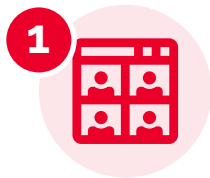


Tips for Families and Friends to Help Older Loved Ones Avoid Social Isolation

The COVID-19 pandemic in Canada, aside from the tragic loss of life, has been a real-time social experiment with isolation. For older adults, particularly those in long-term care or nursing homes, the results have brought loneliness, depression and worsening overall health outcomes.

We present the following ways to intervene, to connect and communicate with an older adult at risk of, or who is, experiencing social isolation.



Video and phone call

- Make sure to take some time out of your day to connect with your older loved one via video call or a phone call. Ask about their day, how they are doing, and if they need any support.



Visit or check in

- If permitted, go visit your older loved one and make sure to follow your community's safety measures. A visit can really brighten someone's day!
- As a neighbour, a quick check-in with older neighbours can go a long way to ensure that basic needs are met!



Send a gift

- Have children draw, paint, or write a piece for your older loved one!
- Heartfelt messages are always appreciated.



Promote a sense of purpose

- Send your loved one a plant or gardening supplies. This will promote active living and a sense of purpose.
- Discuss the possibility of adopting a pet. This can provide great companionship to older adults.



5 Encourage regular check-ups

- Encourage loved ones to stay up to date on regular hearing, sight, and health check-ups and offer help for scheduling or transportation.



6 Provide transportation

- Help older adults set up a means of transportation and make a transportation schedule.
- Offer a ride when possible or arrange for someone else to pick them up.



7 Share a meal together virtually

- Sharing a meal together is a great way to stay connected and strengthen bonds. It can be done virtually through Zoom, Skype, or Facetime!



8 Provide access to technology

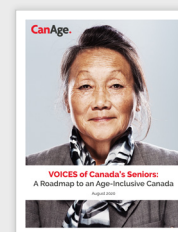
- Help older adults obtain technology for video-calling and online entertainment.



9 Introduce them to social media

- Social media platforms such as Facebook, Twitter, and Instagram are a great way to immediately connect with friends and family.
- Help your loved one set up an account and start connecting!

Seniors experience the highest degree of loneliness and social exclusion of any age group. Canada needs to confront its current epidemic of loneliness head-on. Investments need to be made. CanAge addresses this issue and makes recommendations in its **VOICES of Canada's Seniors: A Roadmap to an Age-Inclusive Canada.**



www.CanAge.ca/voices



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