

# HOW TO HELP HOMEBOUND SENIORS STAY ACTIVE

CAREGIVERS



Keep Homebound Seniors Active

## Tips for Helping Homebound Seniors Stay Active

*Seniors who are homebound face extra challenges. Loneliness, lack of physical activity, and more can become problems. Help seniors stay active.*

Being homebound as a senior can increase risk of loneliness, stress, lack of physical activity, and more. It's important for seniors' health to stay active even if unable to get out.

Up to 3.6 million people over 65 in the US are considered housebound. Often, those who are housebound suffer from medical and/or mental illnesses. Between the isolation of being at home and the challenges of illnesses, homebound seniors often have trouble staying active.

(NCBI)

## Common Challenges Homebound Seniors Face

Seniors who are homebound often suffer from a medical problem, psychiatric disability, or a memory disorder. When seniors are homebound, they often face challenges like:

- Being isolated
- Feelings of loneliness
- Hardship getting medical care/going to appointments
- Difficulty buying groceries and other essentials
- Mobility problems within the home
- Lack of exercise and physical activity
- Trouble finding mental stimulation
- Few conversations or social connections
- Decreased quality of life

(Healthline)

### Top Reasons Seniors Become Homebound

- Limited mobility
- Weakness
- Poor balance
- Medical conditions
- Memory disorders
- Mental health problems
- Lack of social support or assistance

(Sciencedirect)

### Top Ways to Help Homebound Seniors Stay Mentally Sharp

- Crosswords
- Puzzles
- Reading
- Learning something new
- Regular conversations
- Practicing memorization



### Home Care Tip

Often being homebound can be discouraging for seniors. Help them stay positive and encourage them to stay active by participating in their activities.

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Seniors Active

## Tips for Staying Active When Homebound

Staying active can help seniors who are homebound to live higher quality, healthier lives. Use these tips to help seniors stay active:

### Find Exercises That Seniors Can Do At Home

Physical activity is a natural form of stress relief. It also helps seniors stay flexible, fit, and healthy. Some great exercises for homebound seniors include:

- Stretching
- Seated strength training
- Aerobic exercise
- Yoga

### Help Seniors Enjoy a New Hobby

Trying something new can help seniors stay sharp and active. Activities like knitting, reading, painting, wood carving, and scrapbooking, are great choices.

### Set Seniors Up in Online Communities

There are lots of ways for seniors to connect with others online. If they really like writing, for example, they could write for a blog. Online communities, chat rooms, and digital games all allow seniors to socialize without leaving home.

### Play Games Regularly

If seniors have favorite board or card games, make time to play on a regular basis. They may also be able to play some games by themselves.

### Encourage Visitors

Socializing doesn't require going out. Seniors can connect with others by:

- Having visitors over
- Hosting groups for activities
- Using Skype to catch up with friends or loved ones

### Taking Care of Their Place

For seniors able to perform some maintenance, cleaning, or decorating tasks, it's good to keep at it. These sorts of activities can help seniors stay active and take pride in their home.

(ClearCare Online)

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