

## Tips for Protecting Older Adults At-Home



Identify 1 – 2 people to physically check-in with vulnerable family members to reduce unnecessary contact. If able, take time to step outside with them AND/OR take short walks.



Ask about keeping the same home health aide during both the week and weekends.



Always practice social distancing and hand washing, and especially after making trips to the store or other places where you are around others.



Wipe down items brought into the home.



Ask family and friends to increase phone calls to older adults who are living alone or who have become isolated or alone due to COVID-19.

## Tips to Support Your Family & Stay Connected



Set aside a specific time to call older adults and other loved ones; Create a phone tree or table



Share this with siblings, cousins, and friends to make sure everyone is engaged.  
TAG TEAM Check-Ins



Use Skype, FaceTime, or other platforms to have a Group Video Check-In.



Keep a list of local resources so you can share with those in need



Plan virtual activities: exercise together, watch movies together, challenge each other, and try out social activities through video.