



Top 10 ways to show an isolated senior you care

1. Call to check in and see how they are doing. If possible make this a regular weekly telephone call.
2. Bring them a gift, especially if you know they need something.
3. Set up a time for an in person veranda visit, ensuring to maintain physical distance protocols, and mask wearing. You may even be able to go for a physically distanced walk to get in some exercise.
4. Send a letter or greeting card with a thoughtful message.
5. Share a virtual event like cooking a recipe, then have the meal together, virtually. Sharing a virtual event could also include attending an online exhibit or experience together.
6. Set up a virtual tea/coffee break and talk about family and personal history, favourite hobbies, childhood memories, sports, music, etc. You may also be able to look through old photos.
7. Offer to pick up their groceries, or other essential items, for the week.
8. Drop off fresh flowers or, contingent on the season, offer to help with gardening needs, raking leaves, or shoveling snow.
9. Set up a time to play games online (Crossword/Puzzles/Chess).
10. Set up a Movie Day (Zoom Call + Movie). You may even drop off candy/popcorn, or other favourite treats, in advance for them.

CanAge is making Canada less lonely, one person at a time.

As Canada's National Seniors Advocacy Organization, CanAge is working tirelessly to ensure no older person has to suffer the consequences of social isolation in silence.

Take the #LessLonely Challenge
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