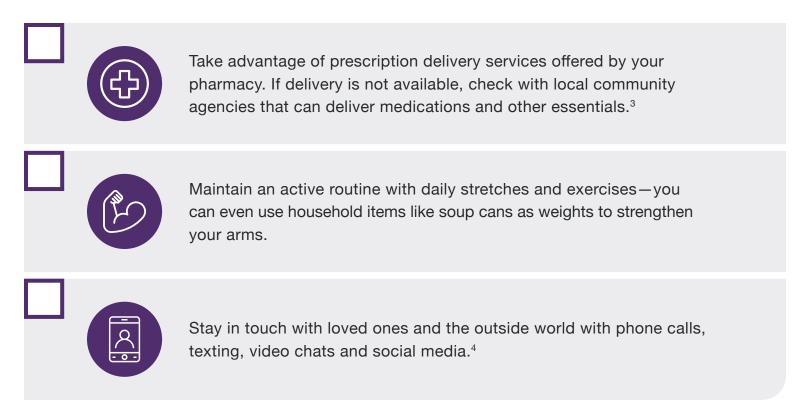
Maintaining Wellness in the Face of Isolation



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.



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.^{5,3}

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.

