

PREVENTING ISOLATION

STEPS TO SAFETY: HOW WE'RE KEEPING YOU SAFE AND HEALTHY AMIDST COVID-19

A lack of social relationships may lead to feelings of isolation and loneliness. This may contribute to the development of health issues, such as high blood pressure, anxiety, depression, cognitive decline, and Dementia. It is more important than ever to prevent seniors from the consequences of isolation.

HOW OUR AIDES CAN HELP

Be a Source of Companionship

- Share stories, memories, and photos
- Play board games or mobile games
- Converse and read the news
- Take walks and participate in other fitness activities together

Access Virtual Platforms

- Set up the device seniors are most comfortable with, whether it is a mobile phone, tablet, laptop, or computer
- Teach seniors how to utilize pre-installed tools, such as FaceTime
- Harness video conferencing tools such as Skype and Zoom. Visit the websites' main pages, download and install the software or mobile app

Maintain Important Connections

- Help seniors identify core groups of family and friends
- Assist with gathering and keeping track of their contact information
- Schedule weekly or monthly telephone or video calls

Find Fulfillment at Home

- Assist seniors with developing new hobbies at home, such as arts and crafts, scrapbooking, yoga and gardening
- Encourage seniors to join a virtual club, such as a knitting club, book club, or writing group
- Sign seniors up for their virtual class of choice through online learning platforms like Udacity, Udemy, Coursera, and Lynda

Encourage Community Involvement

- Explore volunteer-from-home options
 - a. Bookshare - scan and proofread books for individuals with disabilities
 - b. Binky Patrol - sew blankets for emotional support
 - c. eBird - track bird populations to advance science

Fun Gaming Apps To Explore With Your Home Care Aide



Sudoku



Wordbrain



Luminosity



Jigsaw
Puzzles Epic



Words with Friends

