

# Maintaining Wellness in the Face of Isolation



Isolation can be a challenge for people of any age. In the event of potential exposure to COVID-19, seniors may need to self-isolate for a period of time to help prevent the spread and maintain good health.

Start with this checklist to maintain physical and mental wellness while following physical distancing rules.



Take advantage of prescription delivery services offered by your pharmacy. If delivery is not available, check with local community agencies that can deliver medications and other essentials.<sup>3</sup>





Maintain an active routine with daily stretches and exercises—you can even use household items like soup cans as weights to strengthen your arms.



Stay in touch with loved ones and the outside world with phone calls, texting, video chats and social media.<sup>4</sup>

**Increased isolation can lead to loneliness—a growing health concern especially for seniors. Help prevent it today by planning a routine that involves focusing on gratitude, positivity, a project or hobby, and time to connect with loved ones.<sup>5,3</sup>**

And if accidents do happen, TELUS LivingWell Companion, a personal emergency response service with optional fall detection capability, can provide you with access to help.

Talk to your healthcare professional or contact us at:  1-844-979-2008  [telus.com/livingwell](https://telus.com/livingwell)

3. City of Toronto, COVID-19: Seniors & Vulnerable People. <https://www.toronto.ca/home/covid-19/covid-19-financial-social-support-for-people/covid-19-seniors-vulnerable-people/>

4. Ottawa Public Health, Older Adults and COVID-19. [https://www.ottawapublichealth.ca/en/public-health-topics/Older\\_Adults\\_and\\_COVID-19.aspx](https://www.ottawapublichealth.ca/en/public-health-topics/Older_Adults_and_COVID-19.aspx)

5. Harvard Health Publishing, How can you help a loved one suffering from loneliness? [https://www.health.harvard.edu/blog/how-can-you-help-a-loved-one-suffering-from-loneliness-2020090420855?utm\\_source=delivra&utm\\_medium=email&utm\\_campaign=BF20200914-AgingInPlace&utm\\_id=2399456&dlv-enuid=17411f0b-6e4d-47a4-a4be-85a9bf0c38cb&dlv-mid=2399456](https://www.health.harvard.edu/blog/how-can-you-help-a-loved-one-suffering-from-loneliness-2020090420855?utm_source=delivra&utm_medium=email&utm_campaign=BF20200914-AgingInPlace&utm_id=2399456&dlv-enuid=17411f0b-6e4d-47a4-a4be-85a9bf0c38cb&dlv-mid=2399456)