



**Support and care offered,  
care options,  
and types of accommodation  
for elderly people**

An information leaflet published by the City of Germering Integration Forum in cooperation with Germeringer Insel in the multi-generational housing project 'Zenja'.

As people get older, a great deal changes in their lives and surroundings. To make this adjustment easier, information on support and care options, on assistance if care is needed, and on accommodation options for the elderly are both important and helpful.

With this information brochure, the City of Germering Integration Forum in cooperation with the Germeringer Insel would like to make this information available to elderly people who speak a language other than German.

In Germering, there are many support options for the elderly in need of aid or care. These are offered by various organizations and institutions, including for example Sozialdienst Germering e.V., the Bavarian Red Cross, the Order of St. John (Johanniter), the Lutheran and Catholic Churches, Hilf e.V., Hospiz Verein Germering e.V., and the Order of Malta (Malteser), among others.

Germeringer Insel, as a contact point for elderly people in Germering, provides information and advice concerning options for care and assistance at various institutions, as well as the different modes of living for elderly people, and arranges for the services that may be required. If you would like information, assistance, or support, you may consult this general contact point and it will make arrangements according to your needs (contact details can be found on the last page). Relations, companions, and caretakers of elderly persons in need of care will also find an open ear, up to date information, and active support at Germeringer Insel. Furthermore, Germeringer Insel provides advice concerning financing options for specific services, for example long-term care insurance.

On the following page, you will find an overview of assistance, care, and living arrangements for elderly people.

## Support and care options in Germering

Ambulatory care

Various aid agencies:

Meals on wheels

Assisted driving

Shopping service

Emergency service

Home budgeting assistance and garden maintenance

Mobile services also for people with dementia, e.g. 'Lichtblick'

Assistance groups, e.g. 'Café Zeitlos' in Germering

Ambulatory hospice care

## Temporary care and lodging options for persons in need of nursing care in Germering and surrounding areas

Day time care in private homes for persons with dementia – 'Tipi' (only in Germering)

Day time care centers

Temporary care centers

## Accommodations types for elderly people in and around Germering

Assisted living at home, e.g. 'Simba' – safety for the elderly, care at home

Assisted living e.g. in Germering at Aubinger Weg

Nursing homes, senior apartments

## Call us or just come by!

### Opening hours / Contacts

GERMERINGER INSEL  
Planegger Straße 9, 82110 Germering  
Tel.: 089 8 40 53 58  
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Email: [info@germeringerinsel.de](mailto:info@germeringerinsel.de)  
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morning / afternoon

Monday 9am – 12pm; 2pm – 6pm

Tuesday 9am – 12pm —

Thursday 9am – 12pm; 2pm – 5pm

Friday 9am – 12pm —

GERMERINGER INSEL, Zweigstelle  
Leipziger Straße 8, 82110 Germering  
Tel.: 089 84 05 09 91  
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morning / afternoon

Tuesday — 2pm – 5pm

Wednesday 9am – 12pm —

Other times are possible by appointment only.  
Visits may also be arranged upon request.

**If necessary, voluntary interpreters are available for all information consultations.**