

Senior Wellness Guide

Habits and check-ins that support body, mind, and spirit at every stage

Wellness in later life covers more than physical health. This guide brings together the habits and check-ins that support the body, mind, and spirit, so families can build a well-rounded plan for a loved one — or for themselves.

1. Physical Wellness

- Aim for regular movement most days: walking, stretching, or chair exercises
- Include balance and strength activities to help prevent falls
- Eat balanced meals with adequate protein, fiber, and hydration
- Track weight changes and report unexplained gain or loss to a physician
- Prioritize consistent, quality sleep and a regular bedtime routine

2. Preventive Health Care

- Schedule an annual wellness visit with a primary care physician
- Stay current on recommended vaccinations (flu, shingles, pneumonia, COVID-19)
- Schedule regular vision and hearing screenings
- Keep up with recommended cancer screenings
- Schedule dental checkups every six months
- Review bone density and fall risk with a physician periodically

3. Medication Management

- Keep an up-to-date list of all medications, supplements, and dosages
- Schedule an annual medication review with a physician or pharmacist
- Use a pill organizer or reminder system to stay on schedule
- Ask about potential interactions any time a new medication is added

A single pharmacist or physician should ideally have visibility into every medication and supplement being taken, to catch interactions before they become a problem.

4. Cognitive & Mental Wellness

- Engage in mentally stimulating activities: puzzles, reading, cards, learning something new
- Watch for and discuss any changes in memory, mood, or personality with a physician
- Maintain a consistent daily routine, which can support cognitive stability
- Ask about a baseline cognitive screening if there is any family concern



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5. Social Connection

- Schedule regular visits or calls with family and friends
- Explore local senior centers, faith communities, or hobby groups
- Consider companion care visits to reduce isolation on days without other visitors
- Watch for signs of loneliness or withdrawal, which can affect both mood and health

6. Emotional Wellness

- Check in regularly on mood, outlook, and any signs of anxiety or depression
- Encourage activities that bring a sense of purpose, such as volunteering or hobbies
- Be alert to major life transitions (loss of a spouse, driving, or independence) that can affect emotional health
- Know how to reach a counselor or geriatric mental health provider if needed

7. Safety & Independence

- Revisit home safety and fall prevention checklists periodically
- Reassess driving safety on a regular basis
- Identify which daily tasks may benefit from additional support
- Discuss preferences for care openly, before a crisis makes the decision urgent

The Cared-4SM program from Home Helpers® Home Care supports whole-person wellness through Personal Care, Nutrition, Wellness Calls, and Safety & 24-Hour Monitoring, helping clients stay well and stay connected at home.

