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Help in old age

Shape your life in old age in the way that suits you best. If you need help with something, you can take advantage of the numerous offers in your local area.

Live healthy and stay fit

Health guide in 8 languages

This health guide is intended for older migrants and their relatives. You will find information on how to prepare for retirement and for the time afterwards.


-  Të jesh i moshuar në Zvicër (albanisch)  SQ_AL  PDF, 1984 kB
-  Ostariti u Švicarskoj (bosnisch kroatisch serbisch)  HR_HR  PDF, 1990 kB
-  Älter werden in der Schweiz (deutsch)  DE  PDF, 1947 kB
-  Vieillir en Suisse (français)  FR  PDF, 1966 kB
-  Invecchiare in Svizzera (italienisch)  IT  PDF, 2205 kB
-  A Terceira Idade na Suíça (portugiesisch)  PT  PDF, 2000 kB
-  Envejecer en Suiza (spanisch)  ES  PDF, 1965 kB
-  İsviçre'de yaşlanmak (türkisch)  TR_TR  PDF, 1979 kB

Movement

Senior fitness exercises of the TV channel TVO:

on Monday/Tuesday and Friday/Saturday at 10.00 a.m.




You can watch the replays [at](#) any time here:

 [Bliib fit – join in!](#)

Nutrition

Nutrition is also very important in old age. Read about what is good for the body from the age of 60:

[Swiss Society of Nutrition](#)

 Merkblatt Ernährung ab 60 Jahren  DE  PDF, 477 kB

Unsure about standing or walking?

Keep moving - reduce your risk of falling:

 Sturzrisiko reduzieren  DE  PDF, 329 kB







Stay mentally healthy and active

The older you get, the more often you have experienced physical as well as mental lows. This makes it all the more important to take care of yourself and your own health.

 Impulse für ein gutes Lebensgefühl im Alter  DE  PDF, 2254 kB

Participate in social life

Take part in leisure activities. Group courses, meet like-minded people or volunteer:

-  [Pro Senectute Course Search: Activities for Seniors](#)
-  [Volunteering](#)
-  [Leisure: Living with little money](#)
-  [Open opportunities for encounters](#)
-  [benephone: Telephone chain for the elderly and people living alone](#)
-  [Association for active senior citizens in the St.Gallen region](#)

On the road in your own car or on public transport

Driving in old age

Nowadays, if you are in good health, you can drive a car until old age. Pay attention to your ability to drive.

From the age of 75, anyone who wants to keep their driver's license must undergo a mandatory medical examination. This examination is repeated every 2 years.

[BFU Guidebook: Driving in old age](#)

Stay mobile with Pro Senectute

Do you feel insecure when you're traveling alone? No reason to hide at home, because Pro Senectute supports you **in staying mobile**:

- With the Pro Senectute transport service, you will be driven to the train station, to the hospital or to your coffee round, for example.
- You will be accompanied in your everyday life, for example when shopping, visiting the doctor or going to the hairdresser.
- The volunteers will also be happy to accompany you on foot to the museum or on a walk.

Pro Senectute in your region: [Contacts](#)

Safe on public transport

Tips, courses and useful addresses for seniors:

[Courses for seniors at VCS St.Gallen / Appenzell](#)

[Guide VCS Traffic Club of Switzerland](#)

[SBB GA Travelcard \(GA\) for senior citizens](#)

Advice for senior citizens

Pro Senectute advises you free of charge on many topics:

[Preparing for retirement](#)

[Financial Advice](#)

[Testament Calculator](#)

[Advice on how to shape your life in old age](#)

[Advice on the housing situation](#)

[Health Counseling](#)

Do you need support or care?

Do you have a health problem and do you need support in everyday life?

Then find out more so that you can benefit from the various services and offers.

There are many offers to help you make your life as comfortable as possible.

Help and care at home

Age-appropriate apartments and well-developed care services allow you to live in your familiar surroundings for as long as possible.

Spitex

If you have health problems, **Spitex** offers you professional help and care at home.

Spitex's services include, for example:

- Nursing
- Help with personal hygiene
- Help in the household
- Help with shopping

With this support, you can stay longer in your familiar surroundings despite health problems or return home earlier from the hospital.

[Spitex organisations in the Canton of St.Gallen](#)

[Private Spitex providers](#)

Pro Senectute

Pro Senectute supports you with numerous services for a self-determined life at home and on the go:

- Meal service
- Domestic helpers
- Personal hygiene
- Accompaniment and support
- Tax return
- Administrative Assistance
- Leisure and courses

Pro Senectute

[Offers of help at home](#)

[Contacts Pro Senectute Canton of St.Gallen](#)

[Course search: Activities for seniors](#)

Retirement homes and nursing homes

There are people living in retirement and nursing homes who need support. They should feel comfortable there and live as self-determined a life as possible.

Many homes have flexible offers such as lunch, holiday stays or similar.

There are 80 retirement and nursing homes in the canton of St. Gallen:

[Search on Heiminfo.ch](#)

On the road with an accompanying person or driving service

Red Cross transport service

Do you have a medical appointment? Is it difficult for you to use public transport or do you need a companion? Then the [Red Cross transport service](#) will help you.

Volunteers will accompany you to your medical appointment. You will be chauffeured comfortably in a private car.

Contact:

Swiss Red Cross Canton of St.Gallen / Driving service
Marktplatz 24
9004 St.Gallen

Phone: 071 227 99 66

Email: fahrdienst@srk-sg.ch

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Pro Senectute in your region: [Contacts](#)

Support for family caregivers

More than 600,000 people in Switzerland care for their relatives. This is a difficult task for which you will receive support and help – for your own relief.

For people who care for relatives, there are numerous offers and organizations for support. In the following search, it is best to enter your place of residence. Here's how to find deals near you:





Search offers and counselling centres

 [Mir selber und anderen Gutes tun](#)  DE  PDF, 1072 kB

Emergency and holiday offers

Some retirement and nursing homes offer short-term emergency and holiday places to relieve the burden on family caregivers. Find out more from a facility near you:

 [Verzeichnis kantonale Pflegeheimliste Kanton SG](#)  16.06.2023  PDF, 32 kB

	Counselling and support services Finding suitable support services
	Search for a doctor by place of residence Doctors near you
	Search for a doctor by specialty General practitioners / specialists / surgeons / dentists / alternative medicine
	Self-help groups There are self-help groups on many topics / problems / questions.

Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)

