



TIPS FOR OLDER ADULTS WITH TECHNOLOGY TO AVOID SOCIAL ISOLATION

1

Have a video chat

Platforms like [Skype](#), [Zoom](#), or [FaceTime](#) allow for free video calls for two or for small groups using a smart phone, tablet or computer. Just like being at the coffee shop, schedule a call, grab a coffee and stay connected.

2

Stream a new TV show or movie

Platforms like [Disney Plus](#), [Netflix](#), [Amazon Prime Video](#), or [Crave TV](#) offer a variety of television shows and movies. Many platforms offer a free trial, and can be accessed on a phone, tablet, or laptop!

3

Get some exercise

It's important to get some exercise to help keep your muscles and bones strong and challenge your balance. The National Ballet School has made their virtual [resources](#) available for older Canadians to safely bring dance into your home, including chair ballet.

Incorporate exercise into your daily routine to support your physical and mental health.

4

Create your family tree

This could be the perfect time to start researching your family tree. This allows you to reach out by phone to speak to relatives you might not have seen for a while. Record your findings to share with others. Many great websites exist for developing a family tree such as [Ancestry.ca](#) (paid subscription is required) or [Family Search.com](#) (free service).

5

Listen to audio books or download an e-book

Check your [local library's website](#), as many offer free downloads with a library card! [Audible](#) is another website that has tons of audio books and offers a 30-day free trial. There are many topics available, including literary classics – click the book you want, and start listening.

6

Visit a museum - virtually!

Many Canadian museums are offering virtual tours - find a list of museums [here](#)! You can view online artifacts and follow audio tours that you can access at home. Enjoy the beauty of these world class museums from your home.

7

Listen to podcasts

You can stream podcasts from [Apple Podcasts](#), [Google Podcasts](#), or platforms like [iHeart Radio](#). With your smart phone, tablet or computer, you can listen to any variety of music, and enjoy podcasts about many different topics from daily news to celebrity interviews.

8

Try a new recipe

There are many healthy, well balanced recipes from the [Canada Food Guide](#) available online. Stay connected with family and friends by trying the same recipe, and then video chat during a “shared” virtual meal.

9

Order from your favourite restaurant

[Skip the Dishes](#) and [Uber Eats](#) deliver from a variety of local restaurants. It is safe to order in, but make sure to take precautions. Pay online with a credit card to avoid any contact with the delivery person. Have deliveries left outside, throw out packaging and sanitize boxes or bags. Make sure to wash or sanitize your hands after handling any packaging and before you eat.