



How can you reach us?

Come to the Sozialbürgerhaus near you or give us a call and set up a personal counselling appointment or a home visit.

You can reach us:

Monday to Wednesday from 08:00 - 16:00
Thursday from 08:00 - 17:00
Friday from 08:00 - 13:00

- Telephone: 089 233-96833
Sozialreferat (Social Services Department)
- at www.muenchen.de/sbh.

Entering your residential address in the SBH search will bring up which Sozialbürgerhaus you need to contact.

Deaf and hearing-impaired persons who communicate in German Sign Language and their relatives please contact the central Sozialbürgerhaus **Laim – Schwanthalerhöhe**.

www.muenchen.de/sbh-gehoerlose

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Support in old age

Help and counselling
for the elderly in the
Sozialbürgerhäuser (SBH /
Social community centres)



Wir sind München
für ein soziales Miteinander



Dear Munich residents,

Growing older is part of life; what matters is how we grow old.

Growing older may mean that you find it more difficult to carry out everyday tasks. Help and support or care may become necessary.

In this situation you are not alone. Our specialised staff in the Sozialbürgerhäuser will help you live your life as independently as possible for as long as possible.

Don't be shy, and get in touch with us!
We look forward to seeing you.

Kind regards

Verena Dietl
Third Mayor

You can no longer manage your everyday life on your own and need information, advice and support regarding

- domestic care,
- nursing care,
- economic assistance?

You are caring for a relative and need information and advice on

- support services to help you give that care,
- further support services, such as day care, outpatient care services or
- respite services?

You are concerned about an elderly person who may need help?

Please get in touch with us. We will treat your information confidentially and discreetly. We work together with many outpatient care facilities and provide assistance.

We will support you.

We

- take time to listen to your concerns, questions and problems,
- consider together what you need and exactly who or what agency can help you,
- advise on the financing of the care and other help in the household,
- support you in economic emergencies and mediate with legal and volunteer services,
- advise on housing problems,
- mediate with debt counselling services,
- support in mediating and clarifying discussions with relatives, third parties and support services.

We advise you at no charge and confidentially. In doing so we honour our legal obligation to preserve confidentiality.

If you wish, we can come to your home.