017)
- 🖱 Online: https://fm.rlp.de/fileadmin/fm/PDF-Datei/Service/Broschueren/Barrierefrei_Bauen_-_Leitfaden_fuer_die_Planung_2017.pdf

The following publications are available from:

The Federal Institute for Research on Building, Urban Affairs and Spatial Development (BBSR)

which is an arm of the **Federal Office for Building and Regional Planning (BBR)**:

📍 Deichmanns Aue 31–37,
53179 Bonn, Germany

☎ Telephone: +49 (0)228 994010

🖱 Website: www.bbsr.bund.de

📄 “Zukunft Bauen. Forschung für die Praxis, Band 01 ready, vorbereitet für altersgerechtes Wohnen”

🖱 Online: https://www.bbsr.bund.de/BBSR/DE/Veroeffentlichungen/ZukunftBauenFP/ZukunftBauenFP_node.html

📄 “Zukunft Bauen. Forschung für die Praxis, Band 05 ready, Planungsgrundlagen zur Vorbereitung von altengerechten Wohnungen”

🖱 Online: https://www.bbsr.bund.de/BBSR/DE/Veroeffentlichungen/ZukunftBauenFP/ZukunftBauenFP_node.html

Order free of charge from: zb@bbr.bund.de
(Stichwort: ready kompakt)

Bundesarbeitsgemeinschaft der Senioren-Organisationen (BAGSO) e. V.

(German National Association of Senior Citizens' Organisations)

Orders may be placed via the Federal Government publications service:

📍 Postfach 48 10 09,
18132 Rostock, Germany

☎ Telephone: +49 (0)30 182722721

✉ E-mail:
publikationen@bundesregierung.de

📄 “Zu Hause gut versorgt – Informationen und Tipps für ältere Menschen”

Niedersächsisches Ministerium für Soziales, Gesundheit und Gleichstellung (Lower Saxony State Ministry for Social Affairs, Health and Equality)

📍 Hannah-Arendt-Platz 2,
30159 Hannover, Germany




☎ Telephone: +49 (0)511 1200

🖱 Online: www.ms.niedersachsen.de/service/publikationen

📄 “Wohnen im Alter – am liebsten zu Hause”




**Ministerium für Soziales, Arbeit,
Gesundheit und Demografie des Landes
Rheinland-Pfalz**

**(Rhineland Palatinate State Ministry for
Social Affairs, Labour, Health and
Demographic Change)**

-  Bauhofstraße 9,
55116 Mainz, Germany
-  Telephone: +49 (0)6131 162027
-  E-mail: poststelle@msagd.rlp.de

 “Gut Leben im Alter – den demografischen Wandel gemeinsam gestalten”



**Bundesarbeitsgemeinschaft der
Senioren-Organisationen (BAGSO) e.V.
(German National Association of Senior
Citizens' Organisations)**


-  Thomas-Mann-Straße 2–4,
53111 Bonn, Germany
-  Telephone: +49 (0)228 2499930
-  Online: [www.bagso.de/fileadmin/
Aktuell/Publikationen/2017/
Engagement_im_Heim_GERAS-
Preis_2016_Broschuere.pdf](http://www.bagso.de/fileadmin/Aktuell/Publikationen/2017/Engagement_im_Heim_GERAS-Preis_2016_Broschuere.pdf)

 “Engagement für Menschen im Heim”

**Useful aids/age-appropriate building
and conversion**

**Bundesministerium für Umwelt,
Naturschutz und nukleare Sicherheit
(Federal Ministry for the Environment,
Nature Conservation and Nuclear Safety)**

-  Robert-Schuman-Platz 3,
53175 Bonn, Germany
-  Website: www.bbsr.bund.de (website
of the Federal Office for Building and
Regional Planning)

 “Altersgerecht Umbauen. Passgenaue Bausteine für Ihr Zuhause – Erläuterungen und Praxisbeispiele zum Förderprogramm”. Published by the former Ministry for Transport, Building and Urban Affairs (BMVBS) – only available online

Special forms of housing

- 📄 “Neue Wohnformen – gemeinschaftlich und genossenschaftlich: Erfolgsfaktoren im Entstehungsprozess gemeinschaftlichen Wohnens”; Prof. Dr. Anette Spellerberg; Taschenbuch: 197 Seiten, Verlag: Springer VS (1. Auflage 2018)

