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Caring for Seniors: Resources for Those Who Want to Reach Out

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Senior members of the community may feel isolated when it's hard for them to attend church, participate in other activities, or handle daily tasks. As their neighbor, there are many things you can do to reach out to seniors in your community who need support.

Find out how you can make a difference in local seniors' lives below.

Helping Seniors Emotionally and Spiritually

As you visit with seniors, there are many ways you can help improve their mental health and find spiritual connections.

- Learn the warning [signs of depression](#) so you can reach out if needed.
- Encourage seniors to [seek help](#) for depression and other mental health concerns.
- Find creative ways to boost a senior's spirits, such as [pet therapy](#).

- Visit a senior's home to hold a [bible study session](#) that speaks to them.
- Help seniors participate in [spiritual activities](#) that may bring them joy.
- Volunteer to drive a senior to church services so they can [feel engaged](#) with others.
- Take a senior on a walk so they can enjoy the mental and physical [health benefits](#).

How to Help Seniors Live Happy, Healthy Lives at Home

Many seniors are homebound or simply prefer to spend their time at home. Here are a few ways you can help them make their environment safe and healthy.

- Check out grocery delivery services that bring food to their doorstep with [fast delivery](#).
- Help cook [healthy meals](#) at home to help improve seniors' nutrition.
- Help a senior [sell their home](#) for financial peace of mind.
- Buy an [assistive device](#) for a senior that may improve their quality of life.
- Help a senior do minor renovations to [reduce the risk](#) of falls in the home.
- Volunteer to help a senior with [chores](#) that may be difficult to do alone.
- Donate food for food-deprived seniors through [Crisis Control Ministry](#).
- Check out the many [senior-focused non-profits](#) in the area to see where you can lend a hand.

As a member of your community, you have so many opportunities for helping a senior person who may appreciate assistance or benefit from your company. After reaching out to senior community members, you will see just how much of a difference a simple deed can make in someone's life.