

15 Ways to Support Our Local Senior Community

Many of us begin to experience mobility limitations, physical impairments and cognitive changes over time. Moreover, new needs arise during the current global pandemic.

Since not every senior has a family member nearby to lean on, there is a large gap the church community can help fill.

Below is a list of 15 resources to plug in to help those in need:

4 Ways to Help with Aging-in-Place:

Pitch in to ensure the home of a senior who is aging in place is free from hazards.

[Don't Let Hazards in Their Home Prevent Aging in Place by Seniors](#)
[11 Low-Cost, DIY Aging in Place Modifications](#)
[Common In-Home Injuries for Seniors and How to Prevent Them](#)
[4 Questions to Ask About Senior Safety At Home](#)

6 Ways to Help with Daily Living:

The activities of daily living (e.g. eating, bathing, and dressing) are challenging without assistance.

[10 Signs A Senior May Need Assistance with Daily Living](#)
[The 5 Tasks Seniors Need Help With the Most](#)
[18 Easy and Healthy Meals for Seniors](#)
[Healthy Aging in Place: 3 Ideas for Seniors Who Want to Eat Nutritiously](#)
[Protective Face Masks: Resources on Making and Wearing Them](#)
[Finding Transportation Services for Seniors](#)

5 Ways to Help with Social Isolation:

Unfortunately, [social isolation](#) has been linked to several physical and mental health issues in seniors; here are ways to help prevent this.

[What is Senior Isolation, and What Can You Do to Help?](#)
[Easy Ways to Help Seniors Stay Social](#)
[How To Avoid Loneliness And Social Isolation For Seniors](#)
[33 Practical and Creative Senior Care Package Ideas](#)
[Tips to Help Seniors Boost Physical and Mental Health During Quarantine](#)