



COVID-19 AND SENIORS

COVID-19 is challenging for Seniors. Know that they may be feeling isolated during this pandemic and it could be some time before things get back to normal.

SUPPORT



Contact with family and friends is important during this time, establish a routine to reach out regularly to talk / listen – in person (if allowed), by phone, or by the Internet.

- Ask how their day is and listen actively
- Ask about recent conversations they may have had / ask what's new
- Focus on the positives
- Emphasize the importance of staying active



CONNECT



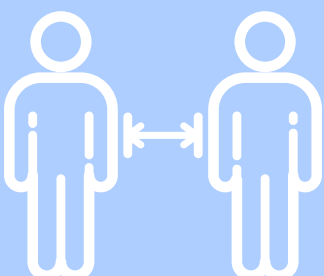
If the Senior is connected and is comfortable with social media, email, or web conferencing, that opens up more lines of communication.

If the Senior prefers not to use technology, then establish a time to call them.

- Establish a time that fits into their schedule
- Recommend books to read / drop books off
- Ask about their friends / friends they have engaged in with conversation



PHYSICAL DISTANCE



- Maintain physical distance
- If allowed, take them out and have a conversation with the Senior

Always follow your local and provincial health regulations.

