

# STAYING CONNECTED DURING COVID-19 PANDEMIC



The Division of Aging recognizes the need to balance health protection and social connectivity for those within nursing facilities, especially given the recent visitation restrictions due to the COVID-19 pandemic. To help encourage nursing facilities and families to stay connected, here are some general ideas for continued social connectivity.

## SOCIAL CONNECTION IDEAS



### Social Media

Utilize the facility Facebook page to display pictures of residents holding up message boards to say how they're doing and what's on their minds; or, post requests to receive cards/drawings for any resident. Utilize Facebook "Send a Note." Use OneDay app to record video stories of residents and send them to families through text and email. Consider Twitter, Instagram or Snapchat.



### Text, Phone Call and Video Chat

FaceTime, Facebook Messenger, Skype, and WhatsApp are great options to keep people connected. Consider an iPad "auto answer" feature to minimize technology knowledge gaps. Consider captioned telephones for those with hearing impairment (review the FCC website for more info).



### Email, Handwritten Letters & Cards, Children's Artwork and Other Ideas

Encourage personal communication via email, handwritten letters and artwork from family.

Other ideas:

- Stream local online church services
- Sidewalk chalk messages or art
- Install a bird feeder near window, refill often
- Window chats (window to remain closed)
  - Whiteboard or signs to share messages
  - Walkie-talkies/two-way radio
  - Print photos and attach to outside window

### Stay entertained and connected with your social network inside the facility

- Doorway games and activities (hall bingo, light hall exercise and sing-a-longs)
- Offer computer time for surfing the web
- Provide decks of cards for games like Solitaire, magazines, books, books-on-tape, and other one-person entertainment items (consider requesting donations from local churches and community centers)

If you have any questions, please contact the Division of Aging toll-free number at 888-673-0002 or visit [www.in.gov/fssa](http://www.in.gov/fssa).



Indiana Family & Social Services Administration