**(FAQ) How to Help Seniors During the COVID-19 Pandemic**

**What can I do to help seniors during social isolation?**

* Know what medications your loved one is taking and ask if they need refills or increased supply.
* Check in regularly. Establish a communication plan so they know when to expect a call. See if they need physical assistance, groceries, or other supplies. Always wash your hands and practice social distancing when visiting.
* Use commercial cleaning products to wipe high-touch points often. This includes canes, walker grips, wheelchair arms, push handles, brake handles, handrails, faucets, doorknobs, refrigerator handles, reacher/grabber handles, pill boxes, telephones, remote controls, and light switches.

**Why is my senior loved one more at risk for COVID-19?**

* People 65 and older may experience more adverse reactions to COVID-19. According to medlineplus.gov, as you age the immune system becomes slower to respond which increases your risk of getting sick. Underlying health conditions, which are more common in older adults, increase the risk of complications.

**What if my loved one lives in a senior living community?**

* If a loved one lives in a senior living community, monitor the situation closely. Ask the community about their plan in case of a positive test result. Ask if they have communication options while non-essential visitation is banned. Find technology that can bridge the gap between you and your loved one for communication.

**What if I can’t visit my loved one to get them what they need?**

* Show them how to order groceries online or by phone, as many chains are still delivering groceries. If your loved one is at home and has pre-existing medical conditions, this may be a good option for them. It may take some patience as many grocery stores are experiencing longer wait times, so make sure they have necessities in their pantry before they start ordering groceries.
* Give your loved one a call and go over different tactics to help them stay away from potential carriers of the Coronavirus. Explain social distancing, how to properly wash hands, and why to avoid high traffic areas. It may feel like you’re being too involved, but everyone can use reminders on how to best slow the spread of COVID-19.
* Find out what services are offered by your local [Area Agency on Aging](https://www.n4a.org/). There are many different offerings that you or your loved one may find helpful.