



# Contemporary forms of living for senior citizens and people with disabilities



**Wir sind München**  
für ein soziales Miteinander





**Dear Readers,**

Even in old age or when experiencing increasing limitations, many people wish to live as independently as possible in their own home or familiar surroundings for as long as possible.

In order for this to be achievable, the federal capital city of Munich is working together with numerous stakeholders to reach out to people with specific needs and in different life situations. The aim is to create customised offers relating to housing, advice, care and participation.

This brochure offers you an overview of the available options, requirements and contact points for various forms of housing.

Should you be interested, please use the contact options listed and let us advise you.

Yours,

Verena Dietl  
Mayor

This brochure is aimed at all people, regardless of gender, ethnic, cultural and social background, skin colour, age, religion, education, disability, sexual and gender identity.

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In Munich, there are forms of housing for different life situations and needs that are intended to provide security and facilitate neighbourly support.

You can find out just what these forms of care are and what requirements must be met in the individual chapters of this brochure.

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## **Important information:**

To make it easier for you to read the Internet addresses, we have sometimes used short links that lead to the addressees mentioned here.

In January 2024, the GWG and GEWOFAG municipal housing associations merged and are now known as “Münchner Wohnen”.

# Important questions



**If you are considering whether one of these forms of housing might be suitable for you, please consider the following questions:**

- Is my home suitable for the elderly or disabled?
- How do I imagine a good neighbourhood to be like?
- Do I wish to be in contact with other people and also provide help?
- How can I live independently for as long as possible in old age?
- Despite experiencing limitations in everyday life, how can I live independently?
- Can I still afford my (current) apartment?

# Living in a neighbourhood community



## 1. What is this about?

Many people want to stay in their familiar home environment, even if they have limited mobility, are ill or need care. In order to meet this need, Münchner Wohnen has developed the “Living in a neighbourhood community” (“Wohnen im Viertel”) housing and care provision concept for its tenants, which is already available at 15 locations.

As a rule, ten **project apartments** are available at each location. You will find all the information you need on the Münchner Wohnen website at [www.muenchner-wohnen.de/wohnen-im-viertel](http://www.muenchner-wohnen.de/wohnen-im-viertel)

## 2. What is the difference to a normal, rented apartment?

- The project apartments are barrier-free, and some are wheelchair accessible.
- In addition to the project apartments, the “Living in the neighbourhood” concept offers all residents in the immediate vicinity round-the-clock reliable care in the

form of an on-site outpatient care service. They receive the professional care and support they need. This allows them to remain in their familiar surroundings and live a self-determined life.

- Volunteers and full-time staff work together constructively and in trust in the neighbourhood and network with each other.
- Anyone can take part, because living in a neighbourhood also means being there for each other and taking responsibility for the quality of life in your own environment.
- For all those who are temporarily dependent on help and care, but do not want to go into an inpatient care facility (short-term care in a nursing home), there are **temporary care apartments** at 13 locations. Here too, care is provided by the outpatient nursing service.
- One key component of “Living in the neighbourhood” is a **residential café (“Wohncafé”)**. It serves as a meeting place for the residents of the project apartments and for residents in the neighbourhood. Here, people have the opportunity to socialise, take part in events, organise neighbourly help, cook and eat together.





### 3. Who can move into a project apartment as part of “Living in the neighbourhood”?

#### Munich citizens

- with a need for outpatient nursing care (at least **care level 2**)

#### and

- with a suitable certificate of eligibility (“Berechtigungsschein”) from the Office for Housing and Migration (“Amt für Wohnen und Migration”).

To do so, an **application** must be made to register for an apartment with income-orientated funding (EOF) or funding according to the Munich Model (MM).

You can find the application form for this on the website of the Office for Housing and Migration (“Amt für Wohnen und Migration”) at [go.muenchen.de/antrag-sozialwohnung](http://go.muenchen.de/antrag-sozialwohnung)

#### You can find more information about “Living in the neighbourhood”

- from **Münchner Wohnen**  
Telephone: 089 8776626094  
Internet: [www.muenchner-wohnen.de/wohnen-im-viertel](http://www.muenchner-wohnen.de/wohnen-im-viertel)

#### or

- from our **co-operation partner** (outpatient care service) at one of the locations. You can also find the relevant contact details on the Münchner Wohnen website.

