

Participation

Many older people want to take an active part in community life. In the Canton of Aargau, there are many programmes that enable people to meet others, undergo training and carry out volunteering. This can help to build social contacts and become involved in the community.

Courses and events

There are many courses and events for older people as well as any other age group. Communal authorities, local organisations and larger providers like Pro Senectute Aargau, Migros Klubschule or adult education centres offer these courses. The Canton of Aargau subsidises services for migrants in connection with social integration and participation. The services are open to all age groups.

Volunteering

Many older people volunteer in clubs and other organisations and projects. Those interested in doing so can contact the clubs and organisations within the local commune or region directly. Benevol supports volunteering activities and connects those interested with volunteering opportunities throughout the Canton of Aargau.

Loneliness

Sometimes people may feel lonely or have the feeling they can no longer participate in society. In these situations, it's important to seek help. There are anonymous counselling centres that offer free support. Family doctors (Hausärztin/Hausarzt) can also help.

Additional information (links, addresses, information sheets, brochures)

www.hallo-aargau.ch/en/alter-und-migration/teilhaben