

# Healthy Options for Older Adults

## Volunteer For Your Health

(NAPSA)—Older adults who do good for others are also doing well themselves. According to the U.S. Administration on Aging (AoA), volunteers are healthier than those who don't volunteer. Studies show that older persons who volunteer have fewer medical problems than the senior population in general.

The Eldercare Locator, a public service of the AoA, links to agencies that connect older adults to a variety of volunteer programs in their local communities. Opportunities include visiting the homebound, delivering meals to those in need, and providing transportation to doctor's appointments and grocery shopping.



**Studies show that older adults experience less depression and better health when socially active.**

“The benefits of volunteer work for older adults can be life-changing in many ways,” said Sandy Markwood, CEO of the National Association of Area Agencies on Aging. “Volunteering allows older adults to socially interact and to share their knowledge and skills. It also provides a sense of purpose that can lead to a happier and healthier person.”

To identify local agencies for volunteer opportunities, contact the Eldercare Locator at (800) 677-1116 or [www.eldercare.gov](http://www.eldercare.gov).