



# TIPS FOR OLDER ADULTS WITHOUT TECHNOLOGY TO AVOID SOCIAL ISOLATION

1

## Call friends and family

Schedule regular calls to stay in touch. An old-fashioned phone call can be worth its weight in gold. Set time aside to call two people you enjoy every day.

2

## Get outside once a day if you can

Go for a walk or sit on the porch. If that isn't an option, sit by an open window to get some fresh air. Incorporate this into your schedule to create a daily routine.

3

## Be creative – paint, draw, sing, write

Everyone has a story to tell – maybe this is the time you've needed to write your book, paint that masterpiece or do some sketches. Pull out those crafts and art supplies and remember how creative you used to be when you had the time. Set aside time each day to use your creative side.

4

## Listen to music

Sing along or play an instrument. Music is soothing and can remind us of happy memories. Spend some time each day enjoying your favourite music. Consider the lost art of deep listening and just relax, close your eyes and let the music fill your mind.

5

## Read a book

Re-read an old favourite or try a new book. Add reading into your routine by carving out some time each day just to do some reading. This can help stimulate your brain, reduce stress levels and improve your vocabulary and knowledge base.

6

## Practice your favourite hobbies

Dig out your knitting, sewing, stamp collection, photo albums, crossword puzzles or other activities. Pass your time at home by indulging in activities that are entertaining and make you feel happy and relaxed. Plus, hobbies help you feel like you've accomplished something too.

7

## Create a family tree

This could be the perfect time to start researching your family tree. This allows you to reach out by phone to speak to relatives you might not have seen for a while, enjoy sharing memories and record your history in your own handwriting.

Not keen to call with questions? Then just write down some of your own memories from your life to share with other family who might be doing a family tree.

8

## Order from your favourite restaurant

It is safe to order in, but make sure to take precautions. Have deliveries left outside, throw out packaging and sanitize boxes or bags. Make sure to wash or sanitize your hands after handling any packaging.

PHYSICAL ISOLATION DOESN'T HAVE TO MEAN SOCIAL ISOLATION