



# 4 Parts of Senior Health You're Not Paying Enough Attention To

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When someone mentions senior health, where does your mind go? If you're like most people, you think about fall prevention, hearing aids, and other stereotypically senior matters. However, caring for yourself past 60 goes so much deeper than that. While these four aspects of senior health often go unappreciated, they have a bigger impact on your well-being than you think.

## Forging Community Connections

Aging in multigenerational households used to be the norm, but as more seniors age at home [alone](#) and in care facilities, experts are starting to recognize the dangers of loneliness. [Isolation](#) in seniors is associated with increased stress, blood pressure, and a higher risk of dementia.

Baby boomers are catching on, with more of today's seniors opting to live in walkable urban neighborhoods rather than big suburban homes. However, simply living near others isn't enough to combat loneliness; you have to actively put yourself out there. In fact, many seniors find that's easier in independent living communities, where neighbors are in the same stage of life.

These aren't your mom's independent living communities; today's 55-plus communities are designed with active seniors in mind, with amenities like trivia nights, wine tastings, and on-site fitness facilities in addition to the typical housekeeping and meal services. If you're not convinced independent living is for you, tour communities to see what's out there. With facilities ranging [from \\$1,500 to \\$17,860](#) a month in Bakersfield, you'll find no shortage of options.

## Getting the Right Amount of Sleep

There's a [common misconception](#) that as you get older, you need less sleep. While adults require less sleep than babies, children, and teens, the amount of sleep you should clock per night remains consistent throughout adulthood.

Seniors *are* more likely to [sleep poorly](#), leading many to believe they don't need the extra hours. However, even an hour or two of sleep deprivation leads to deficits in reaction time and focus. Over time, it can create serious problems for mental and physical health, including an increased risk of obesity, diabetes, and heart disease.

There's no easy fix for poor sleep quality, but improving your [sleep hygiene](#), getting more exercise, and talking to your doctor about cognitive behavioral therapy for insomnia (CBT-I) is a good place to start. Avoid sleeping pills, which tend to cause more problems than they solve.

## Taking Care of Your Skin

Everyone knows that old age comes with wrinkles and fine lines, but few appreciate just how much getting older affects your skin. Dry, thinning skin can lead to itchiness, cracking, and other uncomfortable [skin conditions](#) for older adults.

Keeping [skin hydrated](#) is the primary challenge of senior skincare. In addition to drinking plenty of water, seniors should avoid hot showers and harsh soaps, opting for gentle, non-toxic products for face and body. Moisturizer should be applied immediately after bathing to lock in moisture, but try to avoid products with synthetic fragrance, which can irritate the skin.

Even with diligent skincare, seniors are at an increased risk of developing skin cancer. Check your skin regularly for unusual moles or skin growths, and see your doctor for a [skin cancer check](#) annually. While most skin cancers are treatable, early detection is key.

## Prioritizing Chiropractic Care

Regularly seeing a chiropractor is part of a healthy wellness routine for all adults, but seniors especially can reap the benefits of [chiropractic care](#). For starters, it can improve range of motion, balance, and coordination, all of which are areas that tend to decline as you age.

What's more, even the slightest misalignment of your spine causes unnecessary wear and tear, resulting in slow and steady joint degeneration. An alignment decreases the rate of degeneration due to misalignment and/or arthritis, reducing stress on the spine and restoring alignment.

A regular chiropractic visit is more than just an alignment though. Seniors will find that their friendly neighborhood chiropractor is able to recommend stretching and exercise programs to promote balance, coordination, and better posture, all of which can reduce the incidences of falls and their accompanying injuries.

Of course, many of the same things that are important in your 30s, 40s, and 50s are just as important after 60: eating well, exercising, staying out of the sun. However, while making a meal plan and attending a yoga class are simple enough, keeping in touch with friends, getting enough sleep, looking after your appearance, and prioritizing spinal health can be more challenging as you get older. As long as you remember to make these four habits a priority, you'll enjoy better health as you age.

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