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How Families Can Help Seniors Eat Healthy, Stay Active, and Live Safely

Are you looking to change the lives of seniors? If that’s the case, the following resources can provide you with information to help improve the lives of seniors in your community, especially during the COVID-19 pandemic. So, if you are looking to learn more about how to best help aging seniors, these links can steer you in the right direction!

**Helping Seniors Access Healthy Food**

For many seniors living in our communities getting out to purchase groceries can be difficult, while others may find it hard to prepare healthy meals. These resources can help those seniors:

[Food Delivery](https://seniorslifestylemag.com/care-giving/food-delivery-services-for-seniors/) Services for Seniors

9 Tips for [Organizing a Meal Train](https://www.tasteofhome.com/collection/meal-train-tips/)

Where Does Costco Deliver? [Costco Delivery](https://thefoodoasis.com/where-does-costco-deliver-costco-delivery-near-me/) Online Near Me

**Helping Seniors Find Safer Homes**

If a senior you know needs to downsize into a safer home, these senior-friendly resources can help you help them navigate the transition.

[Downsizing Tips](https://dailycaring.com/5-tips-to-downsizing-for-seniors-keepsakes-mementos/) for Seniors and Caregivers

Calculator for [Estimating](https://www.redfin.com/sell-a-home/home-sale-proceeds-calculator) Home Sale Proceeds

[Safe and Practical](https://money.usnews.com/money/retirement/articles/housing-options-for-seniors) Housing Options for Seniors

**Helping Seniors Maintain Their Homes**

Many seniors are able to keep up with their home interiors, but the exterior isn’t always as manageable, especially if there is a sizable yard, lots of trees and landscaping. Here are ways you can help.

Helping an Elder [Care for Their Yard](https://www.visitingangels.com/knowledge-center/senior-health-and-well-being/helping-an-elder-care-for-their-yard-during-fall/243) During Fall

Connect Seniors with Services for [Clogged](https://www.homeadvisor.com/near-me/gutter-cleaning/#faq) Gutters

Encourage Them to Work with [Volunteer Gardening Services](https://www.volunteermatch.org/search/opp3298661.jsp)

**Helping Seniors Stay Physically Active**

Another issue that seniors face as they grow older is making sure they get enough exercise. Here are some programs and ideas for helping seniors stay fit:

How [Group Exercise](https://www.nursenextdoor.com/blog/the-power-of-group-exercise-in-seniors/) Can Help Seniors

Guide to [Silver Sneakers](https://www.aginginplace.org/guide-to-the-silversneakers-program/) for US Seniors

How to Help Seniors [Get Started Walking](https://blog.myfitnesspal.com/7-walking-tips-for-seniors/)

**Helping Seniors Avoid Feelings of Isolation**

Mental health is also important for seniors. Here is some more info on senior isolation.

[Health Risks](https://globalnews.ca/news/4484182/loneliness-people-over-50/) Associated with Senior Loneliness

How to Recognize [Signs of Senior Isolation](https://www.whereyoulivematters.org/fam-recognizing-the-signs-of-isolation/)

Ideas for [Engaging Senior Activities](https://blog.arborcompany.com/14-activities-for-elderly-people-that-arent-boring) That Aren’t Bingo

Does Medicare Cover [Counseling Services](https://www.medicare.org/articles/medicare-coverage-of-mental-health-services/)?  
[Untreated Hearing Loss](https://www.npr.org/sections/health-shots/2019/09/12/760231279/untreated-hearing-loss-linked-to-loneliness-and-isolation-for-seniors) Linked To Loneliness And Isolation For Seniors

[H.E.A.R.S. Audiology](https://hearsny.com/) Offers In-Home Visits for Hearing Services

When seniors live alone and far away from family, becoming their family is one of the most compassionate things you can do. So, use this guide to reach out a helping hand to the aging members of your community.

Photo Credit: [Rawpixel](https://www.rawpixel.com/image/104978/dinner-with-old-friends)