

COPING WITH COVID-19 FOR SENIORS



The outbreak of COVID-19 may bring on stress for some people. Fear and anxiety about the situation can be overwhelming. Remember, you are not alone. Here are tips to prepare and cope with stress. Make sure to reach out for help in your community.

1 MEDICATIONS

Make sure you have a month worth of medication supplies in case you are unable to leave the house as often. Keep taking your normal prescribed medication. Make plans with your local pharmacy, neighbours or family members to deliver more medication if needed.



2 HEALTHY LIFESTYLE

It's easy to fall into unhealthy habits during times of distress. Make sure you adopt a healthy routine in terms of sleep schedule, nutritious food, attending to your emotional, mental and physical health.



3 SYMPTOMS

Familiarize yourself with the COVID-19 symptoms as well as anxiety symptoms such as:

- Headaches, sleep problems, low appetite, fatigue etc.
- Virus-related worries, feeling overwhelmed by current situation, sadness, anger, etc.
- Difficulty in concentrating, irritability, aggression, withdrawal etc.



4 INTERACTIONS

Keep your distance and avoid going to crowded places. Avoid going to Churches, Mosques, Temples etc. Try and substitute previous daily routines with at home routines. Try getting some fresh air while keeping your distance from others.



5 DO SOMETHING

Being physically distant does not mean being emotional distant. Try and keep yourself busy by taking up hobbies and activities at home. Make sure to keep the balance with the activities you partake in. Ensure you are attending to your physical, emotional, mental, social and spiritual wellbeing. Activities can include: medication, prayer, knitting, reading, crossword/word search, album organizing, gardening etc.



6 REACHING OUT

Stay in contact with friends and family through email, phone, video chat, letter writing etc. Make sure you try reaching out to fight off loneliness from isolation. Reach out to your local mental health providers for further support.



Contact us:
Tel: 519 973 5588 X 701

For service in English and Arabic
Tel: 519 551 8922
For service in English and Mandarin
Tel: 519 551 7878
Email: mw@www.wiw.org
Website: www.wiw.org