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How to Support and Care for Seniors in Your Community

Many older adults don't have the network of caregivers they imagined they would have at this point in their lives. And many seniors struggle each day to keep their health intact, maintain a clean living environment, and flourish in their social lives, among other issues. That's why it's so important to assist seniors in your community. And it's also why we should continue to seek further understanding of the kinds of challenges older adults undertake day in and day out.

As we learn more about the many types of struggles that seniors can face, we will be better equipped to continue—and strengthen—our work in the senior caregiving village. The resources listed here aim to help each of us determine how we can best contribute to the health and well-being of the seniors among us.

Encouraging Healthy Decisions

From diet to exercise to sleep, healthy habits play a major role in a senior's well-being.

[Healthy Eating for Older Adults](#)

[9 Best Types of Exercise for Older Adults](#)

[Caring for Older Adults and Their New Sleep Needs](#)

Maintaining a Safe and Healthy Living Space

Anybody's home should be a place where they can live safely and comfortably.

[Home Remodeling for People with Disabilities: What You Need to Know](#)

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

[Must-Have Housecleaning Checklist for Seniors](#)

Providing Support

Getting seniors in touch with mental health professionals and helping them connect with other people can do wonders for their well-being.

[Healthy Aging: How to Reconnect with Old Friends](#)

[Ask a Therapist: "How Can I Make Friends As An Older Adult?"](#)

[Five of the Best Social Activities for Seniors](#)

[COVID-19: Resources for Seniors and Their Caregivers](#)

[Make a Difference by Volunteering at Community Living Victoria](#)

Helping with Finances

Financial concerns are a common source of stress and anxiety among older adults.

[How to Provide Financial Help to Aging Parents](#)

[How to Finance Senior Living: 5 Tips](#)

[Guide to Senior Housing in Canada](#)

A little goes a long way when it comes to participating in the senior caregiving community. Research the resources here to gain a better understanding of the challenges that come with aging, and continue to help the older adults in your community live happy healthy lives!