

## **Tips For Older Adults:**

Being an older adult comes with unique challenges. Many face changes in relationships, employment, grief over the loss of loved ones, and changes in their health that have been compounded by COVID-19. Older adults have been through many life changes and health issues that have required adaptation, resilience, and wisdom throughout the years. These traits will help them get through the pandemic.

### **Suggested Activities:**

- Establish structure and routine: ensure you have a routine about bed and waking times, food, “work” activity, social connections via phone or computer, catching up on news, and getting outside to exercise.
- Remain cognitively active: Cognitive exercise are beneficial. Ensure a good supply of board games and word games, investigate online support groups and get engaged in cooking, gardening, housework, playing music, etc.
- Exercise: Stay active; the social distancing measures still allow you to go outside, just be careful about contact with others. Go for regular walks. Practice yoga—if you don't do it yet, now is a very good time to learn.
- Cognitive behavioral therapy (CBT): Learn CBT techniques online to improve your mental health toolkit. Many online resources exist.
- Practice meditation: Ensure you meditate regularly, and if you don't do mindfulness yet, perhaps now is the time to learn more about it. There are many apps available to teach you, one of which is Headspace. You can also do a search on YouTube; there are many free, very helpful resources for you.
- Stop or manage drinking: Alcohol is not going to help. Alcohol abuse in elders is a significant problem and abuse of alcohol significantly contributes to mental health problems.

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