



Services for senior citizens in Reykjavík



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The Welfare Department of the City of Reykjavík in cooperation with the City of Reykjavík Council of Elders.

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SOCIAL ACTIVITIES

Active participation in social activities brightens the day and can contribute to better social, mental, and physical health. Reykjavík has a number of social centers that offer diverse and lively activities for senior citizens.

There is a wide range of courses and entertainment. These include dancing, hiking, fitness training, yoga, various craft courses, chess, bingo and various games, cultural tours, events, parties and Þorablót (Þorablót is a traditional Icelandic winter celebration). Generally, you do not need to register in advance to participate; you just need to show up.

Residents can participate in social activities in any neighborhood, regardless of where they live. More information about the programs of social centers can be obtained from their staff, on social media and [here](#)

RED CROSS SOCIAL INCLUSION PROJECTS

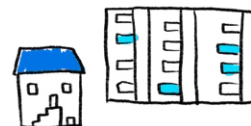
Through the Red Cross's Inclusion Projects you can become a volunteer or get a visiting friend, a phone friend, a walking friend, a walking friend with a dog or a music friend. Read more [here](#)

Telephone 570 4000



SOCIAL CENTERS

Aflagrandi 40 >> Telephone 411 2700
Árskógar 4 >> Telephone 411 2600
Borgir, Spönginni 43 >> Telephone 411 1439 og 411 9366
Bólstaðarhlíð 43 >> Telephone 535 2760
Dalbraut 18–20 >> Telephone 411 2529
Dalbraut 27 >> Telephone 411 2500
Furugerði 1 >> Telephone 411 2740
Gerðuberg 3–5 >> Telephone 664 4011
Hraunbær 105 >> Telephone 411 2730
Hvassaleiti 56–58 >> Telephone 411 2800
Hæðargarður 31 >> Telephone 411 2790
Langahlíð 3 >> Telephone 411 2550
Norðurbrún 1 >> Telephone 411 2760
Seljahlíð, Hjallaseli 55 >> Telephone 411 2400
Sléttuvegur 25 >> Telephone 585 3210
Vitatorg, Lindargata 59 >> Telephone 411 9450



LUNCH AT SOCIAL CENTERS

You can buy a hot meal at lunchtime every weekday at the social centers. You can also buy coffee and accompanying foods there. Lunch must be ordered in advance, either by telephone or on site, before 13:00 hrs. (1 P.M.) the day before. You can also sign up for meals on certain days. In Gerðuberg, the Cocina Rodríguez café has a discounted price for senior citizens.

Residents can buy a meal at any social center regardless of where they live. Meals are subsidized for senior citizens. The cafeteria in Seljahlíð and the cafeteria at Vitatorg, Lindargata 59, are open every day of the year.





MUSEUMS AND CULTURE HOUSES

CULTURE CARD FOR PEOPLE 67 YEARS AND OLDER

The Culture Card 67+ provides unlimited access to all museums in Reykjavík and comes with various other benefits. A fixed price is paid initially - renewals are free of charge.

www.menningarkort.is

THE REYKJAVIK CITY LIBRARY

The Reykjavík City Library is a comprehensive information and cultural center in Grófin, Gerðuberg, Kringlan, Sólheimar, Spöngin, Árbær and Úlfarsárdalur. It houses thousands of books, films, music, newspapers, and magazines and hosts a number of events every week. People aged 67 and older receive a free library card. Senior citizens can have books delivered to their home with the Book Home service.

www.borgarbokasafn.is

Telephone 411 1600

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THE REYKJAVIK ART MUSEUM

The Reykjavík Art Museum has vibrant and progressive collections in three locations in the city: Hafnarhús, Kjarvalsstaðir and Ásmundarsafn. They host a variety of national and international exhibitions of modern and contemporary art by renowned Icelandic and foreign artists.

www listasafnreykjavikur.is

Telephone 411 6400

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THE REYKJAVIK CITY HISTORY MUSEUM

