



# Help a senior stay at home and not alone.

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**Home is best. It's where people, regardless of their age, live their lives as they choose to. Also, keeping our seniors out of hospitals and care facilities keeps everyone safe. Here is a list of small things you can do to help the seniors in your life stay safe in their own homes.**

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*HELP A SENIOR STAY HOME AND STAY SAFE*

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**Ask if they need groceries so they don't have to visit busy stores.**



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**Set up a weekly cup of tea and chat over the telephone or a video call.**



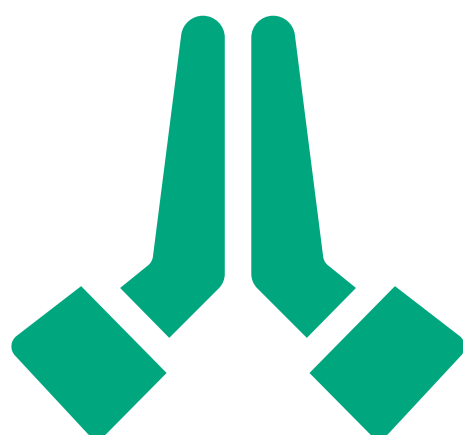
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**Offer to help with outdoor maintenance tasks and repairs.**



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**Share suggestions for online events such as religious services, concerts and plays.**



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**Share favourite authors and books.**



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**Confirm that they have up to date information on community services and social programs.**



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**Encourage them to stay active.**



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**Help them book their Covid-19 vaccination appointment.**



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**Share a physically distanced visit outdoors.**



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**Send cards, letters and gifts in the mail.**



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**Encourage other friends and family to call, email, or send messages.**



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**Help organize transportation to medical appointments.**

