

# Your commitment counts!

You can get involved as a volunteer with the ASZ and take on meaningful tasks including:

- Visiting and accompanying services
- Shopping aids
- Help with events
- Designing offers

## Volunteering



Members of staff at the ASZ will assist you with targeted guidance and support.

Published by:  
Landeshauptstadt München  
Sozialreferat, Altenhilfe und Pflege  
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Tel.: 089 / 233 – 68358

Photo credit:  
Cover photo: Jens Dietrich, Heidi Mayer  
Inside page: Jens Dietrich, Heidi Mayer  
Outside page: Heidi Mayer

Layout: Fa-Ro Marketing GmbH  
Print: Stadtkanzlei  
Printed on 100% recycled paper  
Jan. 2019

Englisch

# The retirement and service centres

(Alten- und Service-Zentren – ASZ)

- is a cooperation in the state capital of Munich that works with freelance welfare providers and associations
- is unique in both its variety and structure nationwide
- is financed by the state capital of Munich and has been continuously developed over a period of 40 years
- creates offers using socio-educational specialists with the support of qualified course leaders and assistants
- is open to all, regardless of origin, skin colour, gender, sexual orientation and religious affiliation
- makes its offers available everywhere in Munich in attractive, fully accessible rooms
- can be easily reached via public transport

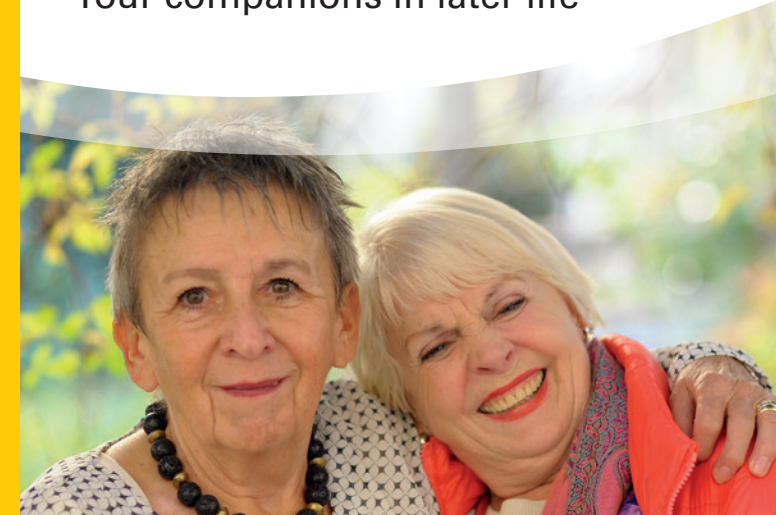
The address and telephone number of your ASZ can be found in the attached address overview and by visiting:  
[www.muenchen.de/asz](http://www.muenchen.de/asz)



Landeshauptstadt  
München  
Sozialreferat

## Munich's retirement and service centres

Your companions in later life



Wir sind München  
für ein soziales Miteinander



Alten- und Service-Zentren

## Greater quality in later life

As you grow older, new questions and challenges arise:

- How can I stay independent and self-reliant for as long as possible?
- Where can I meet new people?
- Where can I find great offers at little expense?
- Where can I get support if I'm not feeling well?

### Advice and information



**The retirement and service centres (Alten- und Service-Zentren – ASZ) are your point of contact for any concerns you may have:**

- Continuing living in your own home
- Independence and quality of life
- Socialising
- Staying physically and mentally fit
- Actively helping to shape community life
- Developing perspectives

## Greater support in later life

The ASZ will help you if you require assistance in the form of:

- accessing advice and mediation services for offers of help
- visiting lectures and information events
- assisting you in difficult life situations and financial emergencies
- services that allow you to stay in your own home

### Support



- Mediation of helpers
- Lunch in the community
- Preventive home visits
- Relief offers for caregivers
- Offers – including preventive offers – and groups for people with physical limitations, mental stress or dementia

## Greater joy in everyday life

The ASZ offers you the opportunity to meet people, actively participate in life and to contribute, for example as part of:

- groups and courses in the areas of movement, languages, creativity, leisure and culture
- social events
- discussion and biography circles

### Get-togethers



- Excursions and day trips
- Offers for and with people from different cultures
- Open get-together with cafeteria

**We are more than happy to provide you with all the topic information you require by visiting you in your own home! Should you experience a language barrier, interpreters can be arranged.**