The Reykjavík City History Museum conveys the history and cultural heritage of Reykjavík in an entertaining way. Exhibition venues include the Árbær Museum, the Settlement Exhibition in Aðalstræti, the Reykjavík Photography Museum, the Reykjavík Maritime Museum and Viðey; in addition, the museums host a variety of events.

www.borgarsogusafn.is

Telephone 411 6300

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EXERCISE AND FELLOWSHIP

There is nothing better than exercise when it comes to maintaining good social, mental and physical health. Reykjavík has a dense network of hiking trails and bike paths. There are also a number of public areas that are well suited for a variety of recreational and outdoor activities; whether people want to sunbathe at Klambra-tún, walk their dogs at Geirsnef, take a walk around Fossvogur or ski in the Bláfjöll Mountains.

The Department of Welfare social centers offer a strong program that includes a variety of exercise and pleasant socializing. Many sports clubs and associations in the city offer programs for senior citizens all year round and many offer discounts on health improvement, for example at fitness centers.

In addition, various associations, congregations, and grassroots organizations in all neighborhoods of the city offer cultural events, courses, organized trips, volunteer work, exercise, socializing and more.



SWIMMING POOLS AND SEA SWIMMING

When it comes to improving your health, there is nothing better than a brisk swim – not to mention the benefits of lying sprawled out and discussing matters in a hot tub.

There are eight swimming pools in Reykjavík. They offer a variety of programs suitable for senior citizens, including water aerobics, swimming lessons, and floatation relaxation. People aged 67 and over can get an annual swimming pass at a price equivalent to three single adult swimming trips. On the Ylströndin beach in Nauthólsvík there is an exemplary sea swimming facility, a hot tub, and a sauna. Sea swimming is free for people aged 67 and over.

More information here [here](#)

THE GARDENS IN LAUGARDALNUR

It is pleasant to visit Laugardalur, where there are a variety of facilities for outdoor activities, sports, and recreation. Among them is the Botanical Garden with its five thousand curious plants. There is also the Reykjavík Park and Zoo, which is an ideal place for grandmothers, grandfathers, and anyone else who enjoys interacting with animals. The Park and Zoo is free for people 67 years of age and older.

www.mu.is

OTHER OUTDOOR AREAS IN THE CITY

Reykjavík has numerous hiking trails and bike paths, as well as beautiful outdoor areas such as Elliðaárdalur, Klambatún, Heiðmörk and others. More about the areas [here](#)

In the Leisure Park at Gufunesbær you can find shelters with charcoal grills, volleyball courts, playground equipment, a frisbee disc golf course, a Petanque field and more fun things. More about that [here](#)

SPORTS ACTIVITIES FOR PERSONS 60 YEARS OF AGE AND OLDER

Sports clubs around the city offer exercise programs for 60+ with a combination of endurance, strength, balance, and flexibility exercises. Heated football pitches and football halls are suitable for walking and light exercise.

Ármann 60+

[Fimleikasal Engjavegi 7](#)

www.armann.is

Kraftur í KR

[Frostaskjóli 2](#)

www.kr.is

Frísk í Fjölni

[Egilshöll](#)

www.fjolnir.is

Fit í Fram

[Úlfarsárbraut 126](#)

www.fram.is

Fylkir – Betri borgarar

[Fylkissel, Norðlingabraut 12](#)

www.fylkir.is

ÍR

[Knatthús Skógarseli 12](#)

www.ir.is

Víkingur

[Víkin, Traðarlandi 1](#)

www.vikingur.is

Vítamín í Val

[Valsheimili, Hlíðarenda](#)

www.valur.is

Þróttur

[Engjavegi 7](#)

www.trottur.is





HOME CARE

All information about home care provided by the City of Reykjavik can be accessed at the City of Reykjavik centers or [here](#)

Home care is support for people who need help with activities of daily living and housekeeping, in addition to social interaction and encouragement. Home care is applied for [here](#)

Home care involves care and supervision by nurses or medical staff in a home. Home care is provided in close cooperation with users and relatives. Health care or hospital staff assess the need for home care and submit a request for service to the Welfare Department.

