In **Las Heroínas**, Marcelo Martinessi pays tribute to women, "who took responsibility earlier than men" and who enabled the country to rebuild itself by starting to work even late in life in a context of economical crisis in the 1970' in Paraguay.

2 am

10 am

AVAILABILITY

WAITING

WAIT 90 min

WAIT 70 min

CARE WORK DRIVERS

TAXI DRIVERS

DELIVERY DRIVERS

ZÜRICH CITY

The vast majority of driving workers come from countries in the Global South, but they also largely tend to live on the outskirts of the city.

HEALTH CARE AT HOME IS NOT ACCESSIBLE FOR 30% OF RETIRED PEOPLE

Raina, 24, intern in Kinesthisate

"Here there are just the administration offices, and the services we offer are mostly care work at home (Spitex). The patients are 90% elderly people, 10% disabled people.

In Switzerland, the cost of care work at home is one of the biggest economical issue. There are two types:

- **nursing services** - mostly covered by health insurance
- **therapy services** - mostly covered by health insurance
- **housekeeping services** - charged to the clients (supplementary insurance) and would represent 25% of the income of the elderly in Switzerland. For people living alone (more often women), it is even more.

HOME CARE WORKERS WORK DAY AND NIGHT AND HAVE TO BE READY FOR EMERGENCIES

"Most of the care workers have their own car, and just go to each patient's home. Their schedules are different every day, it can be from 4 hours to 12 hours a day, or night shifts for patients who need someone to watch them during the entire night. We also have a unit of care workers who are always ready in case there is an emergency and a patient needs help immediately. For their lunch breaks, they usually rest in their car between two shifts.

In Switzerland, the average Swiss median gross salary is only around 6500 CHF. Around 80% are women, mostly from Global South countries and from Eastern Europe, plugging care gaps in the Global North.

40% OF RETIRED PEOPLE ARE INVOLVED IN INFORMAL CARE WORK

Nicolas, 33, resident at the Hamadi Foundation

"Coming from Paris, neither my wife nor I have our own parents around. Thus, it was important for us to find a place with inhabitants to help us with our son. We have a lot of community center on the ground floor were we can bring our son, it has a playground, a restaurant and a garden. We also have a community of elderly people and disabled people living here. The idea here was that we care for each other. We also have some common spaces that we share, and can rent."

Informal care work, including physical and emotional support, takes place mostly within families, and more than 80% is provided by women. In Switzerland, 70% of informal care of the elderly is provided by daughters, 45% by sons, and 29% by partners.

In Switzerland, the number of informal carers over 65 years old are always rising nowadays, it would concern 40% of them.

However, caregiving in the queer community follows a very different pattern that reflects the importance of "chosen family" in the lives of LGBT older adults. Instead of relying on partners, LGBT older adults turn to friends and found family.

THE FEELING OF SHAME & THE INVISIBILISATION OF INFORMAL WORKERS

Rosa, 49 & Jose, 48, window cleaners of Cellule Zürich shop

"We try to be invisible as much as possible, usually people don't talk to us, we don't speak English or German, only Spanish. We work everyday, our schedule is different every day. You know, we try to do as much as we can to earn money."

The lack of means, time, consideration and visibility of those who provide care and those who receive it makes them more vulnerable to isolation, and physical and mental abuse. In Europe, violence and abuse affect an average of 20% of people aged 65 and over and 25% of elderly people who are highly dependent on assistance and care.

17% OF RETIRED PEOPLE ARE INVOLVED IN ORGANISED VOLUNTEERING

Daniela, 67, volunteer worker from Tischlein deck dich

"We come to Zentralwäscherei every monday morning to distribute the unsold food from supermarkets for free to people who are in need of it. We are all volunteers and retired. We still have the energy and the will to contribute to society. It is also a way to maintain social contacts which are reduced after retirement."

In Switzerland, 46% of people aged 65 to 74 are involved in voluntary work, providing services that would not otherwise be available. It is work often invisible and unrecognized. This range of people are 17% of being involved in organised volunteering. It concerns mostly social and cultural organisations.

THE EVICTION OF ELDERLY & CARE WORKERS FROM CITIES

Sandra, 34, Manager of the Daycare Nursery Handkuggli

"Neighbours here don't know each other and most of the people living here are expats between 25 and 40 years old working in the area. They often don't have family or friends living in Zurich or Switzerland. They always call me when their kids are ill because they don't have anyone that can take care of them. There are no elderly people here, the flats are very expensive here. I myself don't live here either."

In Switzerland, 20% of elderly people live close or below the poverty level, and it is increasing. Elderly living alone are twice more vulnerable. LGBT older adults are particularly affected, as they are twice more likely to live alone.

"In this central district, elderly represents only 6% of the population, where they are 14% in the more central of Zürich."

THE EVICTION OF ELDERLY & CARE WORKERS FROM SOCIALISATION SPACES

Alissa, 28, Waitress in D"s restaurant

"90% of the clients are people working in banks or business offices in this neighbourhood. Elderly and families never come to eat here. Restaurants and cultural spaces here are very expensive."

- **Maagfulla** (concerts, shows) : 70 - 17 chf
- **Lichthalle** (exhibitions) : 18 - 32 chf
- **Schiffbau** Theater : 10 - 105 chf & free performances
- **Zentralwäscherei** : 15 - 35 chf & free performances (depending on your means)

"People over 75 tend to go to significantly fewer cultural events than the rest of the Swiss population. Belonging to certain social classes also affects the frequency with which people access culture.

SERVICE WORKERS DON'T HAVE PROPER LUNCH BREAKS

"As all the people working in food services, we have 20-30 min to eat in the back rooms. It is particularly stressing in restaurants like this one where the clients expect a good service."

32% OF RETIRED PEOPLE ARE STILL ON THE LABOUR MARKET

Denis, 65, taxi driver

"There are a lot of retired people who still work after retirement around me. I myself will be retiring in September, but I will still do some shifts because my pension is very low."

28% of retired people in Switzerland are under or close to the poverty level. The rate of women on the labour market after 55 years old is showing exceptional growth to compensate for their modest pensions. Elderly women have twice more risk to be close to the poverty level than men, as people who live alone, and people with migrant background.

"But it is hard. You have to wait all the time, you can't have proper breaks, and sometimes you don't earn any money because nobody needs you !"

They are more inclined to do unskilled or low-skilled jobs lasting a few hours a week, such as on-call work in shops, cleaning or housework, childcare and so-called local services, poorly paid and inadequately covered by social insurance.

THE PRECARIOUSNESS OF SERVICE JOBS

Jean-Didier, 55, Uberfast delivery driver

"My job is very precarious economically, but also in terms of stress and frustration. First, the traffic can be very stressful, and you are paid by delivery. The faster you are, the more you get paid, so it encourages risk-taking. And the world is probably never knowing in advance how much you'll get. The frustration comes mostly by waiting for the app to give you a delivery to make, or waiting for food that are actually not ready because you are not paid while waiting. It is constant instability, acceleration, deceleration... Also you don't know how valued you are. Sometimes you make a bad delivery and you hear like sh*t."