# Caring home communities



## 1. What is a caring home community?

It is a community of around eight to ten older tenants who see themselves as a group within an apartment block.

They all live independently in their own homes. The aim is to be there for each other and thus be able to stay in familiar surroundings for as long as possible.

## 2. What is the difference to a normal, rented apartment?

- The apartments are built as part of subsidised projects by the municipal housing association or by private developers and cooperatives.
- All apartments are designed to be barrier-free. The tenants support each other with neighbourly assistance in everyday life (such as going shopping, accompanying them to the doctor, going for walks together).

- Each caring home community has a common room for meetings, leisure activities and much more.

### 3. How is a caring home community formed?

If you know people who, like you, would like to live together in old age, help each other and spend their free time together, the best thing to do is to contact **mitbauzentrale münchen**. There, you will receive information about planned building projects and how you can come together to form a permanent home community.

Individuals can also contact **mitbauzentrale münchen** to discover how they can join an existing or new tenant group. You can find important information on mitbauzentrale münchen **project exchange** at [www.kurzelinks.de/mitbauzentrale-Projektboerse](http://www.kurzelinks.de/mitbauzentrale-Projektboerse)

Contact details:

**mitbauzentrale münchen**

Schwindstr. 1, 80798 Munich

Telephone: 089 57938950

Email: [info@mitbauzentrale-muenchen.de](mailto:info@mitbauzentrale-muenchen.de)

Internet: [www.mitbauzentrale-muenchen.de](http://www.mitbauzentrale-muenchen.de)

Consultation hours:

Tuesday 10 a.m. to 2 p.m. and

Wednesday 3 p.m. to 7 p.m.

## 4. Who can move into a caring home community?

Individuals aged 55 and over who

- only have a small pension or a low level of income,
- are not yet in need of care,
- are prepared to provide mutual neighbourly support and assistance and
- have a suitable certificate of eligibility (“Berechtigungsschein”) from the Office for Housing and Migration. For this, an application must be submitted for registration for an apartment with income-orientated funding (EOF) or funding according to the Munich Model (MM) or as part of conceptual rental housing (KMB). You can find the **application form** for this on the website of the Office for Housing and Migration (“Amt für Wohnen und Migration”) at [go.muenchen.de/antrag-sozialwohnung](https://www.go.muenchen.de/antrag-sozialwohnung)

You can find out which certificate of eligibility you need from **mitbauzentrale münchen**.



# Municipal retirement homes



The eleven municipal retirement homes currently offer independent living in affordable apartments for Munich residents aged 60 and over.

## 1. What is the difference to a normal, rented apartment?

Most of the retirement homes were built in the 1960s or 1970s as social housing. They are primarily available to people who are entitled to social housing. Please contact the respective residential complex to find out whether (and to what extent) the individual buildings are barrier-free (see Clause 4).

There is a mental health support centre in each of these residential complexes that provides tenants with help and advice if they need support.

## 2. Where is support possible?

The specialists provide advice on everyday living. They

- ensure that everyone settles in well and encourage the community to get together through joint events.
- also provide information about cultural and leisure activities in the neighbourhood
- assist with official matters
- provide information about assistance in the event of illness or the need for care and
- find out how to organise domestic help

## 3. Who can move into a municipal retirement home?

Munich citizens who

- are 60 years or older,
- only have a small pension or a low level of income,
- have a certificate of eligibility (“Wohnberechtigungsschein”) for publicly subsidised housing (social housing) from the Office for Housing and Migration (“Amt für Wohnen und Migration”). You can find the **application form** for this on the website of the Office for Housing and Migration (“Amt für Wohnen und Migration”) at [go.muenchen.de/antrag-sozialwohnung](http://go.muenchen.de/antrag-sozialwohnung)

## 4. Who can get an apartment in a municipal retirement home?

If the requirements under point 3 are met, you can find out where and which retirement homes are available in Munich on the **Munich Care Exchange (“Münchner Pflegebörse”)**. You can find this at [www.kurzelinks.de/PflegeboerseAltenwohnanlagen](http://www.kurzelinks.de/PflegeboerseAltenwohnanlagen)

The contact details for the individual retirement homes can also be found there. You can ask whether an apartment is available there.

