

LifeSolutions

Helping seniors navigate COVID-19

Keep your loved ones safe no matter where you are.



Many people are understandably concerned about the physical and emotional well-being of their older family members. It can be especially difficult for those separated from their loved ones by distance. Regardless of where you are, you can play a significant role in helping the seniors you love navigate these uncharted waters. Asking your loved ones the following questions may be a good place to start.

1. How are your basic needs being met?

- How are you getting your groceries and prescriptions?
- Do you have the 30-day supply of necessities recommended by the CDC on hand?

2. Are you following the CDC's recommendations for senior citizens?

- Are you washing your hands and cleaning frequently touched surfaces regularly?
- Are you wearing a mask when you leave the house and avoiding touching your face?

3. Are you feeling anxious?

If your family member indicates that his or her anxiety has been heightened, encourage him or her to:

- Fill time with calming hobbies.
- Find online concerts or other events to simulate favorite activities.
- Keep a regular routine.
- Take breaks from reading or watching the news and stay away from social media.

4. Are you staying connected?

- Have you spoken to any friends on the phone today?
- Have you tried using video chat to stay connected?

LifeSolutions offers counseling sessions and can help you locate support resources in your area and the areas in which your loved ones live. If you have any questions, care managers are available 24 hours a day, 7 days a week.

EAP services are private and confidential. They are available to you and members of your household at no cost. Call or email us to ask questions or schedule an appointment.

LifeSolutions is here to help.
Lifesolutions@upmc.edu

lifesolutionsforyou.com
1-844-833-0527 (TTY: 711)

To access the Work-Life section of our website, go to **lifesolutionsforyou.com**, click login, and enter your company code.