



The Most Helpful Things Community Members Should Know (and What They Can Do) to Help Seniors

Ensuring that seniors remain involved in the church can be complicated. Between health challenges and mobility concerns, ministering to older adults requires careful compassion and understanding. Here are the most helpful things church families should know and what they can do for seniors to support their physical, emotional, and spiritual well-being.

Understand Seniors' Motivations and Challenges

Take some time to consider what seniors might be going through and what sort of challenges they may be encountering.

- Half of Adults Aged 55 and Over Have Experienced [Common Mental Health Problems](#)
- Top [Health Conditions](#) for Adults Over 65
- Older People Are [More Likely to Live Alone](#) in the US Than Elsewhere in the World
- Why Seniors Stress About [Retirement Income](#)

Help Aging Adults with Targeted Support

If there are seniors in your life, consider ways to support them. This could be anything from helping them assess home safety to determining whether to downsize to learning new technology.

- Ways to [Help Seniors Socialize](#) and Avoid Isolation

- Bridging the Digital Divide: [Connect Seniors to Technology](#)
- Home Proceeds Calculator ([If They Need to Downsize Their Home](#))
- [Meal Delivery](#) for Seniors: During COVID-19 and Beyond

From keeping your neighbors connected with the community to ensuring their needs are met, supporting seniors should be part of your everyday ministry. Communities need only learn about the unique needs of their older adults and start working toward solutions that are inclusive of all ages.

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