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How to Help Keep Local Seniors Happy and Healthy

Do you want to make a difference in your community? If you want to make your neighborhood a better place, start by reaching out to people who could use a hand. Give back to the seniors who live in your area and show them the respect they so deserve. Sadly, seniors without relatives living nearby tend to get forgotten by society, often feeling unseen and unheard. There are so many ways you can support the seniors in your community. Here are some ideas from [The Arc of King County!](#)

Hire Professional Help

You can hire a wide range of professional service providers, from landscapers to skilled nurses, to help local seniors navigate the challenges of aging.

- Hire people to help with lawn maintenance and landscaping work. Use [Angi](#) to search for local services and compare reputations and rates.

- Look out for [signs](#) that a senior neighbor might need in-home help with their daily living tasks.
- Even if they can take care of themselves just fine, hiring a [housekeeper](#) can make life easier for them.

Combat Social Isolation

Too many seniors suffer from loneliness, especially those without family living nearby to socialize and get them out of the house.

- Help seniors find [local events](#) going on in your community.
- Explore some [social activities](#) with your senior friend, like joining a book club or exercise class.
- Show local seniors how to [use the internet](#) to keep in touch with friends and family.
- Bring your children or [pets](#) along when you pay a visit to senior neighbors.

Encourage Healthy Habits

Good habits can make a huge difference in a senior's quality of life, even in those who are prone to illness or injury.

- Ask your senior neighbors to [join you for walks](#) around the neighborhood.
- Help seniors get set up with a healthy [meal delivery service](#) like Freshly or Snap Kitchen.
- Show seniors different [stimulating hobbies](#) that can help to keep their minds active.

There are all kinds of impactful things you can do to give back to the seniors in your community. Help in any way you can, whether this means stopping by for a chat or hiring someone to mow their lawn every once in a while. Your support will mean more than you may realize!

Looking for more ways to give back to your community? Get involved in [The Arc of King County](#) by making a donation, volunteering at an event, or joining us as a member.