Bundesministerium für Gesundheit (Federal Ministry of Health)

- 🇩🇪 Rochusstraße 1,
53123 Bonn, Germany
- 🖱 Website: www.bmg.bund.de
- 📄 “Ambulant betreute Wohngruppen- Bestandserhebung, qualitative Einordnung und Handlungsempfehlungen”

Bayerisches Staatsministerium für Arbeit und Soziales, Familie und Integration (Bavarian State Ministry of Labour, Social Affairs, Families and Integration)

- 🇩🇪 Winzerstraße 9,
80797 München, Germany
- 🖱 Website: www.stmas.bayern.de
- 📄 “Praxisleitfaden für die Qualitätssicherung in ambulant betreuten Wohngemeinschaften”

Ministerium für Soziales, Gesundheit, Jugend, Familie und Senioren des Landes Schleswig-Holstein (Schleswig-Holstein State Ministry for Social Affairs, Health, Youth, Families and Senior Citizens)

- 🇩🇪 Adolf-Westphal-Straße 4,
24143 Kiel, Germany
- 🖱 Website: www.wg-qualitaet.de
- 📄 “Gepflegt alt werden – selbstbestimmt und privat leben”. Recommendations regarding quality and planning for mobile nursing care in residential care groups in Schleswig-Holstein.

**Hamburger Koordinationsstelle für
Wohn-Pflege-Gemeinschaften STATTBAU
HAMBURG – Stadtentwicklungs-
gesellschaft GmbH**

🚩 Sternstraße 106,
20357 Hamburg, Germany
🖱 Website: www.wg-qualitaet.de

📄 “Journal für Wohn-Pflege-Gemeinschaften” 2015 ff. (Quality assurance in out-patient care provided in communal housing for people suffering from dementia)

**Freie und Hansestadt Hamburg Behörde
für Gesundheit und Verbraucherschutz
(BGV)**

🚩 Billstraße 80,
20539 Hamburg, Germany
🖱 Website: www.hamburg.de/bgv

📄 “Wohnen mit Demenz in Hamburg – ambulant betreute Wohngemeinschaften für Menschen mit Demenz”

**Bundesarbeitsgemeinschaft der
Senioren-Organisationen (BAGSO) e.V.
(German National Association of Senior
Citizens’ Organisations)**

🚩 Thomas-Mann-Straße 2–4,
53111 Bonn, Germany
☎ Telephone: +49 (0)228 249993-0
🖱 Website: www.bagso.de

📄 “Das richtige Pflege- und Seniorenheim”

**Stiftung trias (Ed.) – Gemeinnützige
Stiftung für Boden, Ökologie und Wohnen**

🚩 Martin-Luther-Straße 1,
45525 Hattingen, Germany
☎ Telephone: +49 (0)2324 9022213
✉ E-mail: info@stiftung-trias.de
🖱 Website: [www.stiftung-trias.de/
publikationen/](http://www.stiftung-trias.de/publikationen/)

📄 “Rechtsformen für Wohnprojekte”

Arbeitsgemeinschaft für zeitgemäßes Bauen e. V.

- 🚩 Walkerdamm 17, 24103 Kiel, Germany
- ☎ Telephone: +49 (0)431 66369-0
- 🖱 Website: <https://arge-ev.de/arge-ev/publikationen/sonderveroeffentlichungen/62/>

📄 “Leitfaden für Gruppenwohnprojekte”

Bertelsmann Stiftung

- 🚩 Carl-Bertelsmann-Str. 256, 33311 Gütersloh, Germany
- ☎ Telephone (Sales): +49 (0)5241 81-81175
- 🖱 Website: www.bertelsmann-stiftung.de

📄 “Zukunft Quartier – Lebensräume zum Älterwerden: 5 Themenhefte im Rahmen des Netzwerks SONG – Soziales neu gestalten”



Tip

Information on additional literature can be found under “Publikationen” and “Literaturhinweise” at:
www.serviceportal-zuhause-im-alter.de

Healthy living, healthy housing

Deutsches Institut für Urbanistik (German Institute of Urban Affairs)

- 🚩 Zimmerstraße 13, 10969 Berlin, Germany
- ☎ Telephone: +49 (0)30 390010
- 🖱 Website: <https://difu.de/node/10663>

