

English > Health > Help in old age

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. They 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 for Nutrition](#)

-  Merkblatt Ernährung ab 60 Jahren  DE  PDF, 477 kB

Unsure of 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 both physical and 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







Mental Health - Diaspora TV Switzerland in 9 languages

Videos on the mental health of people with a migrant background

 [Mental Health - Diaspora TV Switzerland in 9 languages](#)

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 time: Living with little money](#)
-  [Open meeting opportunities](#)
-  [benephone: Telephone chain for elderly people 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, you can drive a car into old age in good health. Pay attention to your fitness 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 unsafe when you are 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, the hospital or your coffee party, 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 travel on public transport

Tips, courses and useful addresses for senior citizens:

-  [Courses for senior citizens of the VCS St.Gallen / Appenzell](#)
-  [Guide VCS Verkehrs-Club der Schweiz](#)
-  [SBB GA travelcard for senior citizens](#)

Advice for senior citizens

Pro Senectute advises you free of charge on many topics:

-  [Preparing for retirement](#)
-  [Financial advice](#)
-  [Will Calculator](#)
-  [Counselling for 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 that will help you make your life as pleasant 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.

The services of Spitex 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 environment despite health problems or return home from hospital earlier.

 [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 road:

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

Pro Senectute

 [Offers of help at home](#)

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

 [Course Search: Activities for Senior Citizens](#)

Retirement homes and nursing homes

People who need support live in retirement and nursing homes. They should feel comfortable there and live as self-determined as possible.

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

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 Driving 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 driving service** will help you.

Volunteers will accompany you to your medical appointment. You will be comfortably chauffeured 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

Stay mobile with Pro Senectute

Do you feel unsafe when you are 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, the hospital or your coffee party, 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](#)

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 take care of relatives, there are numerous offers and organizations for support. In the following search, it is best to indicate your place of residence. How to find offers near you:





Search services and counselling centres

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

Emergency and holiday offers

Some retirement and nursing homes offer emergency and holiday places at short notice to relieve the burden on family caregivers.

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

	Find counselling and support services
	Search for a doctor by place of residence / foreign language
	Doctor search by specialty
	Self-help groups

Contact points

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