Coronavirus Disease 2019 (COVID-19)

Ohio Department of Health

Ohio Department of Aging
Department of Mental Health and Addiction Services

For additional information:
coronavirus.ohio.gov
1-833-4-ASK-ODH / 1-833-427-5634
Ohio Department of Health
Coronavirus Call Center

Social Engagement Tips

OLDER ADULTS

Even during times of social distancing, it is important that you find new and creative ways to stay connected to your family, friends, and community. This can help to reduce social isolation and the risk of increased health problems that may result otherwise. Social distancing does not mean you have to be isolated from your favorite activity or the people you care about. The following tips may help you stay connected**.**

- **Use technology** to stay in touch with family and friends. Video conferencing services such as FaceTime, Zoom, and Google Duo let users to see one another. You can share a meal, a cup of coffee, or do an activity such as painting, yoga, or exercise together. These applications ("apps") can be used on a computer or mobile device (smartphone, tablet, or iPad). If you are unsure how to do it, ask a family member or friend to help you.
- **Take a virtual tour** of exhibits from around the world. Planning a virtual tour with family or friends can be fun and done at home. Visit Virtual Exhibits for Online Learning and Fun to find virtual tours that may want to explore.
- **Stay involved** with your social groups. Some faith-based organizations and senior centers are offering online experiences during this time. Continue to engage with your social groups to help maintain important connections and relationships.
- **Try meditation.** Take time out to focus your mind and the feelings you have towards yourself and your loved ones. This may help you feel connected. There are many guided meditations that you can access online or through podcasts for free.
- **Stay active.** Exercise is important for your mental and physical health. It can help reduce feelings of loneliness and isolation. Visit Go4Life for a list of exercises that you can do while at home.
- **Take a walk**. Being in nature can help increase your well-being and make you feel peaceful.

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- **Join or start a virtual book club.** Virtual book clubs are ways for people to connect with each other while discussing great books. To find out more about virtual book clubs, visit Virtual Book Clubs You Can Join or connect with your local library. Even though libraries are closed, many allow you to check-out books online for free.
- **Consider getting a pet.** The company of a new pet can help reduce feelings of loneliness. It is important to understand your ability to care for a pet and determine what pet you can care for. Pet shelters all over Ohio have pets ready to adopt. Call your local humane society for more information.