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How to Help Seniors in Need in Your Community

We all need a support network to help us from time to time, but for seniors who may need help on a more consistent basis, it becomes a necessity. Seniors may need help aging in place, taking care of their health, or simply staying in touch with their community. Relatives and family may not always be around, which is why it's necessary for community members to step in to lend a helping hand, a warm smile, and a welcome face. Here's how you can help your local senior community thrive.

Staying Healthy

Living a healthy lifestyle is a general goal we all strive to follow, and for seniors this still includes staying physically active, getting the proper nutrition, and staying on top of overall health and well-being.

[Exercising for Seniors: What Activities Work the Best?](#)

[Cooking Together: 5 Tips on Cooking with Seniors](#)

[Medicare Coverage of Mental Health Services](#)

[The Health Tests Seniors Need](#)

Aging in Place

Many seniors want to age in place in the comfort of their own homes for as long as possible, but it can be difficult to do so without a little help and some modifications.

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

[Aging in Place: A Safety Checklist for Aging at Home](#)

[How to Pay for Aging in Place Home Remodeling](#)

[Finding Transportation Services for Seniors](#)

Managing Finances

Finances can be confusing, especially when you're a senior trying to juggle living on a fixed income, choosing the right (and affordable) insurance plan, and dealing with senior-targeted scams.

[How to Make a Retirement Budget](#)

[5 Steps for Picking a Medicare Plan](#)

[Protect Seniors from Fraud](#)

[Selling Their Home Could Bring Financial Peace](#)

Seniors need the help of the community to stay safe, healthy, active, and present. With these tips and resources, you'll be able to lend a helping hand and make a difference in your community.