📄 “Gesund älter werden in der Kommune – bewegt und mobil”

Bundesarbeitsgemeinschaft der Senioren-Organisationen (BAGSO) e. V. (German National Association of Senior Citizens' Organisations)

- 🚩 Thomas-Mann-Straße 2-4, 53111 Bonn, Germany
- ☎ Telephone: +49 (0)228 2499930
- 🖱 Website: www.bagso.de

📄 Praxishandbuch “Länger gesund und selbstständig im Alter – aber wie? Potenziale in Kommunen aktivieren”

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Useful contacts

The following list of organisations and institutions may be helpful in planning how you want to live in your old age.

Housing advice

The Bundesarbeitsgemeinschaft Wohnungsanpassung e.V. can provide information about housing advice centres (Wohnberatungsstellen) in the area where you live:

- 🚩 Mühlenstraße 48,
13187 Berlin, Germany
- ☎ Telephone: +49 (0)30 47474700
- 🖱 Website: www.bag-wohnungsanpassung.de

The online housing advice provided by Barrierefrei Leben e.V. offers information on ambient assisted living and gives free advice via e-mail:

info@online-wohn-beratung.de.




Barrierefrei Leben e.V. Wohnberatungsportal

- 🚩 Richardstraße 45,
22081 Hamburg, Germany
- ☎ Telephone: +49 (0)40 2999560
- 🖱 Website: www.online-wohn-beratung.de

Information about safe housing planning and design can be obtained from:




Aktion DAS SICHERE HAUS

Deutsches Kuratorium für Sicherheit in Heim und Freizeit e. V. (DSH)




-  Holsteinischer Kamp 62,
22081 Hamburg, Germany
-  Telephone: +49 (0)40 298104-61
-  Website: www.das-sichere-haus.de

Qualified tradespeople and firms

A list of addresses of tradespeople and firms who are certified to provide age-appropriate building and conversion work is available from: DIN CERTCO Gesellschaft für Konformitätsbewertung

-  Alboinstraße 56,
12103 Berlin, Germany
-  Telephone: +49 (0)30 75621140
-  Website: www.dincertco.de

or on the GGT Gesellschaft für Gerontotechnik website under “Für Konsumenten”:

-  Max-Planck-Straße 5,
58638 Iserlohn, Germany
-  Telephone: +49 (0)2371 65950
-  Website: www.gerontotechnik.de

For information concerning locations in Rhineland Palatinate, from Umweltzentrum für Energie und Nachhaltigkeit der Handwerkskammer Trier:

-  Loebstraße 18,
54292 Trier, Germany
-  Telephone: +49 (0)651 207-257
-  Website: www.barrierefrei-bauen.de

Funding for home conversions

The KfW Bank provides information on low-interest loans and grants available under its “Age-Appropriate Conversions” programme:

KfW Bankengruppe
(Hauptsitz Frankfurt am Main)

- 🚩 Palmengartenstraße 5–9,
60325 Frankfurt am Main, Germany
- ☎ Telephone: +49 (0)69 7431-0
- 🖱 Website: www.kfw.de

Information about a wide range of funding options involving building and housing can be found on the following websites:

- 🖱 www.baufoerderer.de
- 🖱 www.foerderdatenbank.de

Special forms of housing





Information on assisted living can be obtained from the Bundesarbeitsgemeinschaft der Senioren Organisationen (BAGSO) e.V. (German National Association of Senior Citizens’ Organisations):

- 🚩 Thomas-Mann-Straße 2–4,
53111 Bonn, Germany
- ☎ Telephone: +49 (0)228 2499930
- 🖱 Website: www.bagso.de/wohnen/betreutes-wohnen.html




Information on shared housing and the “Gemeinschaftlich wohnen, selbstbestimmt leben” programme is available from the Forum Gemeinschaftliches Wohnen e.V. Bundesvereinigung:

- 🚩 Hildesheimer Straße 15,
30169 Hannover, Germany
- ☎ Telephone: +49 (0)511 1659100
- 🖱 Website: www.wohnprogramm.fgw-ev.de

The online database operated by Heimverzeichnis GmbH – Gesellschaft zur Förderung der Lebensqualität im Alter und bei Behinderung can serve as a guide when looking for senior citizens' nursing homes in Germany:




