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# Ways to Support Seniors in Your Community

*(In recognition of National Volunteer Week)*

## Check in on them

One of the simplest ways to support seniors in your neighborhood is to check in on them regularly. This could involve stopping by for a chat, calling them on the phone, or sending them a friendly note or card.



## Offer to help with household

Some seniors may have difficulty with daily household chores such as cleaning, laundry, or dishes. Offering to help with these tasks can make a big difference in their daily lives.



## Help with yard work or home repairs

Seniors may have difficulty with home maintenance and repairs, so offering to help with tasks like mowing the lawn, raking leaves, or fixing a leaky faucet can be a big help.



## Provide companionship

Some seniors may feel lonely or isolated, particularly if they have limited social connections. Offering to spend time with them, playing cards, watching a movie, or simply having a conversation can help combat feelings of loneliness.



## Offer to run errands

Some seniors may have difficulty getting around or running errands, so offering to help with grocery shopping, picking up prescriptions. One way to be a big help to a senior is to offer to bring their groceries right to their door.



## Help With technology

Seniors may struggle with technology, so offering to help with tasks like setting up an email account, using social media, or video calling with family and friends can be a big help.



## Share your skills and hobbies

Seniors may be interested in learning new skills or hobbies. If you have a particular skill or hobby that you enjoy, consider sharing it with seniors in your neighborhood.



### For more information

Elder Abuse Prevention Ontario  
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