



Combating Isolation

September 2020

Senior Management Services

Isolation and loneliness can creep in as many of us are working virtually and having limited face-to-face contact with our co-workers and our friends and family. COVID-19 has changed the landscape of our work climates as well as our home climates. If you are a caregiver for an older loved one, this isolation and loneliness may be even more prevalent in your day to day.

As working caregivers, work and other social engagements may have served as a respite from caregiving responsibilities. Especially if your older loved one lives with you, working from home may be creating additional hurdles. All facets of your life are meshed and finding a balance could seem difficult to accomplish.

Here are a few tips for combating those feelings of isolation and loneliness:

- **Find Support:** Your spouse, partner, and friends can be excellent supports for you, but it can be helpful to reach outside your familiar circle for some additional care. Community support groups and online forums may be a place where you can find those who are struggling with similar concerns or issues.
- **Sense of Self:** Prioritize time on your calendar for your needs. Take a walk, do yoga, call a friend or set up a family movie night. These are just a few suggestions of things you can do to refresh yourself and help you find your sense of self in the current demands of work, caregiving and other responsibilities. Making sure you are eating healthy and exercising regularly are excellent ways to prioritize yourself. Remember that you are a whole person as well, and your loved one is relying on you to care for yourself, so that you can be there for them too.

As your Eldercare Information and Referral program, we want you to know we are here to support you in this time. A phone call to us gives you support and care as well as resource information. We are available when you are, so if evenings or weekends are a better time to talk, let us know. Call Senior Management Services at **800-253-9236** and tell them you are a member of Quest EAP.

For additional information about Eldercare, please contact Quest at 1-800-364-6352.