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Tips and Resources to Assist You in Caring for Seniors in Your Community

According to research cited by Merck & Co., approximately [14.7 million American seniors](#) lived alone in 2021. While living alone certainly has its benefits, it also puts many seniors at risk of falling and injuring themselves or becoming isolated, lonely, or depressed — especially if they don't have many relatives living nearby. To learn more about these issues and the different things you can do to help seniors in your community, check out some of the following resources. Grand Seniors at Mountain Family Center, located in Grand County, can also be a resource for local senior services and referrals.

Safety Issues Affecting Seniors

Familiarize yourself with some of the most common safety issues seniors face, and find out how you can help them avoid these situations.

- Different Types of [Elder Abuse](#) and What You Can Do to Help
- [Elder Financial Abuse](#): How to Spot It

- [Common Home Accidents](#) for the Elderly and How to Prevent Them

Senior Mental Health Concerns

Too much time alone coupled with grieving the loss of peers can be a significant issue for seniors. Look for signs so you can assist them in getting the help they need.

- What You Should Know About [Senior Isolation](#)
- Break Down Isolation Barriers: Open Up New Socialization with Video Calls Paired with [Wireless Headsets](#)
- Learn to Recognize the Signs and Symptoms of Depression in the Elderly
- Four Early Warning [Signs of Mental Illness](#) to Watch for in Older Adults
- Check Into [Medicare Coverage](#) of Mental Health Services

Financial Resources for Seniors

Many seniors have to contend with living on a fixed income, but budgeting, financial assistance and even a home sale can make a big difference.

- Tips for [Helping Seniors Budget](#) on a Fixed Income
Talk to a Lender or Consultant About Financial Assistance for Senior Citizens
- [Downsizing Your Home](#): 3 Money Benefits
- What Can I Make from [Selling My Home](#)?

If you're hoping to help seniors in your community — especially those with limited mobility, financial restraints, or few relatives living nearby — these resources can help you to do just that. Whether you reach out to a senior who attends your church or sign up to volunteer with organizations such as Elder Helpers or Meals on Wheels, your kindness and willingness to help can do more than you ever thought possible.

[Mountain Family Center](#) offers many resources for those in Grand County who are struggling financially. Their main services include food pantries, rent/mortgage/utility assistance, a thrift store, nutrition education, dental/vision vouchers, cancer treatment assistance and various programs for kids. Reach out today! 970-557-3186