

Circles of Care

SUPPORTING YOUR OLDER NEIGHBORS IN THIS TIME OF NEED

Looking for a way to help your community while you're home? Here are some low tech and easy ways to assist your older neighbors, who are particularly vulnerable during this pandemic.

NOW MORE THAN EVER...

Ask how you can help

Call, email or knock on the door (then stand back six feet, of course). Give them your contact information and ask if you can help buy groceries, pick-up medications, walk dogs or just a regular check-in call.

Pick up their mail

If their mail or newspaper delivery is outside, offer to arrange a daily pick-up.

Help them with new technology

Many groceries and pharmacies are quickly adapting to COVID-19 in new ways that limit in-person contact. Your neighbor may not be in the know, especially if they lack an internet connection. Offer to help them access these services. Arrange deliveries.

Send cards

Kid-friendly: Write notes and color pictures to send to neighbors or to your local nursing home. Nursing homes are no longer accepting visitors due to health concerns. Residents would appreciate the mail!



START A CIRCLE OF CARE

WHAT IS A CIRCLE OF CARE?

- First, a commitment to be there
- Volunteer-driven, community-based
- Connected people who help each other with mutual aid
- Flexible, adaptable, based on need
- Dependable, consistent, trustworthy

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www.ageplus.org

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28% of older persons in the US live alone.



45% of women 75 and over live alone