TIPS TO HELP CARE FOR THE VULNERABLE AND OLDER POPULATION DURING COVID-19

With everything that is happening now it is important that we are looking after our loved ones and vulnerable people in the community, these include the older population. Have a think of ways you can help them at this challenging moment of time. Here are a few practical tips for you.

1

KEEP IN TOUCH

At the time social distancing is in place and people may feel lonelier it is important to keep in touch with loved ones and/or any people who may seem vulnerable. A simple phone call could help put a smile on that person's face. Whilst having a chat, why not ask if there is anything they need, if there is anything you can help with.

2

OFFER HELP

If you are aware you have elderly neighbours offer a helping hand, check in and see if they need any shopping. Remember if you are doing this, remember to wear gloves, drop the shopping at the door step making sure it is accessible for the individual/s and stay 2 meters away keeping in line with the social distancing measures.

3

SHOW YOU CARE

As mentioned above, now is a time people may feel a greater level of loniless, with this in mind why don't you do something to show someone how much you care, for example making a home made card, if you havechildren ask them to draw or paint pictures.

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