

## Housing for help

You belong to the senior citizens/seniors in Bremen and have free living space and need support?

Or you belong to the students in Bremen and are looking for free living space and would like to support an elderly person?

### Competent Department

- [Netzwerk Selbsthilfe Bremen-Nordniedersachsen e.V.](#)

### Contact Person

- [Siemer, Michael](#)

**Herr Michael Siemer**

Wohnen für Hilfe

01590 631 0007

E-mail

### Basic information

Living for Help is aimed at older people who have free housing and a need for support, as well as students in Bremen who are looking for housing and would like to support an older person.

With the existing housing shortage and tight finances, the project offers students the opportunity to provide support services in lieu of rent. The rule of thumb is: one hour of support services per m<sup>2</sup> of housing provided.

The project promotes the coexistence of older and young people and is a generational This is an interdisciplinary form of housing that helps students gain insight into age-specific

problems and counteracts loneliness. Seniors receive concrete assistance from students in their traditional homes. Students are relieved of their scarce financial resources.

## Requirements

Living for Help is appropriate for seniors/seniors 60 years of age and older if:

- they have at least one spare room,
- they would like support in their everyday life
- they can imagine sharing their apartment with someone else

Living for help is suitable for students if:

- they are studying in Bremen (duly enrolled),
- they would like to live with an elderly person under one roof,
- if you would like to support an elderly person

## Procedure

The procedure after contact by seniors/seniors:

- Home visit of the consultant
- Recording of the wishes/expectations of the housing partnership
- Explanation of the formal framework conditions, advice on contracts
- Selection of one or more suitable students for introduction to the housing provider(s)
- If desired/needed, accompaniment during the first contact.

The procedure for students:

- the Studierendenwerk advises the student on the basic idea of "living for help" and on formal framework conditions
- records what expectations the students have of a housing partnership, what ideas they have about housing conditions and what assistance they can offer
- forwards these surveys to the Senator for Social Affairs to the responsible caseworker
- After the selection of a suitable student, an introduction to the senior and a consultation about the formal design of the housing partnership takes place.

## How long does it take to process

Within 14 days

## Frequently asked Questions

- **How long does a residential partnership last?**

We strive for the longest possible living partnerships, in which the living partners have the opportunity to get used to each other. We therefore aim for a period of at least one year.

- **How does the mediation work?**

Students are admitted to the project via the Student Union, while housing providers are admitted via the Department for Older People of the Senator for Social Affairs (see contact person). In both cases, an initial interview is conducted and recorded in writing. In the event of a possible placement, we will contact you.

- **How does the use of common spaces work?**

The student lives in at least one fixed room and has the possibility to (co-)use the kitchen and bathroom. The use of common rooms (e.g. living room, cellar, storage rooms, etc.) is subject to agreement.

- **How's that for utilities?**

Since the assistance services eliminate the need for rent, students only incur incidental costs. Depending on the size of the occupied area, these vary between 50€ and 80€.

- **For students: What kind of help must be provided, what do I get in return?**

The support is arranged by agreement and recorded in writing. As a rule, it is help in the household, shopping, putting out the garbage cans, light gardening, conversations, help with the processing of mail, and much more. Nursing activities are excluded! You will provide one hour of assistance per occupied m<sup>2</sup> per month, up to a maximum of 25 hours per month, even if you occupy more m<sup>2</sup>. The assistance is in lieu of regular rent payments.

- **For students: What obligations or freedoms do I have in such a residential partnership?**

You agree to perform the agreed tasks and, as with any other tenancy, to treat the apartment with care. Visiting friends is of course allowed, but should be agreed upon, e.g. with regard to rest periods, etc. Of course you have the possibility to travel, but you should also announce this in advance, so that third parties can take over their tasks.

- **For students: What costs will I incur?**

Since the assistance eliminates the rent, you will only incur incidental expenses. Depending on the size of the occupied area, these vary between 50€ and 80€.

- **For seniors: What tasks does the student perform in my home?**

The tasks can be quite different and adapt to their needs. Possible activities are, for example, help in the household, accompaniment to the doctor, do the shopping, light gardening, etc.. You discuss these in advance with the student and record your agreement in writing.

- **What happens when questions or problems arise?**

In case of problems, the project staff is always available and takes care of solutions