



RESOURCES FOR ENGAGING OLDER ADULTS

Platforms for Virtual Connection

Service	Subscription/ Fee \$	Capability	Limits
Facebook Group Video Chat	Free; Facebook account required.	Up to 50 people can join - After 6 only the host will be seen on the screen	Requires computer or smart phone and internet access. Messenger app required on smartphone.
Facebook Live	Free; Facebook account required.	Unlimited number of participants.	Requires computer, tablet, or smart phone, and internet access. Music copyright laws apply.
Google Hangouts	Free; Google account required for host.	Up to 50 people may join. After six have joined, only host is visible on screen.	Requires computer or smart phone and internet access. Music copyright laws apply.
Group FaceTime	Free	Up to 32 people can join. After six have joined, only host is visible on screen.	Requires iPhone or iPad, "FaceTime" app and internet access. Music copyright laws apply.
Zoom	Free with time limits and limited function. Nonprofit subscription rates available.	Different levels of service. HIPPA compliant.	Requires computer, tablet, or smart phone, and internet access.

Tips

AARP- technology examples that help minimize social isolation

<https://www.aarp.org/caregiving/home-care/info-2018/new-technology-social-isolation.html>

Benjamin Rose Institute on Aging- telephone set up basics for older adults
<https://www.benrose.org/-/resource-library/help-at-home/5-tips-to-help-our-loved-ones-with-using-telephones>

Facetime Instructions

<https://support.apple.com/guide/iphone/make-a-group-facetime-call-iph405ab67de/ios>

National Council on Aging: Tools for Reaching a Remote Audience

<https://d2mkcg26uvg1cz.cloudfront.net/wp-content/uploads/Tools-for-Reaching-a-Remote-Audience.pdf>

ZOOM Tutorial

[Learning Zoom](#) – 45 min

Exercising at Home

General Safety

[Stay Safe](#) during exercise: Exercising at home, with appropriate exercises and guidance, is generally safe and healthy. There is always some risk of injury associated with exercise. Exercise participants should always follow the advice of their medical providers. Any exercises done at home are done at the participants' own risk. The following are important tips:

- Listen to your body. Always warm up before exercising and cool down afterward. Gauge your level of effort with the “talk test”. You should be exercising at a level that allows you to talk, but not sing.
- Be aware of your environment. Make sure you are in reach of a counter, back of a couch, or a sturdy chair that is pushed up against a wall in case you lose your balance and need to hold on to something. It may also be helpful to put a chair/couch behind you in case you need to sit or lose your balance.
- Hydrate. Drink water before, during, and after exercising, even if you don't feel thirsty.
- [Wear appropriate shoes and clothing](#). Choose shoes that are made for the type of activity you want to do and choose clothes that work with your activity and the temperature of your environment.

More Safety Tips

<https://go4life.nia.nih.gov/how-to-stay-safe-during-exercise-and-physical-activity/>

National Council on Aging: [Encouraging Older Adults to Stay Active and Safe During the Pandemic](#) (great suggestions for safe, home exercises, infographics and guidance)



Exercise Tips

Very Well Fit

<https://www.verywellfit.com/best-home-workouts- 3495490>

Healthline

<https://www.healthline.com/health/fitnessexercise/at-home-workouts>

Good Housekeeping

<https://www.goodhousekeeping.com/health/fitness/a31478709/home-workout>

American Council on Fitness

<https://www.acefitness.org/education-andresources/lifestyle/blog/6593/top-25-at-homeexercises>

Exercise Videos

Go4Life

<https://go4life.nia.nih.gov/workout-videos/>

Chair/yoga videos Sherry Zak Morris (CEO and Founder of Yoga Vista)

- <https://yogavista.tv/>
- <https://www.youtube.com/user/YogaJP/videos>
- https://youtu.be/G_IOLx7uruw
- <https://youtu.be/VKm9lmZO0ik>

Virtual Classes

Silver Sneakers on Demand (for eligible members)

<https://www.silversneakers.com/learn/ondemand/>

Other Resources

Balance and Strengthening Exercises for Older Adults

https://www.facebook.com/groups/167840884637909/?ref=group_header

Evidence-Based Health Promotion

Evidence-based programs are programs that have been rigorously tested in controlled settings, proven effective, and translated into practical models that are widely available to community-based organizations. It is also important that the evaluations themselves have been subjected to critical peer review. Many of these programs are provided by a vast network of aging service providers. For more information, contact the North Carolina Division of Aging and Adult Services at 919-855-3400.

