

# seniors first BC

## VIRTUAL SUPPORT FOR SENIORS DURING THE PANDEMIC

COVID-19 has placed many barriers on older adults since they are at a greater risk from the virus. Increased social distancing, restrictions on visitors, and transportation and community problems are just a few of the reasons behind why older adults are facing greater rates of isolation, loneliness, depression, and poor well-being. As our world shifts to a greater reliance on virtual platforms, it is important that older adults are well-informed about the resources available on the internet. Below is a brief resource list for older adults **looking for household support, virtual connection with friends and family, guidance with virtual medical consults, at-home activities, and tools to promote well-being.**

### Household Resources

The [Government of BC](#) promotes the BC211 program which virtually connects older adults with a volunteer in their community who provides care in the form of basic needs, including grocery shopping and pharmacy drop-offs and check-ins. Even if you don't need help with any physical task, the volunteer can still be a friendly face for social support during these times.

[Better at Home](#) provides a list of resources for those who are looking for assistance with daily chores such as transportation, light yard work, light housekeeping, snow shovelling, and more. Their goal is to complement existing services by serving unique needs. Click on "contact a local organization" to find a resource near you (limited to British Columbia).



(Microsoft Word, 2020)

### Technology Support

Zoom:

[This video](#) provides step-by-step information on how to navigate the Zoom platform, which has become a common medium for virtual family gatherings, conferences and activities.

Facebook Messenger/Zoom/Skype:

[This guide](#) helps you step-by-step in arranging a video call via multiple common platforms, including Facebook and Skype. This guide explains how to use the service with a computer or a smartphone.



(Bissell 2020)

## Medical Resources

Doctors in BC are now providing care and medical advice via telephone or video calls to avoid in-person contact during the pandemic. However, there are some circumstances in which in-person medical treatment is necessary and cannot be done virtually. Some examples of things you can be helped with virtually are: prescription renewals, specialist referrals, and lab requisitions. In person assessments will likely be needed for presumed broken bones, musculoskeletal pain, and neurological exams. It's important that you speak with your family doctor if you are able to because they will have access to your medical history.

**If you suspect that you will need to be seen in person, call the doctor's office first to ask about their new safety protocols.**

What you need for a virtual consultation: Provincial medical services card (if applicable) and an electronic device, such as a phone, laptop, or tablet. A camera is optional.

For more information, see the details provided by the [Doctors of BC](#).



(Microsoft Word, 2020)

## Mindfulness Exercises

Especially during stressful times, practicing mindfulness can be very beneficial in calming your mind and body, re-centering yourself, and gaining self-efficacy. [This video](#) is a guided mindfulness exercise that you can do in the comfort of your room.



(Microsoft Word, 2020)

## **Cooking**

Since we are spending more time at home due to COVID-19, many individuals have taken the opportunity to work on their cooking skills and try new dishes. Cooking is a fun activity to do alone or with others in your household. Below is a diverse list of cooking channels on YouTube that you can follow along with at any time.

- [Pailin's Kitchen](#)
- [Byron Talbott](#)
- [Babish Culinary Universe](#)
- [Peaceful Cuisine](#)
- [Belqui's Twist](#)

If you prefer a regular-style cooking lesson, [Cozymeal](#) provides various cooking lessons, and indicates which ones are in person, the safety precautions, and which ones are virtual.

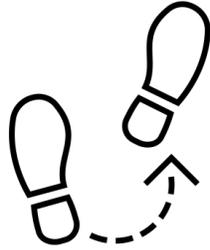


(Microsoft Word, 2020)

## **Home Exercises**

Keeping active is beneficial for both our physical and mental health. It is important to be consistent with our exercise in order to maintain benefits. However, with the onset of the pandemic, many individuals have faced barriers towards their regular activities. Keeping active comes in many forms, such as doing yoga, walking, cycling, and swimming. If you are struggling to reach your physical activity goals due to safety barriers, try some of these exercises that you can do at home.

- [20min Exercise Routine](#)
- [10min Walking Workout](#)



(Microsoft Word, 2020)



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## CONTRIBUTOR

Thank you to our volunteer Georgia for writing this blog!

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