

On the way to an
Age-friendly City

Düsseldorf
Live close Feel free

Growing older in Düsseldorf



Livable, supportive and intergenerational

Düsseldorf is a livable, supportive, and intergenerational city – and also a city with an ageing population. In 2025, already one quarter of its residents were over the age of 60, and this trend is continuing to rise. Demographic change offers the opportunity to develop positive and future-oriented perspectives. At the same time, it continuously creates new challenges, particularly in areas such as care, housing and loneliness. Düsseldorf is therefore committed to becoming increasingly age-friendly. The focus is on independent living in later life, needs-based care, high quality of life, and social participation.

Düsseldorf aims to be a city in which all generations can live well and actively contribute to community life.



Working together for older age

Düsseldorf offers a wide range of services for older people, and its support system is continuously being expanded. A major milestone was the establishment of 32 “zentren *plus*” centres across the city in 2005. These “zentren *plus*” provide advice on all aspects of ageing. They help people build new social connections, and offer numerous leisure activities and information events. In addition they show ways for people to remain in their own homes for as long as possible, even when care or assistance becomes necessary. The “zentren *plus*” are operated by independent welfare organisations and funded by the Office for Social Services and Youth.

These diverse services are brought together in a comprehensive 132-page *Wegweiser für Ältere und Junggebliebene*.

The brochure also provides tips on how older people can actively shape their later years and plan ahead.

These include, for example:

- Home-based counselling
- Transport and carrying services for people with disabilities
- Senior and care counselling
- The *Kulturherbst* event programme

Elected volunteer members of the Senior Citizens' Council are also actively engaged in shaping policies for older people. This representative body was established by the state capital Düsseldorf in 1978. The members actively contribute their perspectives to political committees and advise the municipal administration. After all, forward-looking policy can only succeed through dialogue with the people it affects.

Action Plan

Ageing in Düsseldorf

With its Action Plan, Düsseldorf is actively shaping the future of a generation-friendly city. Four key dimensions of ageing well have been defined:

1. Open senior services

Social interaction, counselling, social participation

2. Age-appropriate housing

Barrier-free and independent living

3. Care infrastructure

Securing and future-proofing care services and provision

4. Care support and counselling

Personalised advice, financial assistance, support for family caregivers, and stronger neighbourhood networks.

The Action Plan serves as a strategic framework while also including concrete measures. These include projects combating loneliness and a digital information platform for older people approaching retirement. The measures are being implemented step by step.

Joining the WHO Network

Since January 2026, Düsseldorf has been a member of the WHO Network of Age-friendly Cities and Communities and aligns itself with the network's values and principles. The membership enables Düsseldorf to exchange ideas with cities worldwide, contribute its own projects, and allow the people of the capital of North Rhine-Westphalia to benefit from successful concepts developed by other municipalities.

Düsseldorf in Figures

2025	
Total population	659.312
Residents aged 65 and over	125.227
Residents with severe disabilities	68.072

Population forecast until 2035	
Residents aged 65 to under 80	100.000
Residents aged 80 and over	41.300

Further Information

www.duesseldorf.de/senioren



Contact

Amt für Soziales und Jugend

Willi-Becker-Allee 7

40227 Düsseldorf

age-friendly-city@duesseldorf.de



WHO Global Network
for Age-friendly Cities
and Communities



Landeshauptstadt Düsseldorf
Amt für Soziales und Jugend

Published by

Landeshauptstadt Düsseldorf
Der Oberbürgermeister
Amt für Soziales und Jugend
Willi-Becker-Allee 7, 40227 Düsseldorf

Responsible Stephan Glaremin

VI/26-1.

www.duesseldorf.de

© iStock/Diamond Dogs

