

# COVID-19

## 5 WAYS TO REDUCE SENIORS' ANXIETY

1

### AVOID EXCESSIVE EXPOSURE TO MEDIA COVERAGE

Although being informed is necessary, it's important to limit excessive exposure to COVID-19 media coverage as it may cause symptoms of anxiety.

2

### KEEP SENIORS BUSY

Increase activities to reduce the amount of free time to think about COVID-19. Cards games, puzzles, listening to music, and arts & crafts are great activities to shift focus from COVID-19

3

### VALIDATE THEIR THOUGHTS/FEELINGS

If seniors are expressing fear of the COVID-19 spread validate and normalize their feelings. The unknown is scary and seniors should know that feeling on edge in this moment is okay.

4

### CREATE "SURVIVAL KITS"

For seniors who live independently make sure they have adequate food and household supplies in the event of quarantine or short-term isolation. For seniors in assisted living settings let them know the facilities are prepared for facility "lock downs"

5

### REASSURE THEM THAT THEY'RE SAFE

It's important for seniors to feel safe during this time. Share with seniors that measures have been taken to ensure their safety. This could significantly reduce their anxiety around COVID-19