-  Vorgebirgsstraße 1,
53913 Swisttal, Germany
-  Telephone: +49 (0)69 264865-15
-  E-mail: info@heimverzeichnis.de
-  Website: www.heimverzeichnis.de

Information on the criteria and requirements regarding the quality of home care services and nursing homes can be obtained from the GKV-Spitzenverband der Kranken- und Pflegekassen:




-  Reinhardtstraße 28,
10117 Berlin, Germany
-  Telephone: +49 (0)30 2062880
-  Website: www.pflegenoten.de

Additional addresses and links on the subject of housing and long-term care

Information on applicable DIN regulations, such as DIN 18040 “Construction of accessible buildings” and DIN 77800 “Assisted living for the elderly”, is available from the online service portal: **www.nullbarriere.de** and also from the Bundesfachstelle Barrierefreiheit:

-  Wilhelmstraße 139,
10963 Berlin, Germany
-  Telephone: +49 (0)30 25936780
-  Website: www.bundesfachstelle-barrierefreiheit.de/DE/Home/home_node.html

Information about home conversions, aids and funding can be obtained from Barrierefrei Leben e.V.:

-  Richardstraße 45 (Richardhof)
22081 Hamburg, Germany
-  Telephone: +49 (0)40 29995658
-  Website: www.barrierefrei-leben.de

Information on classification of people in need of long-term care into the different care grades can be obtained from the Federal Ministry of Health (Bundesministerium für Gesundheit):

- 🚩 Rochusstraße 1,
53123 Bonn, Germany
- 📍 Website: www.bmg.bund.de

Information on developments and projects involving ambient assisted living (AAL) funded by the Federal Ministry of Education and Research (BMBF) is available from VDE:

- 🚩 Kapelle-Ufer 1,
10117 Berlin, Germany
- ☎ Telephone: +49 (0)30 285400
- 📍 Website:
www.innovationspartnerschaft.de

The List of Aids of the National Association of Statutory Health Insurance Funds (GKV) lists all the products for which the costs can be assumed by insurance funds:

- 🚩 Reinhardtstraße 28,
10117 Berlin, Germany
- ☎ Telephone: +49 (0)30 2062880
- 📍 Website: www.gkv-spitzenverband.de

Information on all aspects of living in old age is available from the Kuratorium Deutsche Altershilfe (KDA):

- 🚩 An der Pauluskirche 3,
50677 Köln, Germany
- ☎ Telephone: +49 (0)221 9318470
- 📍 Website: www.kda.de

Bundesinteressenvertretung der Nutzerinnen und Nutzer von Wohn- und Betreuungsangeboten im Alter und bei Behinderung (BIVA) e.V.:




- 🚩 Siebenmorgenweg 6–8,
53229 Bonn, Germany
- ☎ Telephone: +49 (0)228 909048-0
- ✉ E-mail: info@biva.de
- 📍 Website: www.biva.de

Everyday help



Information on home help services is available online at:
www.hilfe-im-haushalt.de

For additional information on local services that offer household help and support, contact your local authority, the institutions belonging to the Federal Association of Non-statutory Welfare (www.bagfw.de), other advice centres or the regional long-term care support centres (Pflegestützpunkte) – contact addresses are available from the respective Länder (state) ministries of social affairs.





The consumer advice centres also publish a wide range of useful information online. These include the self-help guide “Pflegefall – was tun?” from the Bundesverband der Verbraucherzentralen und Verbraucherverbände-Verbraucherzentrale Bundesverband e.V. (Federation of German Consumer Organisations):

-  Markgrafenstraße 66,
10969 Berlin, Germany
-  Telephone: +49 (0)30 25800-0
-  Website: www.vzbv.de

To order publications, contact:




-  Telephone: 0049 (0)211 3809-555
-  Website: <https://www.ratgeber-verbraucherzentrale.de/>

A list of volunteer agencies is available from the Bundesarbeitsgemeinschaft der Freiwilligenagenturen e.V.:

-  Potsdamer Straße 99,
10785 Berlin, Germany
-  Telephone: +49 (0)30 20453366
-  E-mail: bagfa@bagfa.de
-  Website: www.bagfa.de

Neighbourhood help

Dein Nachbar e.V.:

