Staying connected with older adults

With social distancing around COVID-19, the older adults in your life might be feeling lonely. Technology offers lots of ways to stay in touch. Depending on their access to devices and connectivity, you may be able to:

- Schedule regular video or phone calls
- Share pictures of yourself, activities or your pet
- Play a game together online
- Check in by text or connect on social media platforms
- Send a cheerful email

You may wish you could do more, but remember: Little things can mean a lot!