



Image via [Unsplash](#)

## Practical, Meaningful Ways to Help Older Adults in Your Community

Do you have seniors in your community who have no relatives to help them overcome the obstacles of everyday life? The short answer: Yes. Some older adults in every city and town cannot call on family members for assistance with their health, financial, and household needs. If you feel called to make a difference, now could be your opportunity to step out and do it! Below, [NSRBA](#) shares some practical tips to get you started.

### **Health and Well-Being**

*Let's start with how you can help a senior establish and achieve their health and wellness goals:*

- Teach them [breathing exercises](#) for calming down in stressful situations.
- Help them prepare tasty, [nutritious](#) meals.
- Go for a [walk](#) with them or help them engage in water aerobics.
- Make sure they are accessing the medical care coverage [available](#) to them.

## **Financial Security**

*Another way to make a difference is to help a nearby senior navigate financial challenges.*

- Show them how to make a personal budget that leaves room for [unexpected costs](#).
- Speak with them about the [prospect](#) of selling their home to boost their financial security.
- Connect them with a financial advisor or accountant who has [experience](#) working with retirees.

## **Daily Tasks**

*Many seniors struggle to perform daily tasks because of physical limitations. Here are a few ways to help:*

- Offer to mow a senior's lawn [each week](#) in warm seasons.
- Pay for a handyman to [evaluate](#) their home and make any necessary repairs.
- Help them research [home modifications](#) that could make their life easier.
- Remain available to drive them to appointments and run their [errands](#).

You have seniors nearby who are not fortunate enough to have a family to help them with various life challenges. But if you step up to the plate, they will have the opportunity to maintain (or improve) their quality of life. Today's the day to start making a difference!