

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:



**You may wish you could
do more, but remember:**

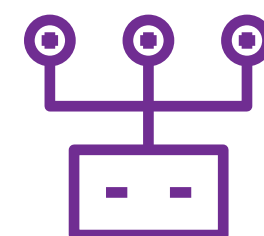
connected



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

**Little things
can mean a lot!**