

11 health and safety resources for our seniors

[Housing Tips and Advice from The National Aging in Place Council](#)

[The Boomer's Roadmap for Aging in Place: How to Prepare Today for your Senior Years](#)

[Preventing Falls at Home](#)

[Fall Prevention Tips for Seniors | A Home Design Guide](#)

[Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging](#)

[The Benefits of Cooking with Alzheimer's: A Caregiver's Guide](#)

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

[Canine Caregivers for Dementia and Alzheimer's Patients](#)

[A Senior's Guide to Using Computers and Software](#)

[Economic Security for Seniors Facts](#)

[Home Safety and Security for Aging-in-Place Seniors](#)