

# **Health and Safety Resources for Seniors**

## **Housing Tips and Advice from The National Aging in Place Council**

<http://www.ageinplace.org/Practical-Advice>

## **The Boomer's Roadmap for Aging in Place: How to Prepare Today for your Senior Years**

<http://www.homecity.com/how-to-prepare-for-senior-years>

## **Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging**

<https://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction>

## **The Benefits of Cooking with Alzheimer's: A Caregiver's Guide**

<http://www.culinaryschools.org/blog/cooking-with-alzheimers/>

## **14 Ways to Help Seniors Avoid Isolation**

<http://www.aplaceformom.com/blog/help-seniors-avoid-social-isolation-8-14-2014/>

## **Canine Caregivers for Dementia and Alzheimer's Patients**

<https://www.rover.com/canine-caregivers-dementia-alzheimers/>

## **A Senior's Guide to Using Computers and Software**

<http://www.mapcon.com/seniors-guide-to-using-computers-and-software>

## **Home Safety and Security for Aging-in-Place Seniors**

<http://www.securitygem.com/home-safety-for-seniors/>