

Support in old age

The ASZ centres will help you when you need support with:

- advice and finding offers of help,
- talks and information events,
- support in difficult life situations and financial emergencies,
- care and support services if you want to stay in your own home,
- relief opportunities for caring relatives,
- offers and groups for people with physical disabilities, mental stress or dementia-related changes in behaviour,
- preventive home visits for questions about ageing at home.



Your engagement counts!

You can also get involved with the ASZ centres as a volunteer and take on meaningful tasks, for example:

- visiting and escort services,
- helping out with shopping,
- helping out at events,
- organising the offers.

The ASZ centre staff will support you with targeted guidance and support.

The ASZ Old-Age and Service Centres

- are open to everyone, regardless of origin, skin colour, religion, gender identity, sexual orientation or social status,
- are committed to peaceful, democratic coexistence in Munich’s urban society, and therefore firmly oppose any form of racism, anti-Semitism and discrimination.



You can find the address and telephone number of your ASZ Old-Age and Service Centre in the attached address overview and at: www.muenchen.de/asz

Or, with one click, an overview at a glance:



smartphone/tablet users – hold the camera of your device with the camera app open (or QR code scanning app) over this square, and you will be taken to our website with an overview of all the ASZ centres.



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Landeshauptstadt
München
Sozialreferat

ASZ Old-Age and Service Centres in Munich

Your companion in old age

Englisch



Wir sind München
für ein soziales Miteinander



Alten- und Service-Zentren



Dear Munich residents,

Munich is a liveable, social city, and we want it to stay that way. I am delighted to present this flyer detailing the wide range of services offered by the ASZ Old-Age and Service Centres in Munich.

The ASZ centres are your companion in old age. You will find them in every district. They are places for making contacts, taking part in courses, attending events and receiving support on various issues to do with getting older. The open service offer provided by the ASZ centres is unique in Germany in terms of variety and structure – and has been for over 40 years. The ASZ centres are a cooperation of the City of Munich with independent welfare organisations and associations, financed by the state capital and jointly developed.

Curious? You are cordially invited to get to know the ASZ better. Would you like to get involved as a citizen or as a course leader? Feel free to contact us. The ASZ centre staff look forward to hearing from you!

Your

Verena Dietl
Mayor



Quality of life in old age

New questions and challenges arise as we get older:

- how can I remain independent and self-sufficient for as long as possible?
- where can I meet new people?
- where can I find low-cost offers?
- where can I get support if I'm not feeling well?

Advice and information

The staff at the ASZ Old-Age and Service Centres are the people to call if you have concerns with:

- staying and living at home,
- maintaining your independence and quality of life,
- establishing contacts,
- staying physically and mentally fit,
- actively helping to shape community life,
- developing perspectives.

Your ASZ centre will advise you free of charge. We are also happy to inform you about all these topics at home! Interpreters can be called in if there are language problems.

Happiness in old age

The ASZ centres offer you the opportunity to meet people, actively participate in life and get involved, for example, through:

- groups and courses in the areas of exercise, languages, creativity, leisure, culture and new media,
- social events, outings and excursions,
- discussion and biography groups,
- social lunches and community dining,
- open meeting places with cafeteria service.

Seniors on low incomes can obtain price reductions from their ASZ centre for courses and admissions, or even exemption from costs, for example, for the social lunches.

