

15 Resources for Supporting Seniors in Our Community

Due to changes in mobility and cognition over time (and in the midst of a global pandemic), it's only natural that our needs change as well. Not every senior has family nearby to lean on, which is where the church community can step up and support seniors in a big way.

Here, you'll find a great list of resources for helping seniors with needs related to aging in place, daily living and combating social isolation:

[4 Questions to Ask About Senior Safety At Home](#)

[Common Home Hazards That Pose Risks to Seniors](#)

[The Most Common In-Home Injuries for Seniors and How to Prevent Them](#)

[11 Low-Cost Aging in Place Modifications You Can Do Yourself](#)

[10 Signs A Senior May Need Assistance with Daily Living](#)

[The 5 Tasks Seniors Need Help With the Most](#)

[Protective Face Masks: Resources on Making and Wearing Them](#)

[Healthy Aging in Place: 3 Ideas for Seniors Who Want to Eat Nutritiously](#)

[18 Quick, Easy and Healthy Meals for Seniors](#)

[Transportation: What Caregivers Need to Know](#)

[Five Facts You Need to Know About Senior Isolation](#)

[How To Avoid Loneliness And Social Isolation For Seniors](#)

[6 Ways to Help Seniors Stay Social](#)

[33 Practical and Creative Senior Care Package Ideas](#)

[Tips to Help Seniors Boost Physical and Mental Health During Quarantine](#)

Best,

Beverly Nelson |

beverly@standupforcaregivers.org