



Caring for Older Adults During a Pandemic

June 2020

Senior Management Services

There are so many challenges during this time, but especially for seniors. They are the group most at risk of this virus (COVID-19), and it is important to keep them isolated and protected during this time.

As health care professionals, we are noticing that isolation comes with a cost as they remain unable to socialize and get to doctor appointments in the same way and schedule in the past. Access to groceries has been difficult and prescription medications are just another service that could bring some hurdles depending on the area. All these hurdles add up to possible changes in physical and mental health for the older loved ones in our care.

Among these hurdles, we have created some tips to helping your loved one stay connected and combat isolation and loneliness.

- Set your loved one up to access the internet via a phone or computer. Help them create or manage a Facebook account, Zoom, or Facetime to access social connections he/she may be missing.
- Look into contactless delivery services. Many local restaurants and food delivery programs are set up to take payment over the phone or via their website and then can make contactless delivery.
- Consider what you would need to prepare for a socially distant visit. Can you prepare for nice weather so you can visit outside? Do you and your loved one both have masks? Are there restrictions from the facility where they live to follow?
- Send cards and letters and make sure they have cards and stamps to send mail too.
- Take time to make phone calls regularly.
- Encourage your loved one to get outside and enjoy the nice weather days.

If you need additional ideas or suggestions on how to cope with caring for an elderly loved one during this pandemic, **please contact Quest at 1-800-364-6352.**