

Celebrate and support Alberta seniors

Recognizing and supporting seniors safely and responsibly this winter

Seniors are a vital part of our communities. As parents and grandparents, mentors and friends, employees and employers, they make a difference in our lives. This holiday season, it is important we continue to recognize, celebrate and support seniors during the COVID-19 pandemic.

During these challenging times, there are many great and innovative opportunities to find new ways to connect with each other and support seniors in a safe way. This tip sheet provides suggestions on how Albertans can continue to celebrate, support and keep seniors safe while respecting public health measures. Visit alberta.ca/COVID19 for current information on public health orders.

Share love and stories

This season is a great time to connect and share stories. Connect with seniors through social media platforms, share stories and host virtual events. Be creative! Record your virtual interactions and post them to your favourite social media platform using #abseniors.

- Host an online carolling sing-a-long
- Host a poetry reading
- Host an online podcast with guest panelists
- Host dance lessons online
- Have a virtual story-telling evening

Keep connected virtually

There are so many great opportunities and platforms to stay virtually connected with the older adults in your life. Say thank you, make sure they are safe and see if they need anything. To do so safely, here are some ways to stay virtually connected:

- Make an audio or video call
- Send an email or ecard
- Host an online family dinner
- Host a virtual games night
- Take a photo of a drawing and email it to a local continuing care facility to share with senior residents



Offer assistance

This is a great time to support the emotional, mental and physical well-being of older adults and to spread good cheer throughout your community.

- Offer to assist in ordering online grocery deliveries
- Shovel snow for a senior in your neighbourhood
- Volunteer with organizations that support seniors, like telephone check-in programs
- Make a financial contribution to an organization supporting seniors, such as your local food bank

Resources

Research what resources are available in your community:

- Healthy Aging Collaborative Online Resources and Education: <https://corealberta.ca/>
- Call 211 or visit www.ab.211.ca for local resources

If you believe a senior requires additional supports, call:

- 911 or local police if you suspect immediate danger
- Family Violence Info Line at 310-1818
- Mental Health Help Line at 1-877-303-2642
- Addiction Help Line at 1-866-332-2322

For more information visit alberta.ca

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