



THE ONTARIO

**caregiver**  
ORGANIZATION

RESOURCES AND  
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COVID-19

April 1, 2020

## Caring for Seniors in Your Community

Now more than ever, we need one another. The COVID-19 pandemic has made us all caregivers. The [latest recommendation related to COVID-19](#) is for people over the age of seventy to stay home. This means that seniors who were once active and living independently prior to COVID-19, now need our help to stay healthy and connected.

There are so many stories on the news and social media about people taking care of one another; [caremongering](#) is not just a new word, it's an organized movement that connects the people who need help with those who want to provide it in their community.

While we want to encourage everyone to provide this support, it's important to follow [Ontario Public Health guidelines](#) on how to keep yourself and others safe, particularly if you are supporting a senior.

With that in mind, here are 5 meaningful things you can do.



1. Pick up the phone and call a senior you know to see how they are doing. Sending an email or text if they use this technology is also appropriate but let's not underestimate how much it means to hear another person's voice, particularly if the senior lives alone.



2. Offer to pick up groceries, prescriptions, pet food or other important supplies. You may be able to order food or prescriptions over the internet and have these delivered right to their door. Your offer to help will go a long way for a senior who is not comfortable with technology. If this service is not available and you deliver the necessary supplies, leave them at their doorstep instead of handing them over or bringing them inside, to ensure physical distance.



3. Set them up on a device. Do you have an extra laptop or tablet? Providing a device and setting a senior up with easy to follow instructions may be the difference between a senior feeling isolated and alone or connected with family and friends. Before doing so, ensure settings are as user-friendly as possible, including enlarging text and increasing volume settings if necessary. Ensure any devices are fully sanitized before passing them on.

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4. Give a senior in your life your contact information and reassure them that you will be there for them if they need anything. Consider partnering with others in your neighbourhood and provide their names as well.



5. Offer ideas to pass the time. Drop off a puzzle, crossword or magazine to their doorstep or suggest they take this time to go through old photos. You can find more ideas [here](#).

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