



# Service & Older Adults

You Can Make a Difference at Any Age

The wisdom and experience you bring to service can enrich lives—especially your own. Research shows that volunteering as an older adult not only helps others, it:

Research shows that when older adults serve, they:



Experience better physical, mental, and emotional health



Feel less lonely and more socially connected



Maintain strength, mobility, and overall health



Find deeper purpose and life satisfaction



Ready to get involved?  
Explore opportunities near you at  
[JustServe.org](https://www.justserve.org)

