

Did You Know?

The Friendship Line is a 24/7, toll-free phone line for people aged 60 years and up.

Offered by the Institute on Aging (IOA), the phone line offers a friendly chat with trained volunteers who specialize in conversations with seniors with depression.

*Provide this number to your residents:
1-800-971-0016*

Start a resident support group to provide the opportunity to share their feelings and experiences with fellow residents

Assist residents to establish a buddy system with either another resident or even a staff member

Maintain structure and routine when providing care

Encourage residents to connect frequently with family, friends, and favorite groups for social contact

Encourage residents to practice mindful breathing several times a day:

- First thing in the morning
- Prior to receiving care
- When feeling stressed or anxious

Have residents write down what they are thankful for each day (staff can participate too). It has been shown this can help elevate moods. Share these with others (especially if thankful for staff!)

Start a pen pal program

Have a staff and resident talent show

Start a resident book club

Doorway karaoke

Remote control car races

Simple Strategies to Help Residents Manage Loneliness and Stress