



## Getting older



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People live longer than they used to. On average in our society, we live to the ripe old age of 80, with three or four generations living side by side – something that would have been impossible a hundred years ago. Living longer means assuming our roles and responsibilities as parents or grandparents for a longer period of time.

Good health in old age is a privilege that many people in Switzerland enjoy. It allows us to lead a very active life after retirement. How much time we devote to our grandchildren is our own choice. And every family must decide for itself how to care for an older parent. There is no single solution that works for everyone.



## Becoming a grandparent

The birth of a grandchild often changes the relationships within the family. If the grandparents are close to their children, chances are they will also form a close bond to their grandchildren – and vice versa. Every newborn child is a chance to deepen the bond between parents and grandparents. Both can relive the good times they had when they were younger. Today, grandparents and grandchildren have more years together than ever before. Grandparents today are often fit and healthy, and enjoy many activities with their grandchildren.

It is very important that younger and older people spend time together. A treasure trove of shared experiences will shape the way one generation thinks about the other. The relationship between the generations is dynamic and ever-changing. Children grow up to become adults, parents, grandparents and maybe even great-grandparents.

## Thinking about retirement

Retirement is the start of a new phase in life. Suddenly, there is more free time than time spent at work. Usually, a person's pension rests on three pillars: the AHV state pension, occupational benefits (called Pensionskasse), and private pension funds. Together, the three pillars should secure the previous standard of living. Hence it is wise to think ahead and plan your retirement carefully.

When you retire, the future seems uncertain at first. It is not just a question of how much money you will need and how best to invest the capital in your pension fund. There are the small matters of life to

organise without the usual routines at work.

Retirement will turn your life upside down, whether you retire at 60, 64 or 65.

Financial security and a regular income are important, but you must also create a new perspective for your life.

## Traditional and modern living arrangements for the elderly

My home is my castle. Older people often feel rooted in their village or neighbourhood, and do not want to move. When the children have left to start their own households, many parents remain in their old home, enjoying the extra space. Nevertheless, moving to a smaller and more convenient flat can sometimes make life a lot easier.

There are many ways of finding out how you want to live when you are older. Be brave and consider different possibilities. Gather all the information you can. Talk to people who have taken the step and live an unconventional life. It will broaden your horizon and help you find out what's best for you. In any case, do not wait until circumstances force you to make a decision. It is always easier to get used to a new place and make new friends when you still have enough strength and courage to change!

## Find a convenient place near your old home

Maybe there is a more convenient (e.g. smaller, more comfortable, more modern) flat in your house (e.g. on the ground floor), your neighbourhood or your village. You can stay in your familiar surroundings, close to the people you know well.



## **Near your family**

Living with or near family members can give a sense of security. Talk to your family to find out if such an arrangement suits them, too. If so, you need to discuss a few things very carefully: How much privacy and personal space does everyone want or need? How much care do you need? How much can they give? And what do you expect from such an arrangement?

## **Cooperatives and tenant communities**

There are large cooperatives that buy apartment blocks for elderly people. This kind of community allows you to lead a very independent life while at the same time enjoying the company of other residents, especially if there are shared rooms, terraces, courtyards etc.

## **Apartments and residences for the elderly**

Residences for senior citizens usually provide spacious two-room apartments for people living on AHV (state pension) or disability benefits. Residents can bring their own furniture. Often there is a retirement home nearby, offering meal services and temporary medical care.

## **Sharing a flat with other senior citizens**

Some people enjoy sharing a flat with other people around the same age, with access to nursing care and other forms of assistance. The residents each have their own room (sometimes with en-suite bathroom, shower and toilet), and share the lounge and kitchen. They plan household duties (shopping, preparing meals, cleaning, laundry) together and

enjoy each other's company, going out together, playing games or watching movies. Of course, sharing living space demands a certain degree of tolerance and patience.

Apartments and communal housing for senior citizens usually offer amenities such as a lift or an emergency telephone, so that the residents can continue their independent life for a long time. Further supporting services such as Spitex, meals on wheels or a cleaning service are available if needed.