Healthy Aging NC

Healthy Aging NC, an initiative of the NC Center for Health & Wellness at UNC Asheville, serves as a resource center for evidence-based health promotion and disease prevention programs. Through its website, Healthy Aging NC:

- Connects people to the programs and agencies that improve community health,
- Increases the capacity of providers to offer these programs,
- Maintains the website with current program information and online registration systems,
- Collects and analyzes data to report results.

Information on many upcoming programs can be found on this [Healthy Aging NC webpage](#).

Below is a brief description of some popular NC programs that have been adapted for virtual implementation during the COVID-19 crisis.

Chronic Disease Self-Management Education

For people who are experiencing chronic disease and/or chronic pain, would like to build confidence in their ability to manage the symptoms of their chronic conditions, and/or want to improve overall health.

Geri-Fit

Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process to help ensure a higher level of function as older adults continue to age.

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for someone else. You will benefit from this series whether you are helping a parent, spouse, friend, someone who lives independently in the community, and/or someone who resides in long-term care facility.

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Fall Prevention utilizes Tai Chi's Sun style for its ability to improve relaxation, balance and its ease of use. The movements are taught to both left and right sides and with turns to move forward and backward to improve mobility and offer a variety of combinations.

Walk With Ease

The self-directed version of Walk With Ease (WWE) encourages participants to walk on their own, with leaders offering guidance via e-mail or virtually.



Senior Center Programs

The National Institute of Senior Centers created a toolkit for program delivery during this time. It can be found [here](#).

There are 171 senior centers in NC. To find a local senior center, visit this [directory](#). Many NC centers are experimenting with new programming methods to keep people engaged. Below are some examples:

Nutrition

- Offer carry-out meals or deliver meals or groceries to participant homes
- Provide daily/biweekly activity and information packets with meals (cross word puzzles, word search sheets, coloring pages, trivia, etc.)
- Provide goodie bags to participants (soap, hand sanitizer, informational flyers)
- Include personal handwritten notes with participant meals

Virtual

- Utilize center Facebook page for trivia, games, exercise videos, craft classes, virtual tours, etc.
- Lead interactive group activities through Zoom or other virtual platforms
- Collaborate with community colleges to offer online courses at discounted rate
- Provide virtual education seminars and religious studies

Telephone

- Develop questions and use to offer friendly phone check-ins by staff and volunteers
- Facilitate group conference calls for established groups or new small group activities like bingo

Email

- Solicit senior memories/stories, compile into a single document, and share with participants
- Create and share stay-at-home daily activity calendar

Other

- Provide free jigsaw puzzles, library books, or other free materials from craft closet to participants via curbside pick-up
- Deliver puzzles and books to participant homes
- Engage high school students to mentor participants with electronic/virtual technology

- Collaborate with local Chamber of Commerce to provide free webinar and online video tutorials to learn about video conferencing and other live streaming technology
- Engage participants in Sewing Response Team: a nationwide team of seamstresses providing masks and gowns

Additional Resources

At Home Activities

USA Today

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-uarantine-100-things-do-while-trapped-inside/5054632002>

Psychology Today

<https://www.psychologytoday.com/us/blog/intersections/202003/8-things-do-while-under-quarantine>

Happier Human

<https://www.happierhuman.com/fun-things-to-do-at-home>

Drawing Tutorials

<https://www.youtube.com/user/RapidFireArt/playlists>

Online Message Groups

There are many online message groups where people of similar interests can connect.

AARP Community Connections chat room. You can pick different topics to discuss.

<https://themighty.com/>

Facebook groups are a great way to connect people with similar interests. They are easy to set up and free. Below are some existing groups but you can create your own.

