

Help and advice for older people in service centres

Older people in Bremen often need support and help in the home if they want to stay at home in their familiar surroundings. If you would like to find out about various help options or need practical support, the 17 service centers in the city of Bremen are the right address for you.

Service centers are the central contact points in your district for all questions, answers, services related to old age, disability and chronic illness.

Basic information

Service centers (DLZ) offer comprehensive counseling and information services. They are funded by the Senator for Social Affairs, Youth, Women, Integration and Sports. They are run by the welfare organizations (Paritätischer, Arbeiterwohlfahrt, Deutsches Rotes Kreuz, Caritas).

The contact points are easily accessible thanks to the comprehensive distribution of the total of 17 service centers throughout the city districts. Information and advice on all questions concerning life in old age is also available by telephone or in the form of home visits.

- Advice and organizational assistance with financing questions and with applications to service providers (SGB XI and SGB XII)
- Information on partial inpatient and inpatient facilities
- Information on home emergency call providers, lunch offers and meeting offers
- Advice on dementia and support services
- Advice for relatives
- Outpatient support through organized neighborhood assistance - Help in the home

Organized neighborhood assistance and everyday assistance are low-threshold offers of the open elderly assistance of the city of Bremen. The household-related support services are provided by laypersons and are a form of civic engagement. Neighborhood helpers provide companionship, help with household chores and accompany people on doctor's visits. Neighborhood helpers must be at least 18 years old and have a police clearance certificate.

The offer of everyday assistance is aimed at people with a degree of care who need support in everyday life.

Nursing services are not provided.

Requirements

Elderly people who need support and help in the home.

Procedure

More information

Accessibility: Monday to Friday from 09.00h to 13.00h and by appointment

Contacts: See the list of service centres under the heading "Where can I find out more".

What are the costs?

The consultation is free of charge. The costs for the use of neighbourhood help and everyday assistance are according to the service catalogue of the respective provider.

Frequently asked Questions

- **Where can I get forms for health care proxies?**

Forms for health care proxies are available from long-term care insurance companies and on the website of the Federal Ministry of Justice and Consumer Protection.