As soon as an apartment becomes available in the desired residential facility and you receive confirmation, you can conclude a tenancy agreement.



## 5. A look ahead to the future

In addition to the municipal retirement homes, which are being renovated step by step, multi-generational senior housing complexes will be built over the next few years. Older Munich residents live here with people of different age groups under one roof and across the generations.





# Outpatient forms of housing for people with disabilities



The district of Upper Bavaria is keen to promote the participation of people with disabilities in life in the wider community. In order to support this, forms of housing have been created for people with physical, mental or psychological impairments.

## 1. What forms of outpatient accommodation are available for people with disabilities?

People with disabilities who want to live largely independently and in a self-determined way, but who need support due to their disability, can choose a suitable outpatient form of living from various models:

- **Residential groups or shared apartments for people with disabilities:**

These small-scale forms of housing enable people with disabilities to live in the community while enjoying the security of the proper care. They generally have their own room, which they furnish and design themselves, and usually also their own bathroom. The kitchen, living and

dining areas are then shared. As with private residential living, the focus is on homeliness and the shared everyday life of the residents.

The **assisted living groups** are aimed at people with primarily mental or physical disabilities, while the **therapeutic shared apartments** offer places for people afflicted by mental disabilities.

- **Inclusive shared apartments:**

People with (and without) disabilities live together here as equals. Each resident has their own room; the other areas are shared. People without disabilities help their fellow residents in everyday life. If necessary, additional support is provided by socio-educational specialists.

- **Outpatient-assisted individual living:**

People with disabilities live in their own home or in a home provided by an organisation from social services. They are supported there according to their individual needs.

## **2. What is the difference to a normal, rented apartment?**

- Construction is carried out as part of subsidised projects by municipal housing associations, private developers or cooperatives.
- The apartments are barrier-free, and some are wheelchair accessible.
- Each residential group or shared apartment for people with disabilities has a common room.

## **3. What assistance is available to people with disabilities who can live in a mainly independent way?**

The type and scope of support depends on the individual need for assistance. The specialised socio-educational service of the district of Upper Bavaria works together with the people who want to move into one of the above-mentioned forms of housing, in order to determine what help they need.

For example, residents can be supported in the following areas:

- Self-care and coping with everyday life,
- Day and leisure time activities and
- Participation in life in the community.

Helping people to help themselves is something that is actively encouraged. The aim is to enable a better quality of life.

People with disabilities and care needs may also be entitled to outpatient care services.

#### 4. Who can move into an assisted living facility for people with disabilities?

The target group are adults who

- are mentally, psychologically, emotionally and/or physically disabled, or at risk of disability,
- are not predominantly in need of care and who
- are entitled to a housing certificate of eligibility (“Wohnberechtigungsschein”) from the Office for Housing and Migration (“Amt für Wohnen und Migration”) for the so-called “München Modell Miete” (MMM) or who fulfil the criteria for conceptual rental housing (KMB). You can find the **application form** for this on the website of the Office for Housing and Migration (“Amt für Wohnen und Migration”) at [go.muenchen.de/antrag-sozialwohnung](http://go.muenchen.de/antrag-sozialwohnung)

If you would like to find out more about forms of housing for people with disabilities, please contact the following office:

**Servicestelle des Bezirks Oberbayern**

Prinzregentenstraße 14, 80538 Munich

Telephone: 089 2198-21010 or -21011 or -21012

Email: [servicestelle@bezirk-oberbayern.de](mailto:servicestelle@bezirk-oberbayern.de)

On the website of the district of Upper Bavaria for **“Living and housing”** you will find further information at [www.kurzelinks.de/BezObb-LebenundWohnen](http://www.kurzelinks.de/BezObb-LebenundWohnen)



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