[1940s America](#)

[Active Aging in Western North Carolina](#)

[Activities for Seniors](#)

[Back in the Day Who Remembers](#)

[Barn Quilt Enthusiasts](#)

[Casino Granny](#)

[Classic TV Shows](#)

[Glam-Ma Squad](#)

[Gramma's Faith, Love and](#)

[Inspiration](#)

[Gramma's Old and Crabby Funnies](#)

[Handmade Crafts Community Group](#)

[Helping Triangle Seniors](#)

[I Love Being a Grandma](#)

[LET'S TRAVEL BACK TO THE 1940s, 50s, 60s, & 70s AND BEYOND](#)

[NC Outdoors](#)

[North Carolina Baptist Aging Ministry](#)



[North Carolina Gardening](#)
[North Carolina History Hunters](#)
[Old Geezer Club + Old South & Old Cars & Old Music!](#)
[Old Geezers & Biddies](#)
[Old Geezers Car Show](#)
[Old Men Stories](#)
[Old Television, Shows, Movies and Radio](#)
[Old Time Musicians: profiles, recordings and history](#)

[Oldtimers Page](#)
[Once a Marine-Always a Marine](#)
[Over 50 and Funny](#)
[Retired Nurses](#)
[Sassy Senior Solutions](#)
[Seniors Only - Active, Online Group for 50+](#)
[US Air Force Retired](#)
[Wild Old Women Group](#)
[Women After 50](#)

Telephone Reassurance

One of the easiest ways to stay connected is via telephone. Different agencies are implementing various telephone reassurance programs.

AARP Community Connections- friendly calls by trained volunteers

<https://aarpmutualaid.zendesk.com/hc/en-us/requests/new>

Call circles- any organization can establish a call circle

- Establish groups of 3 or more for regular calls.
- Give calling assignments. Example: person 1 calls person 2, person 2 calls person 3, etc. Last person calls person 1 to complete the circle.
- Groups could be assigned and then switched after a few weeks.

Calling tips- A senior center in Massachusetts offered the following tips for establishing a telephone reassurance program.

- Set up a mutually good time to call.
- Check if they have other natural supports- friends or family who are also checking in.
- Ask how they are doing? Mood? Food? Sleep? (*Is someone able to go to the store for you? Are you able to call family or friends when you are lonely? Is there anything you are worried about? Are you able to find things to do at home when you cannot get out?*)
- Normalize that it is okay to feel sad, stressed, or confused during a crisis.
- Help identify what has helped them in the past to get through hard times. Draw on those skills they have used in the past that helped manage prior life adversities and use those skills to help manage emotions during this challenging time.
- Brainstorm things to do at home: organize photos, closets, engage in hobbies.

- Discuss healthy lifestyle they can do to help themselves: proper diet, sleep, movement in their home, fresh air in windows, and social contacts by phone.
- Help limit worry and agitation by spending less time watching media if it is upsetting.
- Find common likes – music, hobbies, people, and places.
- This is a great time for sharing life stories. Here are some questions to get rolling:
 - Who is the person who influenced your life the most?
 - Do you have a lost love?
 - What was the happiest moment of your life?
 - What are you most proud of?
 - What are the most important lessons you've learned in life?
 - What is your earliest memory?
 - Did you receive an allowance as a child? How much? Did you save your money or spend it?
 - Who were your friends when you were growing up?
 - What was your favorite thing to do for fun (movies, beach, etc.)?
 - What was school like for you as a child? What were your best and worst subjects?
 - What school activities and sports did you participate in?
 - Do you remember any fads from your youth? Popular hairstyles? Clothing?
 - What world events had the most impact on you?

NC Baptist Aging Ministry Hope Line: Volunteers answer calls and work directly with a Christ-centered approach <http://www.ncbam.org/tablet/ministry-outreaches.html>

Webcam Viewing

Webcam viewing can be great for relieving stress and escaping from your surroundings. Many of the national parks and museums have interactive options. Examples below:

[Guggenheim Art Museum Virtual Tour](#)

[Smithsonian Institute Online Galleries](#)

[Washington, DC Cherry Blossoms](#)

North Carolina viewing:

[Bogue Inlet Pier](#)

[Downtown Boone NC](#)

[Fairfield Lake](#)

[Grandfather Mountain](#)

[Manteo Marina](#)

