

How To Help Your Aging Parents Stay Socially Active

Description

As you get older, you will notice that your parent's age really starts to show and they may struggle with a lot of simple things that they used to take for granted. It's important that you're there for them and you help them to maintain their independence for as long as possible. There are a lot of things that you can do to [help your aging parents](#), but one of the most important things to consider is their social life.

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Even with [Home Care Assistance](#), helping your parents to stay socially active is so important because it slows cognitive decline and prevents loneliness. With the simple tips on this list, you can make sure that they have an active social life.

Learn To Communicate With Them

Older people that are experiencing problems with their hearing often struggle to communicate. This means that, even when you are spending time with them, they may not engage socially that much. Thatâ€™s why it is important that you learn how to communicate with them properly in a way that they can understand, so you can engage them in conversation. These [hearing loss communication](#) tips will help you to make yourself understood, and understand your parents better. If they are not already using them, you need to make sure that they are fitted with hearing aids as well. By improving communication, you will find it a lot easier to help your parents stay socially active.

Find Senior Exercise Programs

Exercise is [so important for older people](#) as well, so you should look for some senior exercise programs in the area. Itâ€™s a great way to make sure that their physical health is taken care of, and itâ€™s a brilliant place to meet people as well. Attending one of these senior exercise programs will give them a regular opportunity to socialize and they can meet other elderly people that they can spend time with outside the exercise classes as well. One of the key factors that you must take care of when taking your elderly to a senior exercise program is their catheter supplies. In old age, it is common to lose control of bladder motion, while there could be other reasons for it as well. One of the many solutions to this problem are [catheter supplies from Byram Healthcare](#) that are readily available at home. You can also consult with the experts for more information on their urology and catheter programs.

Engage Their Hobbies

If your parents have [hobbies](#), you should see whether there are any local clubs that they could get involved with. Things like book clubs, for example, are a great place to meet like minded people and exercise their brains at the same time. There are groups and clubs for so many different hobbies these days, and you can easily find them online, so make sure to engage your parentâ€™s hobbies and use them as an opportunity for socializing.

In some cases, they may not be able to do their hobbies in the same way that they used to. However, you should try to think of ways to adapt those activities so they can still get involved in them.

Offer Them Lifts

Often, elderly people are isolated because they do not have access to the right transport. They are unable to drive themselves, and they may not feel confident enough to take public transport if their mobility is not good. That's why you should offer them a lift whenever they need it. Let them know that if they want to visit friends then you are always willing to drive them over there or take them both out somewhere else, like the park or a coffee shop.

Get Them Online

While there are a lot of negatives to things like social media, it is also a good way to bring people together. If you can teach your parents about technology and [get them online](#), it helps them to stay socially active. You can set up family group chats so they can always message you and you can send them pictures. It's a good idea to teach them how to video chat as well because, even if you can't see them in person, it's a good way for them to catch up with you. If they are able to use social media and search online, they will find it a lot easier to find local groups and activities that they can get involved with.

Teaching your parents to get online might be tough, but there are often local computer courses for elderly people. Attending these classes is yet another great opportunity for socializing, and it will help them get to grips with new technology that helps them to stay connected.

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