Strategies to Help Our Seniors Maintain Emotional Wellness

1. **Schedule regular phone or virtual time to touch base.** Connect with the senior in your family as often as possible over the phone or virtually. Connecting with a senior each day could give him or her something to look forward to. Communication is more important than ever now. [https://youtu.be/8YN9wcve464](https://youtu.be/8YN9wcve464)

2. **Encourage your loved one to keep moving.** Now more than ever it’s important for our seniors to stay active. Check out these exercises from the Home Instead Center for Successful Aging. They could serve the dual purpose of keeping a senior active while helping to improve balance and prevent falls.

3. **Plan a drive-by greeting.** Drive by a senior’s home or care community. If a senior is confined to a bed, work with staff to position him or her near a window. Hold up signs or messages from family and friends. If you do not live in the same community as your senior, try to engage other family members, friends, or a church member to help. [https://youtu.be/fqFusVORlbi](https://youtu.be/fqFusVORlbi)

4. **Resurrect popular hobbies.** If your loved one likes reading, drop off or mail books; Include word search or crossword puzzles, supplies to knit and crochet. Help your senior by ensuring they receive the supplies they need. [https://dailycaring.com/free-large-print-crossword-puzzles-for-seniors/](https://dailycaring.com/free-large-print-crossword-puzzles-for-seniors/)

5. **Make mealtimes an activity.** If seniors are still cooking for themselves, help them plan out their menus each week with their favorite healthy foods and make sure they have a way to get groceries such as through deliveries. [https://www.livingwellspendingless.com/family-meal-plan/](https://www.livingwellspendingless.com/family-meal-plan/)

6. **Take your loved one on a trip down memory lane.** Encourage a senior to get out the family’s photo album and talk about the photos and memories of events they represent. Or look through your own photos you can send to a senior and discuss what memory he or she has of the photos.