

TIPS ON HELPING SENIORS DEAL WITH ISOLATION DURING COVID-19 PANDEMIC

- 01 Check in with elderly family members regularly by either calling them, texting them or using video technologies such as FaceTime, Zoom or WhatsApp.
- 02 Create a routine with seniors and include them in daily activities (calling them during lunchtime or suppertime, doing crosswords with them or including them in bedtime storytelling with grandchildren).
- 03 Help seniors by doing their shopping and dropping off their food or by organizing food delivery to their homes.
- 04 Make sure seniors are taking medications properly and keep track of medications that need refilling. Another idea is to take pictures of bottles of medication, to help seniors order refills with pharmacy.
- 05 Organize medication pick-ups or deliveries with your local pharmacy and pharmacist.
- 06 Use technologies such as video conferencing or Facebook groups to create stimulating activities and interaction with seniors (exercise classes, cooking together, reading a story etc.)
- 07 Encourage seniors to use volunteer drivers or subsidized taxi services instead of public transportation to go to any medical appointments.
- 08 Neighbours can create a buddy network of people to check in with seniors who have no family, or an immediate network, by either calling them or leaving a note with their phone number on their front door.
- 09 Reach out to any caregivers who are taking care of seniors and see how you can support them. If you could like to support the public health system supporting systems go to <https://jecontribuecovid19.gouv.qc.ca/>
- 10 Create care packages for seniors, possible things to include, colouring book for adults and coloured pencils, some chocolates or popcorn, a book or magazines, seeds to plant if they have a garden or balcony, over-the-counter medications and cleaning supplies.
- 11 Remember that physical distancing does not mean social isolation.

We acknowledge the financial support of the Government of Canada and the Government of Quebec.



Canadian
Heritage

Patrimoine
canadien

**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

Québec

