

Visit Us Online



Social Counseling



Household Assistance



Courses & Groups



Your Engagement

Our website is available in German only.

Our work is funded through contributions from our clients, public funding, and donations. Every contribution goes directly into our efforts. Donations and legacies in favour of our regional office directly strengthen support for the elderly in the region.

Thank you for your support!

03/25 englisch

Anlaufstelle für Altersfragen

Pro Senectute Gossau & St.Gallen Land
Hirschenstrasse 27 · 9200 Gossau · Telefon 071 388 20 50

Mo-Fr 8.00-11.00 Uhr, Mo-Do 14.00-16.30 Uhr
Freitagnachmittag geschlossen
gossau@sg.prosenectute.ch · www.sg.prosenectute.ch

Spendenkonto: 90-10905-6, IBAN: CH90 0900 0000 9001 0905 6



Point of contact for age-related issues



Pro Senectute Gossau & St. Gallen Land

The regional office is responsible for the municipalities of Andwil, Degersheim, Flawil, Gaiserwald, Gossau, Haggenschwil, Muolen, Niederbüren, Waldkirch, and Wittenbach. We are committed to supporting senior citizens, with a special focus on protecting and preserving their dignity. As an independent social organization, we promote solidarity among older people and between generations. Our goal is to ensure that people can shape their lives in old age independently and free from material or immaterial concerns.

Pro Senectute provides advice and support on age - related issues for:

- People of retirement age
- Relatives and friends
- Those interested in age-related matters
- Individuals approaching retirement
- Advisory and specialist services
- Authorities and public offices

Bringing joy to older people – and yourself

Become part of our team. Your work will be both fulfilling and impactful. Volunteer assignments are flexible and mutually beneficial—older people receive support, and volunteers gain recognition. Depending on the activity, social engagement may also be financially compensated.

Overview of Services

Courses and Groups

Staying active and mobile

Discover new things, stay physically fit and mentally active, and maintain social contacts—Pro Senectute offers a wide range of activities to suit everyone's interests.

Home Assistance and Care

Living at home – but not alone

With the help and care provided by Pro Senectute, older people can maintain their independence for longer, while family members receive relief and support. Assistance with daily life at home ensures a good quality of life and safety, even as physical strength declines.

- Household assistance
- Visiting service
- Meal service
- Administrative support
- Tax return service

Information and Advice

Solutions arise through conversation

Our experts provide advice and support in the following areas:

- Finances, health, housing, life planning, legal matters
- Coaching for caregiving relatives
- Dementia information centre