

How To Connect Socially While Keeping Your Distance

While physical distancing measures have helped us “flatten the curve” of COVID-19 cases in B.C., the disruption to routines, and social visits has led to increased feelings of loneliness and isolation for caregivers. However, the need for physical distancing does not have to mean social isolation. Finding safe ways to be social during COVID-19 requires a little creativity.



Tips For Connecting Socially

- It can be incredibly difficult not to see your family and friends, but there are other ways to keep in touch. Consider a socially distanced walk or coffee in a park where you can space out 2 meters between friends.

- Stay connected to family and friends over the phone and, if you can, make use of face-to-face technology such as FaceTime or Zoom.

- Cultivate friendships and look for ways to build new ones. Now is a great time to re-connect with old friends through the phone or by writing a letter.

- From families giving “drive-by hugs”, to video dance parties through Zoom, online church or community services, book clubs and knitting circles, there are many creative ways to stay connected.

- Take time to reminisce with your Loved One, take out your photos and share memories of the past.

- Nourish yourself by focusing on arts, culture and wellness resources that are now free to the public. Here are a few examples.

Art and Culture

East Kootenay Arts and Culture Events:

<https://www.e-know.ca/events/>

National Ballet of Canada on YouTube:

<https://www.youtube.com/user/nationalballetcanada>

Broadway plays and musicals you can watch from home:

<https://www.stratfordfestival.ca/WatchandExplore/OnDemand>

Visual Art Fans

National Film Board of Canada:

<https://www.nfb.ca/>

Nasa's Visual Photo Collection:

<https://images.nasa.gov/>

BBC's reel:

<https://www.bbc.com/reel/>

Live Canadian Landscapes:

<https://www.webcamtaxi.com/en/canada.html>

Caregiver Specific Interests

Webinars on Caregiving in BC

<https://www.familycaregiversbc.ca/watch-caregiver-learning-centre/>

Alzheimer Society of BC: Video Calling Someone living With Dementia:

<https://www.youtube.com/watch?v=azaLK14XZIE&feature=youtu.be>

Video calling with health-care providers:

<https://www.youtube.com/watch?v=N9JN8Mlt63g&feature=youtu.be>

Games and Activities

Alzheimer Society of London Middlesex

Virtual Social Recreation program:

<https://alzheimerlondon.ca/virtual-social-rec/>

Luminosity brain game training:

<https://www.lumosity.com/en/>

Activity suggestions for people living

with Dementia in British Columbia:

<https://alzheimer.ca/en/bc/Living-with-dementia/covid-19-and-dementia/activities>



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Project supported by the Red Cross
and Government of Canada



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