



Landeshauptstadt
München
Sozialreferat

Support and advice for older people and people requiring care

March 2023

Wir sind München
für ein soziales Miteinander

At a glance:

help, contact and other support related to care, dementia, illness and old age.

[Advice centres for older people and their relatives](#)

[Sozialbürgerhäuser](#)

[Advice on matters related to housing/housing adaptation](#)

[Advice for people with dementia](#)

[Advice for older migrants](#)

[Advice for older migrants from the LGBTIQ* community](#)

[Advice for older migrants with mental illnesses](#)

[Advice for older migrants from the IKG \(Jewish community\)](#)

[Other services](#)

[Further information](#)

Advice centres for older people and their relatives

Here you can obtain information and detailed advice about the different support offered by the [outpatient](#) , [day-care](#) and [in-patient](#) assistance and care services for older people in Munich.

Where necessary, this may include referring you to an appropriate individual living and care situation such as an [out-patient assisted living community](#) . Relatives are also advised about ways of reducing the burden and providing support and they are offered specific help.

Please contact the advice centre responsible for your area of the city. You can find your advice centre in the Dienstleistungsfinder (Service Finder) under: [“Beratungsstellen für ältere Menschen und Angehörige” \(Advice centres for older people and their relatives\)](#) .

A special service offered by the advice centres is the [Postpatenprojekt \(post helper project\)](#) . This helps older people to manage affairs related to letters and post. See the flyer to check which advice centre is responsible for your area.

Anyone wishing to offer their services as a ‘Postpate’ (post helper) can find information on the website of the [Münchener Bildungswerk training centre](#) . (Please enter ‘Postpatenprojekt’ into the search.)

Sozialbürgerhäuser

Employees of the ‘Sozialbürgerhäuser’ (SBH) can offer advice and support to seniors in all matters related to old age. They can advise on potential help and services and offer support in obtaining personal and economic assistance, among other things. Further information is also available in the flyer [‘Unterstützung im Alter’ \(‘Support in old age’\)](#) .

A specialist home care unit for people with hearing disabilities is located in the Sozialbürgerhaus Laim – Schwanthalerhöhe. It has responsibility for the whole of Munich and works closely with the [Sozialdienst für Gehörlose \(social services for deaf people\)](#) .

[Your local Sozialbürgerhaus](#)

Advice on matters related to housing/housing adaptation

The [Beratungsstelle Wohnen](#) (housing advice centre) of the Stadtteilarbeit e.V. association supports older people with extensive alterations and/or conversions in the home.

The [Alten- und Service-Zentren](#) (old age and service centres) offer basic advice on housing suitable for older people and provide assistance where the need exists to make it easier for them to remain in their own home.

[Information on home adaptation](#)

Advice for people with dementia

The Alzheimer Gesellschaft München e.V. (Alzheimer's Society Munich) offers people with dementia and their relatives a wide range of advice and support services around living with dementia (such as Alzheimer's disease) and provides relevant information, sources of knowledge sharing and activity groups.

[Alzheimer Gesellschaft München e.V.](#)

Advice for older migrants

The Fachdienst für ältere Migrant*innen (specialist service for older migrants) provided by the Diakonie München und Oberbayern e. V. association offers people with a migration background and their relatives advice and support and facilitates access to facilities and services for older people.

In certain cases, an interpreter can be arranged free of charge for a consultation with the advice centres listed on this page or with the [ASZ](#).

[Fachdienst für ältere Migrant*innen](#)

Advice for older migrants from the LGBTIQ* community

The advice and networking organisation rosaAlter for lesbian, bisexual, gay, transgender and intersex seniors provides older people seeking advice and support and their relatives with a wide range of advice and support services and represents the interests of the target groups.

[rosaAlter](#)

Advice for older migrants with mental illnesses

There are four gerontological psychiatric services in Munich that can be used as sources of advice for older people (roughly 60 years and above) and their relatives.

[Gerontological psychiatric services](#)

Advice for older migrants from the IKG (Jewish community)

The advice centre for the Israelitische Kultusgemeinde (IKG) offers advice and support to advice-seeking older community members and their relatives. This can facilitate access to a variety of facilities and services.

[Israelitische Kultusgemeinde](#)

Other services

The following services can also provide you with information and advice regarding old age and care for older people:

- [Alten- und Service-Zentren](#) (old-age and service centres)
- [Fachstellen für pflegende Angehörige](#) (Special support units for caring relatives)
- [Münchener Pflegebörse](#) (Munich care exchange)

Further information

[Pflege Angehöriger – und jetzt?](#) (Caring for relatives – what now?)

[‘Support and Care’ brochure](#)

[Social security: an overview](#)

[Oberbayern district – Social](#)

[Oberbayern district: Outpatient help with care](#)

[Oberbayern district: Inpatient help with care](#)

[Bundes Gesundheitsportal](#) (Federal health portal)

[Information for seniors](#)

[Problems in care for the elderly](#)