



Reduce Senior Social Isolation Through Technology

COVID-19 has changed everything overnight – especially for older adults, who are particularly at risk. Social distancing is extremely important today, but we can find other ways to stay in touch with our family and friends.



If your loved one has a smart phone or tablet you can still connect face to face, thanks to technology! Video chatting makes it possible to spend *time* together without *being* together.

Some common Apps used to communicate and are easy to set up:

Facebook
Messenger



Skype



WhatsApp



Google Duo



Introduce your loved one to new features and explore ideas like an online cooking class, live streaming zoo cameras, exercise videos, or play an interactive game together.

As we navigate this pandemic we are stronger together, even from a distance. As Dr. Jody Carrington says “Not today Corona!”

Home Care Assistance, view the full article here

<https://www.homecareassistancemontreal.ca/howto/2020/03/18/housebound-tech-ideas-for-seniors.html>

#RVFNV

Facebook: Central Alberta Regional Vision For Non-Violence

Website: www.visionfornonviolence.weebly.com

Vision: Our communities will strive to reduce violence