



Activity Ideas during COVID-19 (Coronavirus)

News of COVID-19 (Coronavirus) continues to grow and older adults and those with compromised immune systems are understandably remaining isolated at home. This can be a confusing and anxiety provoking situation for many, especially those living with memory loss who may not fully understand the reason for isolation. The Hummingbird Project has created this list of in-home activities to help reduce feelings of stress and isolation. Please remember safety is the top priority: visit the [CDC website for accurate and up to date information](#). However, it is equally important to provide supportive and life enhancing activities to help improve quality of life and find joyful moments during this stressful time.

Creative Ways to Stay Connected

Engagement is vital to wellbeing. Do not let contact precautions and isolation prevent you from supporting an older adult in your life. Stay connected in unique and creative ways:

- Conduct social visits by phone. Prepare an interesting, thought provoking story to share. Discuss your favorite recipe. Offer a fun fact. If appropriate, acknowledge the stress of the current crisis, but also be sure and discuss normalizing, uplifting topics.
- Send clients, caregivers and family members inspiring text messages with interesting information related to their area of interest. This might include pictures of animals, travel videos, music videos, etc.
- If the individual has computer and internet access, conduct social visits remotely via zoom, facetime, etc. Prepare a list of fun and invigorating questions to share; this could include armchair travel, reviewing a book or article, trivia, sharing one of the websites below and more. You can share powerpoints and images on many of these platforms, so make it interactive and fun.
- If it is safe to do so, connect with your client or loved one through the mail: send them a postcard, print and send a poem, send along an interesting article or crossword, etc.

Utilize Technology

The following websites and resources are fun ways to engage a person remotely using technology!

Covia Well Connected *(to enhance emotional connection and engagement)*

Sign up to attend these activities via phone or computer including meditation, art, writing, reading, conversation, and much more (plus it's free!) [Well Connected](#)

Phone 650-777-7607 Fax 650-652-5643
www.HummingbirdProject.net Hummingbird@SageEldercare.com



Getty Images *(for creative and intellectual interests)*

View a large collection of images searchable by word, like “sunset”. [Getty Images](#)

Google Arts and Culture *(for creative and cultural exploration)*

Visit a museum online! A great place to view images of art, museum collections, famous places, historical events, etc. [Google Arts and Culture](#)

FactSlides *(great for vocational and intellectual interest!)*

This trivia site has facts about lots of things, including chocolate!

<https://www.factslides.com/s-Chocolate>

History.com *(why not learn something new?)*

Short articles about topics around the world. This Day in History is fun.

<https://www.history.com/this-day-in-history>

Nasa Live *(travel to space online!)*

Official Nasa Live Stream; ongoing events of things happening in space.

[Nasa Live](#)

Pier 39 Sea Lion webcam *(this will be sure to enhance your environment, and make you feel like you're on vacation!)*

Watch the sea lions interact and bark anytime.

<https://www.pier39.com/sealions/>

Fun Music with Cups, Coffee Break *(this will get you dancing in your seat!)*

Watch the University of Texas College of Music prove music is everywhere and of course coffee has rhythm!

<https://www.youtube.com/watch?v=2QhQR-AofPQ>

Three Easy Tai Chi Videos *(start moving that energy)*

Improve your balance and reduce falls.

<https://dailycaring.com/3-easy-tai-chi-videos-for-seniors-prevent-falls-improve-balance-and-strength-video/>

Chair Yoga *(get your yoga on!)*

Get a thorough yoga workout from a chair.

<https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>

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Marco Polo (*why not try the latest social technology!*)

Create and send a video message to a friend and get a video response back!

<https://apps.apple.com/us/app/marco-polo-stay-in-touch/id912561374>

The Hidden Worlds of the National Parks (*take virtual tours of our national parks*)

Tour our parks from Alaska to Florida in full virtual wonder.

<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>

The Metropolitan Opera (*nightly Met Opera streams*)

Attend the metropolitan opera house in any garment you like! Virtual opera performances nightly with all the splendor you expect.

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

Sherman Travel (*travel the world without leaving your home*)

Enjoy 15 tours of the world at your fingertips! [Sherman Travel Website](#)

Rhythmic Innovation (*group drumming and song circles*)

Join a virtual drum circle using simple, effective household items.

<https://www.rhythmicinnovation.com/group-drumming>

Volunteer Match (*be of service to others*)

Short term volunteer opportunities for letter writing to isolated individuals.

https://www.volunteermatch.org/search/filters/?&showMessage=INACTIVE_OPP

Middle Matzah Haggadah (*join a digital tell for a time of brokenness*)

Watch a video about the Middle Matzah Haggadah.

https://www.youtube.com/watch?v=GvEECSy0tRA&utm_source=ActiveCampaign&utm_medium=email&utm_content=Daily+Meditations+with+Matthew+Fox&utm_campaign=New+RSS+Post

Some Good News (*uplift your mood*)

This is a bit of fun for everyone.

https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug

In-Home Activities to Enjoy

The following activities can be enjoyed at home. Always use discretion when contact precautions are in place; it is important to put safety first and ensure you are regularly

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disinfecting all surfaces and items. Always wash your hands before and after initiating an activity.

1. Play **relaxing music** while singing. Gently move to the music.
2. Create a **short story** together. Write it down. If you're so inclined, sketch or draw images to include.
3. Offer **newspapers, magazines, comic strips, puzzles, trivia, and other stimulating literature**. These can be disposable and safely recycled after each individual use.
4. **Turn off the TV**: It is important to stay up to date, but be cautious with the messages you are receiving to avoid adding to feelings of worry or stress. Change the channel often and be sure and watch uplifting movies and programs that are not related to current events.
5. Engage in simple 1:1 **art activities** (sketching, drawing, writing, coloring mandalas, etc) using the minimum supplies necessary. Leave any supplies used safely with your client or loved one for future use, and be sure and sanitize supplies thoroughly or throw away used supplies if appropriate. Free Mandalas by Just Color can be found at <https://www.free-mandalas.net>
6. Offer opportunities for clients to engage in their own **religious or spiritual practice**. Meditation, prayer, and guided mindfulness techniques can be beneficial for managing stress and anxiety. Many faith based communities also offer recordings of sermons and prayers online.
7. Watch **travel videos, musical concerts, and nature documentaries!** Discuss and share observations and emotions these visuals evoke. **Make this an active (not passive) engagement opportunity.** YouTube is a great and free resource!
8. Look through **photo albums, cook books, and valuable memorabilia**. This is a great opportunity to reminisce together! (*don't forget to wash hands and sanitize before and after*)
9. If appropriate, take clients or loved ones on **private strolls** around hallways, or any outside courtyards for fresh air. If unable to go outdoors then find an interesting view out of a window to observe and discuss together. Make these a themed activity by noticing all the birds as you stroll.
10. Coordinate with clients family members and/or friends to provide opportunities for video or telephone calls with **outside contacts**, to help maintain connections with their community.
11. Engage clients in a **life review** process. StoryCorps <https://storycorps.org/> has many amazing resources! (Don't forget to sign up for the story of the week!)

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Please visit www.hummingbirdproject.net to order out **Joyful Moments Activity Cards** or for more information on our services. We offer free 30 min complimentary consultations any time and are here to support you!



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