



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



FAMILY

OLDER ADULTS

We Take Action! Mobilizing Social & Economic Resources

The resources and help we need depend on our situation and goals for the future. Seeking help and using resources sustains resilience. Older adults are at higher risk for complications from COVID-19, making it necessary to follow CDC and WHO guidance. Staying at home or greatly limiting shopping and visits from relatives can increase risk for isolation and loneliness. Physical health and social interaction are important factors in quality of life for older adults. Family and community networks can be used to provide support. This support can be in the form of providing information, concrete services, companionship, and/or a sense of belonging.

Discuss Needs and Goals

The pandemic and government guidelines continue to change. It is important to talk with friends and family about needs and goals and discuss challenges we might come across and how we can overcome them.

- What should we do if we have to be in an area where people are not wearing masks?
- What happens if we get sick?
 - Centers for Disease Control and Prevention [Checklist for Older Adults](#)
 - The Conversation Project and Ariadne Labs [Being Prepared in the Time of COVID-19](#)
- How do we support a loved one who lives in a residence that doesn't allow visitors?
 - [AARP Answers: Nursing Homes and the Coronavirus](#)
 - Alzheimer's Association [Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#)

Connecting with Community Aging Networks

- The Village Movement began in Boston, MA in 1999 to connect older adults living independently in the community. There are currently "villages" all over the country that are membership and volunteer-based communities. Villages provide opportunities for social activities, help with independent living, and professional contacts. [Look to see if there is a village near you.](#)
- Aging agencies and senior centers are adapting to the pandemic to meet the needs of older adults. While many places have had to suspend in-person programs, your local agency can connect you with a variety of services. Services may include meal delivery, financial resources, or social networking opportunities.
- Call [the Institute on Aging Friendship Line: 1-800-971-0016](#) if you're feeling lonely or in need of support.
- You may wish to connect with a faith-based community for support such as help with groceries, social networking opportunities, or other needs.

To learn more about how to improve the resilience of older adults by through public health organization and aging-in place groups (Village Movement), you may wish to read:

- [Building Older Adults' Resilience by Bridging Public Health and Aging-in-Place Efforts](#)

To learn more about the science of social connections and health among older adults, you may wish to read the below research:

- [Social Disconnectedness, Perceived Isolation, and Health among Older Adults](#)