MEDICATION DISPENSERS

Automatic medication dispensers are a technology for those who need assistance and follow-up with medication intake. The medication dispenser dispenses the right medication at the right time. Staff monitors the dosages and reacts if medication is not taken on time.

ONLINE VISITS

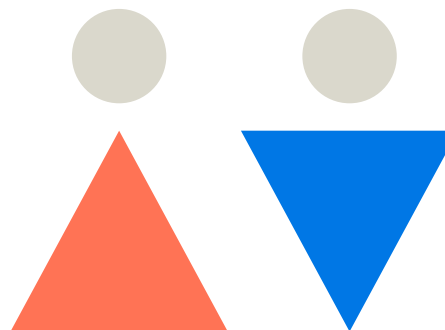
Online visits are a service supplement to traditional visits. They are carried out via a tablet and are available to all users of home care in Reykjavik. The technology is simple and therefore requires little or no technical skills.

HOME REHABILITATION

Home rehabilitation is for people who have applied for home care or home nursing and are assessed in such a way that temporary rehabilitation is likely to be successful.

ALCOHOL AND DRUG ADMINISTRATION COUNSELING

Addiction counselors provide individuals with alcohol and drug problems with advice and support to stop or reduce consumption and encourage activity, exercise, and good nutrition. Their families are also provided with support as needed.



FOOD DELIVERY

Those who cannot cook for themselves and do not feel able to go to the nearest community center for food can have their food delivered. It is produced in the production kitchen at Vitatorg and delivered to their door. Food delivery can be requested [here](#)



OTHER SERVICES IN HOMES

ADVISOR FOR SENIOR CITIZENS

Senior citizens and their families can book a call with a social worker through the Reykjavík City website. The social worker provides a variety of advice and guidance on city services and provides assistance with applications if needed. A call is booked [here](#)

DRIVER SERVICE

Senior citizens in Reykjavík who cannot use public transport, or their own vehicle can receive a driver service. The service's driving area is the entire capital area. Application for a driver service is [here](#)

SENIOR CITIZEN COUNSELING

Senior citizen counselors at Reykjavík City centers provide advice to senior citizens and their relatives, inter alia regarding home support, finances, housing, and social connections.

INNOVATION IN SERVICES FOR SENIOR CITIZENS

SUPPORT IN RELATION TO DEMENTIA

Staff provide support in the home once or twice a week, according to the family's needs. Apply [here](#)

SELMA

SELMA is a home care team that provides services in homes. The team includes nurses and doctors from Læknavaktin (Medical Emergency Clinic) who go to the homes of people who cannot get to the health care center or Landspítalinn Outpatient Clinic (The National Hospital of Iceland) for assessment and treatment.

WELFARE TECHNOLOGY

The staff of the welfare department of Reykjavík works on innovation and development of services to make it easier for people to live in their own homes with a better quality of life, despite aging or illness. More information [here](#)



ASSISTED LIVING APARTMENTS

Assisted living apartments are social rental housing for people aged 67 and over, where residents receive services according to their needs. The apartments are for people who need more support than can be provided in their own homes. Social activities are offered. Apply [here](#)

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Dalbraut 27 >> Telephone 411 2500

Furugerði 1 >> Telephone 411 2740

Langahlíð 3 >> Telephone 411 2550

Lindargata 57-66 >> Telephone 411 9450

Norðurbrún 1 >> Telephone 411 2760

Seljahlíð, Hjallaseli 55 >> Telephone 540 2400





ADULT DAYCARE

Senior citizens who live at home and cannot take advantage of social activities at community centers may benefit from general day care. This also applies to people with dementia.

Daycare offers, inter alia, a variety of leisure activities, art and socializing, exercise and training, meals, rest facilities, and assistance with bathing. Hairdressing and podiatry treatments are also available. Guests are picked up in the morning and driven home in the afternoon.

