



## Caring for Seniors in the East Kootenay

COVID-19 has had a huge impact on seniors in the East Kootenay. The latest recommendation related to COVID-19 is for people over the age of seventy to stay home. This means that seniors who were once active and living independently prior to COVID-19, now need help from the community to stay healthy and connected.

## Ways to Help and Make a Difference

- 1. Call**, text, or email a senior you know to check in. Hearing another person's voice and knowing someone cares can mean a lot especially if living alone.
- 2. Offer** to run errands such as getting some groceries, prescription or other important supplies.
- 3. Set up** a device for your senior such as a laptop or tablet. Providing a device and setting a senior up with easy to follow instructions may be the difference between a senior feeling isolated and alone or connected with family and friends. Ensure any devices are fully sanitized before passing them on.
- 4. Give** a senior your contact information. You can download a free postcard from our website <https://www.caregiversnetworkek.com/wp-content/uploads/sites/255/2020/04/postcard.pdf> which can introduce you and provide space for your information.
- 5. Provide** a list of supports available to seniors during COVID-19. In the East Kootenay many communities have COVID-19 Help lists. Several of these community lists can be found on our website [www.caregiversnetworkek.com](http://www.caregiversnetworkek.com) B.C. 211 is also an option for seniors in need of help.



**CAREGIVERS**  
NETWORK for East Kootenay Seniors

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