

The Senior Citizens' Offices - the Seniorenbüros - in the Dortmund city districts:

Seniorenbüro DO-APLERBECK

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Seniorenbüro DO-LÜTGENDORTMUND

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ADVICE & ASSISTANCE for a self-determined life in old age



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DO-SCHARNHORST



Good care and contentment for the elderly

Elderly people feel happiest in their familiar surroundings and wish to maintain their independence for as long as possible. However, chronic illnesses, restrictions on mobility, dementia and also longer life expectancy often make support necessary, whether by family members, by care services or in institutions. Especially older people living alone, but also family members providing help, are often overburdened by the day-to-day challenges of organising care and assistance. In view of this, there is a strong need for the availability of competent advice and speedy assistance at local level.

Nearby advice and assistance

Working together, the City of Dortmund and the welfare organisations offer a network of advice and assistance at local level for citizens seeking help and support. Close cooperation and regular consultation with and between the broad range of bodies providing help and support for the elderly, e.g. physical care, health, living, leisure activities and socialising, enables the best possible care and support to be offered, in each case tailored to the needs of the individual.

Playing an active role – volunteer working in the city districts

The Seniorenbüros - the Senior Citizens' Offices - are a first port of call for people interested in engaging in voluntary tasks within their local community. We will assist you in looking for existing opportunities that suit you, or support you in developing and implementing new ideas of your own.



Seniorenbüros in Dortmund

The Seniorenbüros of the 12 Dortmund city districts will be pleased to provide you with independent information and individual advice in all matters relating to aid and assistance for the elderly.

Consultation times:

Monday to Friday 10 a.m. – 12 noon and by prior appointment

The staff of the Seniorenbüros will, on request, also be pleased to come and talk to you at home.



Networks identify gaps in service

The Seniorenbüros develop networks with the numerous actors, service providers and institutions in the individual city districts.

They know the as-is situation, initiate new service offerings in cooperation with advice-seekers and network partners, and draw attention to gaps in the provision of services.

Together with the service providers, the Seniorenbüros conduct PR activities aimed at keeping the senior citizens and their loved ones informed of the offerings available in their city district and beyond.

Since 2006, networks have been in place in all city districts, involving all the professional providers working for and with the elderly as well as local citizens engaged in voluntary activities in support of old people and their families.

Jointly with the networks, the Seniorenbüros are committed to helping people live a self-determined life as they get older, and to supporting the many offerings available in the fields of advice, support, care, living and socialising in the city districts.