MUNICIPAL DAY CARES IN REYKJAVIK

Esjutún, Vitatorg, Lindargata 57 >> Telephone 411 9466*
Porrasel, Vesturgata 7 >> Telephone 535 2740

Apply [here](#)

OTHER DAY CARES IN REYKJAVIK

Eir Borgarsel, Spöngin 43 >> Telephone 555 1221*
Eir Óðinshús, Fróðengi 7 >> Telephone 522 5738*
Fríðuhús, Logafold 56 >> Telephone 567 9470*
Hlíðabær, Flókagötu 53 >> Telephone 562 1722*
Viðey, Brúnavegi 13 >> Telephone 585 9390
Hrafnista Röst, Sléttuvegi 25 >> Telephone 585 3215
Maríuhús, Blesugróf 27 >> Telephone 534 7100*
Múlabær, Síðumúla 32 >> Telephone 568 1330
Höfðabær, Höfðabakka 9 >> Telephone 696 9066
MS- setur, Sléttuvegi 5 >> Telephone 568 8630

**Day care for people with dementia. Applications go through the Memory Reception at the Landakot Memory Clinic*

>> Telephone 543 1000



NURSING HOMES

Nursing homes are for people who can no longer live at home with the support of health and welfare services. Nursing homes provide 24-hour care. In addition, a variety of other services and activities are available, such as physical and occupational therapy, exercise, pedicures, and hairdressing.

Before a stay in a nursing home is requested, an assessment of the applicant's skills and health circumstances must be conducted. Further information about this can be found on the website of the Directorate of Health, www.landlaeknir.is.

REST AND REHABILITATION FACILITIES

Senior citizens have the option of rest and/or rehabilitation admission to nursing homes. The aim is to enable them to continue living in their own homes with temporary rehabilitation, regular or temporary admission, such as due to dementia.

Applications are made to the Skills and Health Assessment Committee in the health district where the person concerned is legally resident.

REYKJAVÍK CITY MUNICIPAL NURSING HOMES

Droplaugarstaðir | www.droplaugarstadir.is >> Telephone 414 9500

ÖNNUR HJÚKRUNARHEIMILI Í REYKJAVÍK

Eir | www.eir.is >> Telephone 522 5700

Grund | www.grund.is >> Telephone 530 6100

Hrafnista Laugarás | www.hrafnista.is >> Telephone 585 9500

Hrafnista Skógarbær | www.hrafnista.is >> Telephone 510 2100

Hrafnista Sléttuvegur | www.hrafnista.is >> Telephone 585 3090

Mörk | www.morkhjukrunarheimili.is >> Telephone 560 1700

Skjól | www.skjol.is >> Telephone 522 5600

Sóltún | www.soltun.is >> Telephone 590 6000





REYKJAVÍK COUNCIL OF ELDERS

The Human Rights Council shall conduct tasks in matters relating to senior citizens (Council of Elders).

The Council shall, as the Reykjavík City Council of Elders, advise the City Council, committees, and councils of the City of Reykjavík on the issues and interests of citizens who are 67 years of age and older. When the Human Rights Council discusses issues relating to senior citizens and carries out the role of a Council of Elders, the following representatives shall also sit on the Council: The Reykjavík and Surrounding Area Senior Citizens' Association, the Association of the Elderly, U3A Reykjavík and the Capital Region Health Service. Human Rights Office is responsible for implementing the Council's tasks and communicating with other institutions.

The Council of Elders can be contacted via the email address oldungarad@reykjavik.is





SERVICES OF THE CITY OF REYKJAVÍK

REYKJAVIK CITY SUGGESTIONS WEBSITE

On the city's suggestions website, abendingar.reykjavik.is, you can send messages about what needs to be fixed or could be improved in the city's services. You can also contact the customer service center via online chat at reykjavik.is, via email at upplysingar@reykjavik.is, by phone at **411 1111** or at the reception at Borgartún 12–14 and at Reykjavik City Hall.

CENTERS

In Reykjavík, there are four centers where residents can receive services, information, support, and advice in the fields of welfare, education, and leisure.

In addition, an online center is operated, which is the first point of contact for users with the service.

