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Ways to Help a Senior Who Lives Alone

Seniors who live alone are [more prone](#) to depression, loneliness, and injury from accidents, which is why it's so important to ensure that they have a good quality of life. If there is a senior in your community who lives alone and doesn't have family nearby to help out, there are several things you can do to help them stay safe, happy, and comfortable. Check out the resources below to learn more about how you can get involved.

Help Them Look After Their Health

[How Older Adults Can Stay Healthy](#)

[Key Medicare Dates](#)

[Resources for Medical Equipment and Assistive Tech](#)

Help Them Stay on Top of Their Nutrition

[Healthy Eating Tips for Seniors](#)

[Stock Their Pantry With Affordable and Nutritious Foods](#)

[Encourage Them to Consider Meal Delivery](#)
[Ensure They Can Have Staples Delivered](#)

Keep Them Safe

[The Most Common In-Home Injuries for Seniors](#)
[Best Exercise for Older Adults](#)

How to Keep Them Active, Independent, and Social

[Tips for Preventing Social Isolation](#)
[Off-the-Beaten-Path Hobbies for Seniors](#)
[Transportation Services for Seniors](#)
[Sign Them Up for Fun Activities through the DCR/TDYCC Senior Program](#)

Helping a senior in your community with everyday tasks can help them stay active and healthy and can provide a better quality of life for them. So, talk to members of your community and family about how you all can help needy seniors.