-  Agnes-Bernauer-Straße 90
80687 München-Laim, Germany
-  Emergency hotline:
+49 (0)1515 1018830
-  Website: www.deinnachbar.de

Netzwerk Nachbarschaft

- 🚩 c/o AMG Hamburg,
Goernestraße 30,
20249 Hamburg, Germany
- ☎ Telephone: +49 (0)40 48065018
- ✉ E-mail: info@netzwerk-nachbarschaft.net
- 🖱 Website: www.netzwerk-nachbarschaft.net

nebenan.de

- 🖱 Website: www.nebenan.de

- 📄 Newsletter: “Netzwerk Lebendige Nachbarschaften, Rundbrief 5, Dezember 2017”

The newsletter cited above lists the addresses of neighbourhood help organisations and is available both for download and in print:

- 🖱 Online: https://nachbarschaft-heute.de/files/2017/12/2017-12-21_Rundbrief-LeNA-Dezember-2017.pdf

Forum Seniorenarbeit NRW Kuratorium Deutsche Altershilfe (KDA)

- 🚩 Regionalbüro Köln,
Gürzenichstraße 25,
50667 Köln, Germany
- ☎ Telephone: +49 (0)30 2218298-0
- 🖱 Website: www.kda.de

Long-term care

Information concerning all aspects of long-term care for the elderly is available from the online service portal “Wege zur Pflege” (Paths to Long-Term Care) operated by the Federal Ministry for Family Affairs:

- 🖱 Website: www.wege-zur-pflege.de

- 📄 “Die Pflegestärkungsgesetze – das Wichtigste im Überblick”

Bundesministerium für Gesundheit

- 🚩 Rochusstraße 1, 53123 Bonn, Germany
- 🖱 Website: www.bmg.bund.de

The Citizens' Helpline operated by the Federal Ministry of Health can answer questions concerning long-term care insurance:

- ☎ Telephone: +49 (0)30 3406066-02
- 👉 Website: www.bmg.bund.de

Home alert

Information on suppliers and prices of home alert systems and how they work is available from:

- 🚩 c/o Johanniter-Unfall-Hilfe e.V.
Bundesgeschäftsstelle,
Lützowstraße 94,
10785 Berlin, Germany
- 👉 Website:
www.initiative-hausnotruf.de

Participation and inclusion/ voluntary help

The “Mehrgenerationenhäuser” programme on multi-generation homes run by the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (BMFSFJ):
www.mehrgenerationenhaeuser.de

- ☎ Service hotline: +49 (0)221 3673-4045
- ✉ E-mail: info@bmfsfj-service.bund.de

Bundesarbeitsgemeinschaft der Senioren-Organisationen e.V. (BAGSO)
(German National Association of Senior Citizens' Organisations)

- 🚩 Thomas-Mann-Straße 2-4,
53111 Bonn, Germany
- ☎ Telephone: +49 (0)228 2499930
- 👉 Website: www.bagso.de

Bundesarbeitsgemeinschaft Senioren-
büros e.V. (BaS)

- 🚩 Thomas-Mann-Straße 2-4,
53111 Bonn, Germany
- ☎ Telephone: +49 (0)228 614074
- 👉 Website: www.seniorenbueros.org

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- 🇩🇪 Ellerstraße 67, 53119 Bonn, Germany
- ☎ Telephone: +49 (0)228 60424-0
- ✉ E-mail: info@wegweiser-buergergesellschaft.de
- 🌐 Website: www.buergergesellschaft.de

Zentrum für zivilgesellschaftliche Entwicklung (Centre for Developments in Civil Society):

- 🇩🇪 Bugginger Straße 38,
79114 Freiburg, Germany
- ☎ Telephone: +49 (0)761 47812-14
- ✉ E-mail: info@zze-freiburg.de
- 🌐 Website: www.zze-freiburg.de

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* For general questions to all government offices and agencies, the general public service number 115 is also available. In the participating regions, the 115 is open from 8 a.m. to 6 p.m. between Monday and Friday. Calls to the 115 from a German landline and many mobile networks are charged at local rate and are therefore toll-free for flat rate holders. Deaf persons can access information by dialing the SIP address 115@gebaerdentelefon.d115.de. To find out if the 115 is available in your region and for more information on the general public service number please visit <http://www.d115.de>.

