



How Community Members Can Provide Support to Seniors in Need

Seniors often need assistance and support to stay safe, keep up with healthy habits, and manage their households. While some seniors can turn to their friends and relatives for help, others don't know many people in their community who they can rely on. If you're wondering how you can ensure that the seniors in your community are well cared for and have access to healthy resources, especially during the pandemic, you'll find the answers within these guides.

Staying Safe at Home

[Helping Seniors Clean Out Their Homes](#)
[10 Devices to Keep Seniors Safe at Home](#)
[Preventing Common In-Home Injuries for Seniors](#)

Keeping Loneliness at Bay

[Recognizing Depression in Older Adults](#)
[The Importance of Socializing for Seniors](#)

[5 Tips for Video Chatting with Seniors](#)

Help Them Stay Afloat Financially

[6 Essential Tips for Living on a Fixed Income](#)

[Protect the Elderly from Financial Exploitation](#)

[Should They Sell Their Home to Help with Expenses?](#)

[How to Afford Senior Living When the Money Runs Out](#)

Helping Seniors Stay Healthy

[25 Best Nutrition Tips for Older Adults](#)

[Help Them Access Fresh Groceries Through Delivery](#)

[6 Easy and Safe Exercises for Seniors](#)

[Remedies for Sleep Problems Due to Aging](#)

For seniors without loved ones living close by, daily life can be lonely and tedious. Community members who want to make a difference during the pandemic can make a positive impact by assisting seniors in a variety of important ways.

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