



COVID-19

3 WAYS TO CHECK-IN ON SENIORS

Social distancing is even harder for those who are already isolated such as seniors, especially those in nursing homes which have been badly hit by COVID-19. Here, Dr Stuart Lustig, National Medical Executive, Cigna Behavioural Health offers three questions to help you check-in on the emotional well-being of your senior friends and family.

Consider: 'what's the best way to stay connected?'

Whether your loved one is in a care home or isolating in their own home, ask if there are ways to have daily phone calls or, better still, video calls. If they are in a facility you could bring in things from home such as photographs or books that are meaningful to them and can be brought in safely and cleanly to the facility.

'What is your daily routine?'

Routines are something that help all of us feel like we have a bit more control over our lives and can help to reduce the anxiety we're all feeling in these times. Talk to your loved ones about the basic things, such as getting up in the morning: are they getting up at the same time? Are they having meals at the same time? Are there special programmes on the TV or radio that they like to listen to or watch that can still be worked into a routine? Having these basic structures in their lives can be helpful as they try to connect with others and try to maintain some sort of normal during these extraordinary times.

'Are you staying active?'

Being isolated to a room or a confined space limits the amount of activity people can have, but there are still ways people can stay active, even in their own rooms. Activity increases the neurotransmitter serotonin in the brain which is associated with well-being, so it's a good thing to stay active even if you're doing it on your own.



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[Watch the video here](#)

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