## **Seniors help seniors**

In some villages and towns there are special clubs called «Seniors Help Seniors», offering services for senior citizens. These clubs are a self-help initiative and strengthen the bonds between the elderly people in a community. Healthy or qualified club members help others in need of support by doing household and garden chores or small repairs, writing letters and translating documents, taking care of administrative or insurance business, tax declarations, sewing and mending, watering plants, feeding pets and checking the mailbox while the tenant is on holiday or in hospital, running errands, taking someone to the doctor's or to medical therapy sessions or just doing social calls every now and then.

## **Pro Senectute**

«Pro Senectute» is the Swiss competence centre on age and ageing. On their website, you will find all there is to know about further education classes, services, events, retirement homes or counselling



centres in your area. Pro Senectute is active in every Swiss canton.

### Emergency devices

Are you on your own? Is your health frail? Are you unsure about who to call? In that case we recommend you get an emergency device. Become a member of an emergency network, for example with the Swiss Red Cross. In case of an emergency, you just push the alarm button that you wear around your wrist like a watch. The device is equipped with a hands-free telephone function so you can talk to an emergency service and ask for help. Your details are registered there, so they can send help even if you are unable to speak.

### Meals on wheels

Most towns run their own meals on wheels service. Usually, they operate Monday to Saturday, delivering a warm meal per day to their clients. On Sundays, a cold snack is often available. Please ask your municipal authorities (Gemeinde) for details.

### Spitex

Spitex is a home care and nursing service that supports elderly and frail people living independently as long as possible. If you or a relative needs a home care service, please call your cantonal spitex.

### Transport and other services

The cantonal Red Cross associations offer help for senior citizens, families or people with disabilities – including transport or home care services or emergency devices.

### University for seniors

There are a few universities in Switzerland who offer special classes for seniors. The University of Basel offers the so called „Senioren Uni“ in the region of northwestern Switzerland. The “Senioren Uni” offers an insight into the manifold research and knowledge fields of the University of Basel. Dozens of presentations on current research projects are on the programmes. The “Senioren Uni” is open to anyone who has reached his or her 58<sup>th</sup> year of life as well as their partner.



## Getting older: addresses and links

Please note: Most of the described services and links are in German. If a service is explicitly offered in English this is marked by a \*

Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn
<b>Becoming a grandparent</b>				
<p>Specialletter by Pro Juventute for grandparents  <a href="http://www.projuventute.ch">www.projuventute.ch</a>&gt; Shop&gt; Themenbriefe&gt; Extrabrief für Grosseltern</p> <p>Network for grandmothers  <a href="http://www.grossmuetter.ch/de/">http://www.grossmuetter.ch/de/</a></p> <p>Swiss magazine about living with grandchildren:  <a href="http://grosseltern-magazin.ch/">http://grosseltern-magazin.ch/</a></p>		<p>Grosselternkoffer der Kantonsbibliothek Baselland:  <a href="http://www.kbl.ch">www.kbl.ch</a> &gt; Generation + &gt; Grosselternkoffer</p>	<p>Generationenspielplatz im Schützenmattpark- Generationplayground Schützenmattpark  <a href="http://www.hopp-la.ch/projekte/projekte-1">http://www.hopp-la.ch/projekte/projekte-1</a></p>	
<b>Thinking about retirement</b>				
<p>How does the retirement provision system work? *  <a href="https://www.ch.ch/en/retirement-provision-system/">https://www.ch.ch/en/retirement-provision-system/</a></p>	<p>SVA Aargau- Information about early retirement :  <a href="http://www.sva-ag.ch/ratgeber/meine-situation/vorzeitige-pensionierung/">http://www.sva-ag.ch/ratgeber/meine-situation/vorzeitige-pensionierung/</a></p>	<p>For questions about (early) retirement contact SVA Basel-Landschaft:  <a href="https://www.sva-bl.ch/de/">https://www.sva-bl.ch/de/</a></p>	<p>Questions regarding early retirement:  <a href="http://www.aelterbasel.ch/finanzen-und-sicherheit/fragen-zur-fruehpensionierung/">http://www.aelterbasel.ch/finanzen-und-sicherheit/fragen-zur-fruehpensionierung/</a></p>	<p>For questions regarding (early) retirement contact the Kantonale Ausgleichskasse:  <a href="https://www.akso.ch/startseite.html">https://www.akso.ch/startseite.html</a></p>