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West Center, Laugavegur 77 >> E-mail vesturmidstod@reykjavik.is

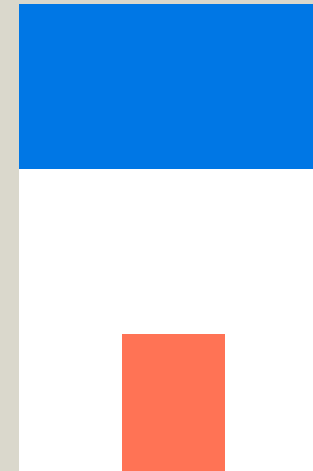
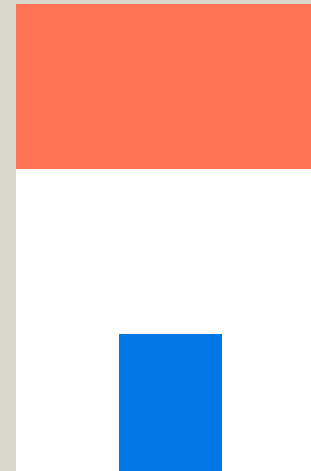
North Center, Efstaleiti 1 >> E-mail nordurmidstod@reykjavik.is

South Center, Álfabakki 10 >> E-mail sudurmidstod@reykjavik.is

East Center, Gylfaflöt 5 >> E-mail austurmidstod@reykjavik.is

Online Center, Borgartún 12–14 >> E-mail rafraenmidstod@reykjavik.is

The centers' common telephone number is 411 1111





GOOD TO KNOW

Support due to violence >>

If you are a victim of violence or if you know someone who is in that situation, there are various resources available.

WOMEN'S SHELTER

The women's shelter offers a safe haven for women and children fleeing violence, as well as offering counseling and support for women who are victims of violence in intimate relationships.

Tlf: (open 24h): 561 1205 >> [See more here](#)

BJARKARHLÍÐ

In Bjarkarhlíð, anyone who has been a victim of violence and is 18 years and older is provided with advice, support and information. The service is available nationwide, for all genders and is free..

Tlf: 553 3000 >> [See more here](#)

STÍGAMÓT

Stígamót is a center for survivors of sexual violence that provides confidential counselling services, free of charge. Close ones, parents, spouses and friends, can also receive support and advice. Counselling in English as well as Icelandic, Danish and Spanish.

Tlf: 562 6868 og 800 6868

DOMESTIC VIOLENCE RECEPTION AT LANDSPÍTALI

Counseling and support for victims of domestic violence.

Tlf: : 660 2005 >> [See more here](#)

EMERGENCY CLINIC FOR VICTIMS OF SEXUAL VIOLENCE

The emergency clinic for victims of sexual violence assists anyone who has been raped, experienced attempted rape or any other forms of sexual abuse. It is best to come as soon as possible, both for the sake of your health and any potential investigation of the offence.

Tlf: 543 2094 (daytime),
543 2000 (emergency room) >> [See more here](#)

REYKJAVIK CITY CENTERS

Centers provide various types of counseling and services to victims of violence.

Tlf: 411 1111 >> [See more here](#)

HEIMILISFRIÐUR – ASSISTANCE FOR PERPETRATORS

Heimilisfriður, treatment and knowledge center on intimate partner violence, offers treatment to perpetrators of violence in close relationships. Heimilisfriður services are subsidized by the government.

Tlf: : 555 3020 >> [See more here](#)

112

EMERGENCY NUMBER

1717

RED CROSS HELPLINE

Additional resources >>

INTEREST GROUPS

Senior Citizens' Association of Reykjavík and Surrounding Areas

Tlf: 588 2111 >> [See more here](#)

National Association of Senior Citizens

Telephone 567 7111 >> [See more here](#)

RIGHTS

National Association of Pension Funds – website about pensions

Tlf: 563 6450 >> [See more here](#)

Icelandic Health

Tlf: 515 0000 >> [See more here](#)

Social Insurance Administration

Tlf: 560 4400 >> [See more here](#)

INFORMATION SERVICES

Directorate of Health – information on health and services
>> [See more here](#)

Lifðu núna – web portal on issues of older people

>> [See more here](#)

Ísland.is – information source on services for senior citizens

>> [See more here](#)

Information bank | senior citizens

>> [See more here](#)