

seniors first BC

How to Fight Isolation?

Isolation is an ongoing social issue, observed widely even before the start of the pandemic. Seniors are one of the most susceptible groups. However, there are many ways for seniors to stay connected with their communities, relatives and friends. Moreover, communication is not the only method for fighting isolation, as we will discuss below. Here are some tips for staying connected:

1. Reach Out to Family, Friends and Organizations

Because the importance of keeping contact with friends and relatives during the pandemic is widely emphasized, it is important to plan ahead. You can arrange a list of contacts to use when in need of food, medicine, and other necessary supplies (Tan, 2020). Firstly, make a list of essential connections: your immediate family and friends with whom you want to connect daily by phone. Gather their contact information: phone numbers, email addresses, physical addresses, etc. (Blog, 2020). Then, consider which connections are disrupted due to pandemic. To keep in-touch with those contacts, schedule regular voice and video calls, texting, and emails to diminish the feeling of loneliness. In addition, make a list of organizations in your community that provide counselling, mental and physical health support. Consider joining your community's social media pages to stay updated about community life (Tan, 2020). Here are some ideas for virtual leisure meetings (How to Beat Loneliness During COVID-19, 2020):



Source: Lifestyle Daily

- Weekly lunch dates
- Interactive games
- Creative art sessions
- Friday Happy Hours
- Streaming fitness classes

2. Get A Pet



Source: Eagle Senior Living

Firstly, pets are wonderful companions and will never let you get bored. They will remind you to care for them, which can give a feeling of satisfaction among other benefits to physical and emotional wellbeing (Letter, 2016). However, even though the WHO determined that dogs cannot be infected with the virus, it is important to maintain hygiene and wash hands after contact with your furry friend (Tan, 2020).

3. Enjoy the Outdoors

Exercising or simply walking outside can be beneficial for both physical and emotional health. In the given situation, however, try to avoid popular and crowded trails: walk along quiet streets or hidden trails. If you arrange to meet with a friend, remember to wear a face covering and maintain social distancing. If you are walking alone, pay attention to other people and life around you: it will boost the feeling of belonging to the community and your neighbours (How to Beat Loneliness During COVID-19, 2020).



Source: The Wall Street Journal

4. Arrange Virtual Meetings by Interests

Because all interactions are limited, it is important to keep yourself busy. Thanks to the modern video conferencing tools, you can plan with your family and friends to do your hobbies together. For example, if you and your close friend circle like to cook, you can arrange to be making dinner while in a video conference with your friends. If you like watching movies, plan to watch a movie together or watch it separately and discuss it later through Zoom or in a group-chat. Same can be adopted for crocheting, scrapbooking, drawing, holiday preparations, etc. (Blog, 2020).

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