



COVID-19: Advice for the elderly

These are uncertain times. We are all concerned, we miss our dear ones and hope for better days. We are all required to exercise caution and adhere to the government's guidelines and instructions for our particular location. This is a tough challenge for all of us.

This page will provide you with practical information to help you understand the current crisis. We know that you have experience and faced many difficult situations in your life. Notwithstanding, there are a few things we want to share that can help you overcome this current challenge.

Choose to obey the instructions of your Ministry of Health and your doctor - only.

Choose a set time in the day you catch up with a news from a source that you recognize and trust.

- ❖ **Routine:** Try to keep to a schedule. Wake up in the morning at the usual time, get out of bed and prepare for the day.
- ❖ **Flexibility:** Think of other ways to do what you're used to. For example: shopping for food over the Internet or with the help of family / friends, phone / video calls with friends and family instead of face to face meetings.
- ❖ **Meaning:** Fill your time with activities that fill your heart with joy. For example: make albums with photos of the family, bake breads and cakes and distribute to neighbors (leave outside their door, and call them to collect). Knit, draw, read or perhaps take the time to write stories and memories.
- ❖ **Realistic Thinking and Approach:** Once a day, for approximately 5 minutes, think about yourself, or with your partner, or friends (over the phone) about what you have, what you have achieved in your life, what you enjoy, what your plans are for the post-pandemic period.
- ❖ **Use your experience to strengthen resources:** Identify what helped you during other difficult times in your life? What can help you today? It's time to think about what you like, what you can do to bring happiness to your life. Remember that you have the experience and ability to get through this period as well.
- ❖ **Initiative and circles of support:** It's time to call friends, neighbors or acquaintances and ask after them. Share your experience with them, how you're coping, thus helping them and yourself. You can be in isolation but need not be lonely.
- ❖ **Reduce media exposure and rely only on reliable sources of information:** circulating a lot of false information that can provoke anxiety, check updates from reliable sources of information, at predetermined and for a limited period of time. Focus more on the relevant guidelines for you and less on the extent of the virus expansion.
- ❖ **Give legitimacy and space to your emotions:** During this period, feelings of stress, anxiety, shame, stigma, fear, uncertainty, helplessness, loneliness, frustration and guilt arise. These feelings are legitimate and can also be expressed in physical or emotional reactions.



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- ❖ **Talk openly to your loved ones about your feelings:** When in distress you should share with loved ones or trusted professionals.
- ❖ **Adopt relaxation techniques that are right for you:** There are various methods, breathing exercises, listening to music and the like. Training videos can be used and are readily available on the Internet.
- ❖ **Connect to your inner and external resources:** Focus on the areas of your life that have not been affected, focus on what gives you a sense of ability and control.
- ❖ **Stay active and in control:** Initiative creates confidence. Be involved where possible. Create a sense of security in others and strengthen your sense of control and ability, others will learn from you.
- ❖ **Organize fun activities:** Initiate activities that provide pleasure and well-being such as: sports (according to your doctor's instructions) reading, music, hobbies, crafts, cooking.
- ❖ **Feel free to call for help, a phone call with volunteers and professionals can help in times of stress.**
- ❖ Together we will get through this safely!