

# Welcome

The COVID-19 pandemic has been exceptionally challenging for our long-term care residents, staff and families. In particular, social isolation and loneliness present health risks for residents who have experienced long periods of separation from family and friends and limitations on group dining and programming. Preventing loneliness is as important as helping residents with their physical care; even more so during periods of outbreak when contact with others is limited to reduce the risk of virus spread. The tips and strategies provided in this guide are intended to improve the quality of life of residents affected by pandemic-related restrictions.



## Purpose

This guide was developed to assist staff, volunteers, family and friends with strategies and suggested resources for providing resident emotional support and meaningful engagement in the context of COVID-19. While COVID-19 is new, disease outbreaks in long-term care homes are not; these strategies can be used during any infectious outbreaks in the future. This guide highlights many creative ideas that enhance social connection and improve support for our long-term care residents when they most need it.

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## Use

For more information about the content of this guide and to access suggested programming supplies and resources, please see a member of your home's Recreation Services team.