



Dachverband ZEITBANK⁵⁵⁺

Dachverband ZEITBANK⁵⁵⁺

Panoramaweg 1, 4553 Schlierbach

+43(0)7582/82123-87

dachverband@zeitbank.at

www.zeitbank.at

It feels good to still feel needed.

Join in!



Why does **Timebank₅₅₊** exist?

Even in rural areas, traditional neighbourly help cannot be taken for granted anymore. The children often live far away, relatives are overburdened and the social net is overstrained...

Elderly people's life expectancy is increasing, and they spend many years in good health and leading an active life. With the support the Timebank₅₅₊ organizes, elderly people can considerably improve their quality of life.



The umbrella organization takes on all tasks that can be carried out more efficiently on a central or supra-regional level.

Timebank₅₅₊ Umbrella Organization

The Timebank network as a civic pillar of old-age provision

With Timebank₅₅₊ we solve tasks at a local level and take decisions in a self-responsible way (principle of subsidiarity).

In 2009, the first ten Timebank₅₅₊ associations founded the Timebank₅₅₊ Umbrella Organization to

- ensure joint further development
- provide help and services that are important for all associations

- carry out tasks that can be performed in a cheaper or more efficient way on a central level
- further promote and firmly establish Timebank₅₅₊ in society
- ensure transnational networking and qualification of players



Quality of life through active neighbourly help.

What is **Timebank₅₅₊**?

Timebank₅₅₊ is a non-party political and non-sectarian association, actively promoting neighbourly help and charity.

Giving and accepting help

Timebank₅₅₊ offers an efficient infrastructure for people who can make time to give neighbourly help and for those who wish to accept help.

The exchange of help for time is processed via a special clearing system. It is the aim of Timebank₅₅₊ that its members can stay independent as long as possible and enjoy a high quality of life in familiar surroundings.

Time cheque

for using hours previously saved up

VON ZU

Mitgliedsnr.

STUNDEN

Mitgliedsnr.

Datum, Unterschrift des Leistungsempfängers Kategorie

LeistungScheck

Hour block

In case there is no time credit left in the account

VON ZU

Mitgliedsnr.

1 STUNDE

Mitgliedsnr.

Datum, Unterschrift des Leistungsempfängers Kategorie

StundenBlock

The hours of help provided are administered by means of time cheques.

How does the **time swap** work?

Each member has their own time account. The hours provided or enlisted are registered on this account by means of time cheques. A special easy-to-use computer programme was developed for the Timebank₅₅₊. You can either use your time credit right away or save it up for later use.

Administering the hours is very simple due to the special computer programme which allows you to check your time credit any time.



Help with everyday tasks.

What **services** does **Timebank₅₅₊** offer?

According to the needs and abilities of its members, Timebank₅₅₊ offers small services in all areas of life.

You help shape Timebank₅₅₊!

Timebank₅₅₊ offers exactly the kind of services that its members want to contribute. Thus, all members have the opportunity to offer the talents and abilities they wish to develop. If someone needs a special service, they make a request. Members can see all offers and requests on the association's web page or on

the „offers and requests“ list. Some examples: help in the household or with gardening, visiting services, care for pets, help with correspondence and with trips to the authorities, shopping trips, driving services, shared leisure activities, explaining electronic devices.



Services that used to be provided by the extended family can now be covered by the Timebank family.

Founding or joining a **Timebank₅₅₊** association in your municipality

Are you interested in founding a Timebank₅₅₊ association in your municipality? Contact the umbrella organization TimeBank55+. There you will get personal advice as well as the necessary information and documents.

Contact us if you are interested in joining

a Timebank₅₅₊ association close to you. We will be glad to put you in touch with the contact persons in your surroundings.



Elderly people support young parents for instance in childcare, cooking or in the garden. In return, younger people can, for example, help out with technical problems, carry out purchases or offer driving services.

Timebank₅₅₊ membership

Timebank₅₅₊ is a local association. When becoming a member, you inform the association of your skills and knowledge. At regular gatherings you get to know the other members better, and you can also talk about - and match - offers and requests. So both can be helped! Both parties then

write the hours swapped onto time cheques for the association to administer. By the way, time cheques are also an ideal present. With the low membership fee, the association covers its administration costs as well as the insurance for its members.



Being a member means feeling secure and welcome within the association and having an easier and more pleasant everyday life.