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## Helpful Resources for Churches Looking to Reach and Help the Senior Community

Many of us are blessed to be surrounded by loved ones such as a spouse, parent, child, relative, or a best friend. These people are there for us no matter when or how often the need strikes. For seniors who live alone or have limited (or even no) family living nearby, this constant reassurance that help is a phone call away doesn't exist. Seniors need that safety net and extra help, whether it's assistance maintaining the home, running errands, sorting through finances, staying active, or simply a friendly face and a meaningful conversation.

The church community can provide that safety net, and this guide is meant to give you the information and resources to know-how.

### **Health/Wellness**

Staying physically and mentally healthy is important for everyone, but it looks a little different depending on what stage of life you're in.

[6 Ways to Help Seniors Stay Physically Active as They Age](#)

[Medicare Coverage of Mental Health Services](#)

[The 6 Signs Of Decline To Watch For In Senior Loved Ones](#)

[How Social Connections Keep Seniors Healthy](#)

## **Financial Woes**

Seniors are not only living on a fixed income, but they must also navigate a world filled with senior scams, bills, and insurance premiums/copays.

[Helping Seniors Manage Money and Finances](#)

[8 Tools to Help Seniors Manage Their Finances](#)

[Top 10 Scams Targeting Seniors](#)

[Lower Your Medicare Costs by Following These 12 Steps](#)

## **At-Home Safety**

Seniors understandably want to live at home, but it often requires some modifications, technology, and general know-how to do it safely and successfully.

[9 Smart Home Devices for Aging in Place](#)

[5 Ways to Help Someone Age-in-Place](#)

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

## **Your Role**

The church can play a key role in the life of a senior, providing a source of spiritual growth, guidance, support, socialization, and assistance.

[Is Your Church Senior-Sensitive?](#)

[48 Older Adult Ministry Ideas](#)

[How Churches Can Support Immobile and Confined Senior Citizens](#)

## [How to Help Seniors Find the Right Church](#)

All seniors could use a little extra help and support, but for those who lack it entirely, it's absolutely crucial that they find a network of support and love. The church community can fill and overflow that gap — all it takes is an extended hand.