



Feelings of social isolation and loneliness puts everyone at risk, and maybe more so for seniors. This is not new research; however, the advent of Covid-19 and forced social distancing, has placed a whole new layer on the adverse health impact this could have.

Social isolation through social distancing can increase the vulnerability of seniors for elder abuse. Help your parents recognize phishing scams, phone scams, and email scams – especially now.

Five tips and activities that you can use to help your loved ones feel less lonely in this time of social isolation:

1. **Keep a schedule.** Having a plan can help normalize an unstructured day. Write down a checklist of things to do, projects that you want to start or finish, letters you want to write but never had the time. Also, if you like to write, this is an interesting time to diarize what is happening from your point of view. Great for future generations.
2. **Stay connected.** Write letters or postcards to your loved ones, call them on the telephone. The voice of someone you care about can be a soothing balm, and fill the void which may seem quite deep. And of course, there is the incredible use of technology.
3. **Have meaningful conversations with friends and family.** Talk about your feelings, your fears. Compare experiences.
4. **Listen to music and move.** Let your body flow to the music. Play songs that remind you of happy active times. Play music that gives you inspiration and fills you with joy.
5. **Give each day meaning.** Get your photo album up to date and ready to show the grandkids all the embarrassing pictures of their moms and dads. Write a note to your neighbour and put it in their mailbox, or under their apartment door.

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