



## Caring During Difficult Times

*A Senior Connection Presentation*

At Home Care Assistance we understand how difficult these past months have been for seniors and their families. The family caregiver is working harder than ever to care for and protect their loved one. However, with all our good efforts and intentions to reduce the spread of the COVID 19 virus, many seniors are feeling as if they have not had human contact for months. Some are starting to show signs of depression and loneliness brought on by social isolation. For the family caregiver, whose loved one is experiencing these feelings, this can make a stressful situation, even worse.

**The following “Helpful Hints” are designed to help you keep your loved one connected and engaged and prevent loneliness, depression, and isolation.**

- **Stay Informed about COVID-19, But Do not Overdo It.**  
Keep up to date about the virus, but do not overdo it. Offer an alternative to the TV news hour such as music, crafts and or projects.
- **Use Technology to remain connected if you can...**  
For many folks, the use of Facebook, Instagram and Twitter help them stay connected with people in their lives. However, be mindful if your senior loved one does not have access to technology and/or is unable to use it.
- **Make a phone call**  
For those seniors who do not have technology a good Ole’ fashioned phone call can help raise their spirits. This is also an opportunity for the family caregiver to ask for help. Get others involved by setting up a “Call Schedule”. This is a great way to have someone checking in with your loved one more than once a day.
- **If you cannot call, write a note.**  
Most of our loved ones did not grow up in an era of e-mail, voice mail and social media. Receiving a personal letter was a cherished event. This is a perfect time to pick up “Pen and Paper.”

## Other Helpful Hints:

- **Gift Package:** Send your loved one a package filled with their favorite items.
- **Homemade items:** Drop off a care package of homemade goodies.
- **Make a poster or sign** that can hang in their room or be displayed on their door or window.
- **Connect through Music.** Music and Memory go together. Music is also a great alternative to TV and the continuous coverage of COVID19 virus. Learn more about Music and Memory by visiting [www.musicandmemory.org](http://www.musicandmemory.org). Visit their website for a review of their support during COVID 19. You can download a list of free genre-based playlists for use at home.
- **Share a Memory or Story:** The next time you talk with your loved one, do not be afraid to ask them to share a special memory or a story.
- **Create a Photo Project** --If your loved one is able, create a project. Take that box of old family photos out of the attic and ask your loved one to help identify and sort them for a new family album.
- **Arrange a “Porch Meeting.”** During this time of COVID, the *Front Porch* is the new *Living Room*. Using Social or physical distancing the Porch Visits become a quick and easy way to squeeze in a visit.
- **Be familiar with your Community and Resources.** There are many resources in our community serving seniors and their families.

**Remember to Take Care of Yourself.** No matter what challenges the COVID 19 pandemic provides, remember to take care of yourself. During these uncertain and challenging times, your own mental health is important as well.

- Consider activities that nourish your Spirit.
- Be sure to eat well, get enough sleep, and exercise to reduce your stress.
- Find and connect to local resources that can help you.
- Remember you are not alone, and help is available.
- Create a caring support team that you can call on to help you with everyday tasks.
- Consider hiring help when help is needed. Agencies like Home Care Assistance can help alleviate stress that family caregivers often feel.

## Who is Home Care Assistance?

Home Care Assistance is a local non-medical, in-home care provider. We have been serving seniors and their families in the Prescott/Quad Cities area for five years. We provide customized, one-on-one care and support to older adults so they can live happier, healthier lives at home. *Wherever they might call home.* Call us today at (928) 771-0105.