

Top 15 Senior Resources

Compiled courtesy of elderscorps.org

[A Guide to Healthy Aging](#)

[Your Guide to Coping with Alzheimer's & Dementia](#)

[Personal Hygiene and Dementia: A Guide for Caregivers](#)

[Nutritional Considerations for Seniors and the Elderly](#)

[A Caregiver's Guide to the Benefits of Cooking with Alzheimer's](#)

[14 Ways to Help Seniors Avoid Social Isolation](#)

[The Ultimate Guide to Home Accommodations for Persons with Disabilities](#)

[Mental and Behavioral Health and Older Americans](#)

[Seniors' Addiction Prevention Guide](#)

[How Therapy Can Help in the Golden Years](#)

[Home Safety and Alzheimer's](#)

[The Seniors' Guide to Home Design for Fall Prevention](#)

[How to Stay Healthy in Retirement: Keep Working](#)

[5 Part-Time Jobs for Retirees](#)

[Spotlight on Seniors: How Employers Can Encourage a Healthy Work-Life Balance for Senior Employees](#)