



Canadian
Frailty
Network

Réseau canadien
des soins aux
personnes fragilisées

FRAILTY
MATTERS

COVID-19

HELP OLDER ADULTS IN YOUR LIFE PREPARE FOR POTENTIAL ILLNESS OR QUARANTINE IN THE FOLLOWING WAYS:

- Consider creating a neighborhood or family assistance plan in which you agree to check in on your older family members and run essential errands for each other if someone in your network becomes sick.
- Help older adults to stock up on canned and frozen food items to ensure they have enough food for two weeks in case they are required to remain in their home or are unable to receive the support they need.
- Remind older adults to keep cell phones and tablets charged and make a plan to use FaceTime or video chat to stay in touch, should isolation protocols come into place.
- Fill prescriptions now and stock up on over-the-counter medications. If possible, get enough for a one-month supply.
- Purchase over-the-counter pain and fever medications to have on hand.
- Remember that most drug stores will deliver to your home, but this could be suspended so fill essential prescriptions as soon as possible.
- Stock up on supplies for pets – a one-month supply if possible.
- Stock up on cleaning supplies – a one-month supply if possible.
- Ensure that older adults have adequate sanitary and hygiene supplies on hand – one-month supply.

As community members, we all have an important duty to safeguard our seniors and make sure they are secure, healthy and living a quality life. Let's not forget them and all the ways we can keep them healthy during the COVID-19 outbreak.