

## Ways to Help Older Family Members, Friends, and Neighbors During the COVID-19 Pandemic

- Older adults are at higher risk. They are advised to stay home, and many are.
- This social distancing may lead to isolation, which contributes to higher mortality rates.
- **Now is the time to reach out, ask about their plans, and how you can help.**



Offer to pick up groceries or to help set up an online delivery order



Set up a regular time to talk or check in to see how the older adult is doing



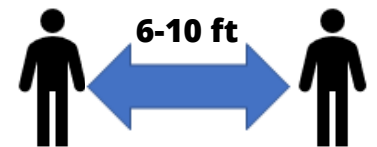
Create a phone-based book, game, or activity club over voice or video if available



Encourage them to get extra medication or help set up a delivery service



Remind them that they are a valued member of society and have a lot to offer



Plan a short, safe chat or write notes to maintain physical distance, not social isolation

### Keep in mind:

- Some may be reluctant to accept help because they have not needed it before.
- Generally, they have the right to refuse it.
- If reaching out to people you do not know well, they may not open their door.
  - Consider leaving a note introducing yourself and leaving your phone number.

## Need Some Help and Don't Know Where to Start?

Call the Collaboratory for Aging Resources and Education (CARE)

**346-704-4233**

CARE is a new community resource focusing on older adults and caregivers.