

MARCH 2021

REDEEMED IN HOME CARE



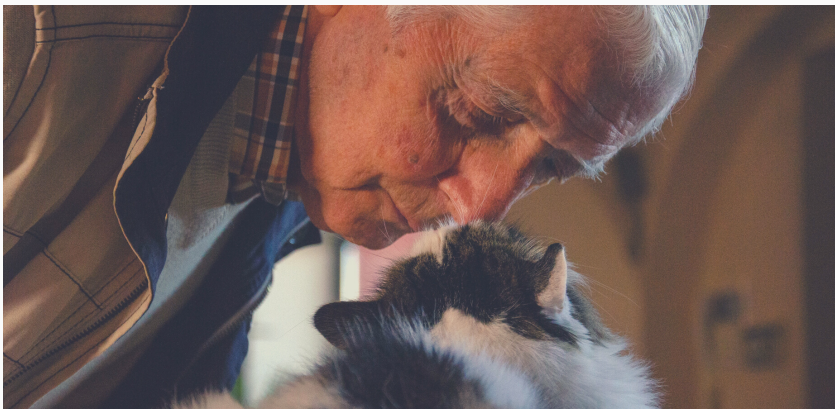
Social Isolation

BY REDEEMED IN HOME CARE

During the COVID-19 pandemic, older adults and vulnerable populations have been encouraged to stay safe and stay home as much as possible. While staying home offers protection from the virus, we're now witnessing harmful effects in terms of social isolation, loneliness and depression among older adults.

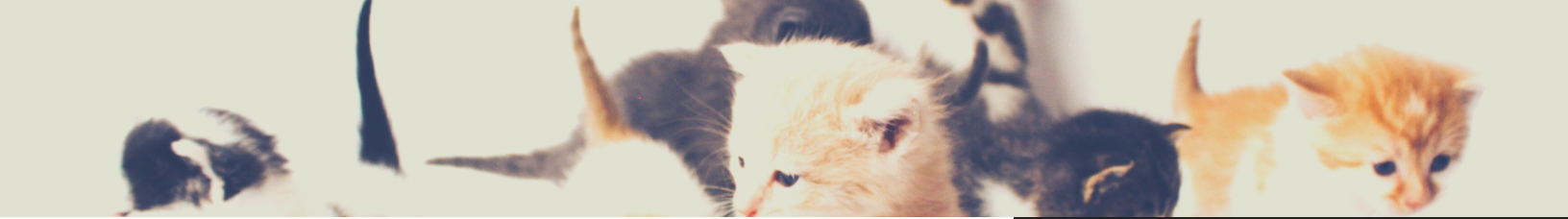
A poll shows that loneliness among older adults doubled during the first months of COVID-19. Whereas 27 percent of adults aged 50 to 80 felt isolated from others in October 2018, this increased to 56 percent of this population feeling isolated from March to June of 2020. Similarly, 28 percent of people reported limited social contact in 2018, versus 46 percent in June 2020.

Loneliness and social isolation are real threats to the health of those we love. Studies show that chronic loneliness can affect our loved one's memory, mental and physical health and overall longevity.



Bring joy & happiness into the home amid continued isolation

1. Get Outside
2. Facilitate a Virtual Connection
3. Get Moving
4. Find a Furry Friend
5. Consider a (Virtual) Assistant
6. Encourage Spirituality
7. Drop the Beat



Get Outside. Being outdoors and around living things can have a transformative effect on our overall mood and wellbeing. Help arrange a balcony, patio, porch or yard space for your loved one with a comfortable chair and some plants nearby. The patio can be a space to soak up a little Vitamin D and safely spend time connecting with neighbors, friends and loved ones.

Facilitate a Virtual Connection. Help set up a video chat platform for your loved one and schedule an (at least!) weekly time to chat. If the concern is that Grandma isn't tech savvy enough to video chat, think again! There are a variety of tablets and portals geared toward older adults, including Google Nest + Hub, The GrandPad, Echo Show, ViewClix and Konnekt Videophone. You make it easy for them, set it up and show them how to just click on a name to connect.

Get Moving. If your loved one is in good physical health and the weather is mild, arrange for a daily constitutional with a trusted caregiver. A stroll outside the house with the opportunity to safely chat with a neighbor from a good distance is good for the soul.

Find a Furry Friend. If your loved one is living independently and is in good health, the companionship of a small dog or cat provides a fun diversion and some emotional support. Caregivers can assist with simple tasks that enable your loved one to benefit from the enjoyable parts of pet ownership without the hassles.

Consider a (Virtual) Assistant. Devices such as Google Home or Amazon Echo can offer daily reminders for routines, provide weather reports, play their favorite songs and games.

Encourage Spirituality. Prayer and meditation are good for the mind and the body. Have a caregiver read your loved ones' favorite scriptures or pray with them. Helping your loved one draw closer to God can help diminish their feelings of loneliness that come with isolation.

Drop the Beat. Create an uplifting playlist with your loved one in mind. It could be worship songs, music from their youth or anything with a happy rhythm.

It's important to speak honestly to your loved ones about their feelings of loneliness and isolation. Encourage them to share how they're feeling, and implement mood-lifting strategies with the help of a trusted caregiver!

"Brooke and her lovely caregivers have been helping my husband and I for the last two years they have been wonderful."

— ESTER FRY