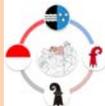


Schweiz	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn
<b>Traditional and modern living arrangements for the elderly</b>				
<p>Information on senioren.ch about living arrangements:  <a href="http://www.senioren.ch/index.php?id=54">http://www.senioren.ch/index.php?id=54</a></p> <p>Wohnform 50Plus:  <a href="http://www.wohnform50plus.ch/d/index.cfm">http://www.wohnform50plus.ch/d/index.cfm</a></p> <p>infosenior.ch- search engine for questions regarding aging:  <a href="http://www.infosenior.ch/index.cfm/Infosenior:HomeFrontend/index">http://www.infosenior.ch/index.cfm/Infosenior:HomeFrontend/index</a></p>	<p>The consulting services of Pro Senectute also inform about living arrangements for seniors:  <a href="http://www.info-ag.ch/">http://www.info-ag.ch/</a></p> <p>Seniorenrat Region Baden  <a href="http://www.srrb.ch/">http://www.srrb.ch/</a></p>	<p>Publication by the Volkswirtschafts- und Gesundheitsdirektion Baselland on living arrangements in old age:  <a href="https://www.baselland.ch/fileadmin/baselland/files/docs/vsd/gefoe/wohnen-im-alter.pdf">https://www.baselland.ch/fileadmin/baselland/files/docs/vsd/gefoe/wohnen-im-alter.pdf</a></p>	<p>The Forum 55+ Basel-Stadt offers a wealth of information on living arrangements for seniors.  <a href="http://www.aelterbasel.ch/wohnen-und-freizeit/">http://www.aelterbasel.ch/wohnen-und-freizeit/</a></p>	
<b>Seniors help seniors</b>				
	<p>Senioren für Senioren Möhlin:  <a href="http://www.sfs-moehlin.ch/">http://www.sfs-moehlin.ch/</a></p> <p>Senioren für Senioren Madgen:  <a href="http://www.senioren-magden.ch/">http://www.senioren-magden.ch/</a></p>	<p>Senioren für Senioren Liestal:  <a href="http://www.sfs-liestal.ch/">http://www.sfs-liestal.ch/</a></p> <p>Senioren für Senioren Pratteln-August  <a href="http://www.sfs-pratteln-augst.ch/">http://www.sfs-pratteln-augst.ch/</a></p> <p>Senioren für Senioren Birsfelden:  <a href="http://www.birsfelden.ch/de/vereinsliste/welcome.php">http://www.birsfelden.ch/de/vereinsliste/welcome.php</a></p>	<p>NachbarNet Basel:  <a href="http://www.nachbarnetbasel.ch/">http://www.nachbarnetbasel.ch/</a></p>	<p>Senioren für Senioren services by Pro Senectute Solothurn:  <a href="http://www.so.pro-senectute.ch/dienstleistungen-und-angebote/hilfen-zu-hause/senioren-fuer-senioren.html">http://www.so.pro-senectute.ch/dienstleistungen-und-angebote/hilfen-zu-hause/senioren-fuer-senioren.html</a></p>



