



## How to lend a Helping Hand to the Elderly



Make community spaces accessible for the elderly.



Call and check in on the elderly in your family.



Listen to the stories of your elderly neighbors and community members.



Be mindful of the level of noise you make while near the elderly.

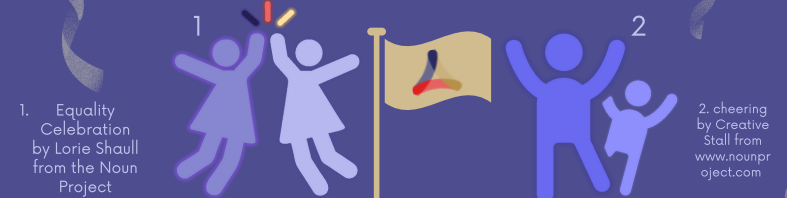


Invite and include the elderly in events being held.



Educate yourself on the process of aging to better understand and relate to the needs of the elderly.

## Five Steps for Faith-Based Organizations



5). Celebrating your Elderly Members at least once annually!

4). Arranging engagement of Caregivers to provide care for your needy Elderly Members.

3). Identifying and supporting the training of suitable persons as home/health Caregivers.

2). Ensuring budgetary provisions for Elderly Friendly activities.

1). Having some trained PriHEMAC Elderly Friendly Ambassadors (PEFAs) who can represent their spiritual leaders to address the issues of Elderly members.

**Get Involved!**

Join us on making elderly care better for Nigeria!  
Contact us at [info@prihemac.com](mailto:info@prihemac.com) to learn more on how to make a difference.

**#BeElderlyFriendly**