



## Caring for the Elderly

Greetings and wishes for your health and wellbeing from STREBEN HEALTHCARE.

This is the last capsule in a four part knowledge series on Mental Wellbeing, that is our small contribution to help community improve well-being and fight the COVID-19 virus. Please share it with your dear ones, friends and associates, if you find this useful.

- **Ensure the elderly at home are well rested and taking their food/medicines on time.**
- **Do not allow them to listen or read too many messages and forwards.**
- **Ensure they have their routines, examples: walk inside; drink enough water and liquids to be hydrated; listen to their favourite songs/bhajans.**
- **Make sure children spend time with them; have relatives call them over phone or WhatsApp.**
- **Keep in touch with their physicians. Monitor their BP and sugar, if they are suffering from them.**
- **Ask them to participate in some household chores, like supervising cleaning; cooking; sharing recipes; telling kids stories and share their younger days' experiences. Involve them and keep them slightly busy.**
- **Allay their fears. Do not be anxious before them, this can be distressing for them.**
- **Have family activities together. Interacting with grandparents will help in inculcating family values in children.**



**Do not ask them if they are experiencing sore throat, fever, fatigue, breathing difficulties, cough etc. It is human to agree to all, and also feel all the symptoms. Instead ask them to describe their problem. Attend to the said symptoms.**



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Past president of Chennai Counsellors Foundation, Rajani is passionate about helping people in building healthy relationships and achieving wellbeing.



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