		<p><a href="http://www.gelderkinden.ch/fileadmin/baselland/files/docs/gemeinden/gelderkinden/senioren_fuer_senioren.pdf">?action=showverein&amp;verein_id=21065</a></p> <p>Senioren für Senioren Gelderkinden: <a href="http://www.gelderkinden.ch/fileadmin/baselland/files/docs/gemeinden/gelderkinden/senioren_fuer_senioren.pdf">http://www.gelderkinden.ch/fileadmin/baselland/files/docs/gemeinden/gelderkinden/senioren_fuer_senioren.pdf</a></p> <p>Senioren für Senioren Reinach BL: <a href="http://www.seniorenhelfensenioren.ch">http://www.seniorenhelfensenioren.ch</a></p>		
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Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn
<b>Pro Senectute</b>				
<p>Pro Senectute Schweiz <a href="http://www.prosenectute.ch">www.prosenectute.ch</a></p> <p>InfoSenior- ihr Suchportal für alle Altersfragen <a href="http://www.infosenior.ch/index.cfm/Infosenioren:HomeFrontend/index">http://www.infosenior.ch/index.cfm/Infosenioren:HomeFrontend/index</a></p>	<p>Pro Senectute Aargau: <a href="http://www.ag.pro-senectute.ch/d/index.cfm">http://www.ag.pro-senectute.ch/d/index.cfm</a></p>	<p>Pro Senectute beider Basel: <a href="http://bb.pro-senectute.ch/">http://bb.pro-senectute.ch/</a></p>	<p>Pro Senectute beider Basel: <a href="http://bb.pro-senectute.ch/">http://bb.pro-senectute.ch/</a></p>	<p>Pro Senectute Solothurn: <a href="http://www.so.pro-senectute.ch/">http://www.so.pro-senectute.ch/</a></p>



Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn
<b>Emergency devices</b>				
	Emergency devices of the SRK Aargau: <a href="http://www.srk-aargau.ch/notruf">http://www.srk-aargau.ch/notruf</a>	Emergency devices of the SRK Baselland: <a href="http://www.srk-baselland.ch/i4Def.aspx?tabid=435">http://www.srk-baselland.ch/i4Def.aspx?tabid=435</a>	Emergency devices of the SRK Basel: <a href="http://www.srk-basel.ch/angebote/notrufsystem.html">http://www.srk-basel.ch/angebote/notrufsystem.html</a>	Emergency devices of the SRK Solothurn: <a href="http://www.srk-solothurn.ch/index.php?id=13">http://www.srk-solothurn.ch/index.php?id=13</a>
<b>Meals on wheels</b>				
	Please contact your municipality office for more information	Please contact your municipality office for more information	Please contact your municipality office for more information	Please contact your municipality office for more information
<b>Spitex</b>				
Spitex-Verband Schweiz: <a href="http://www.spitex.ch/">http://www.spitex.ch/</a>	Spitex-Verband Aargau: <a href="http://www.spitexag.ch/">http://www.spitexag.ch/</a>	Spitex-Verband Baselland: <a href="http://www.spitexbl.ch">www.spitexbl.ch</a>	Spitex-Verband Basel: <a href="http://www.spitexbasel.ch/">http://www.spitexbasel.ch/</a>	Spitex-Verein Solothurn: <a href="http://www.spitex-solothurn.ch/">http://www.spitex-solothurn.ch/</a>
<b>Transport and other services</b>				
<a href="http://www.pflege-entlastung.ch/">http://www.pflege-entlastung.ch/</a>	SRK Aargau: <a href="http://www.srk-aargau.ch/entlastungsdienste">http://www.srk-aargau.ch/entlastungsdienste</a>	SRK Baselland <a href="http://www.srk-baselland.ch/entlastung-zuhause">http://www.srk-baselland.ch/entlastung-zuhause</a>	SRK Basel <a href="http://www.srk-basel.ch/angebote/fahrdienst.htm">http://www.srk-basel.ch/angebote/fahrdienst.htm</a>	SRK Solothurn <a href="http://www.srk-solothurn.ch/index.php?id=95">http://www.srk-solothurn.ch/index.php?id=95</a>
<b>University for seniors/ Senioren-Uni</b>				
University for seniors in Switzerland: <a href="http://seniorenstudium.ch/index.html">http://seniorenstudium.ch/index.html</a>	Senioren-Uni Basel <a href="http://www.vhsbb.ch/seniorenni_info.aspx">http://www.vhsbb.ch/seniorenni_info.aspx</a>	Senioren-Uni Basel <a href="http://www.vhsbb.ch/seniorenni_info.aspx">http://www.vhsbb.ch/seniorenni_info.aspx</a>	Senioren-Uni Basel <a href="http://www.vhsbb.ch/seniorenni_info.aspx">http://www.vhsbb.ch/seniorenni_info.aspx</a>	Senioren-Uni Basel <a href="http://www.vhsbb.ch/seniorenni_info.aspx">http://www.vhsbb.ch/seniorenni_info.aspx</a>