



Staying Connected During Social Distancing

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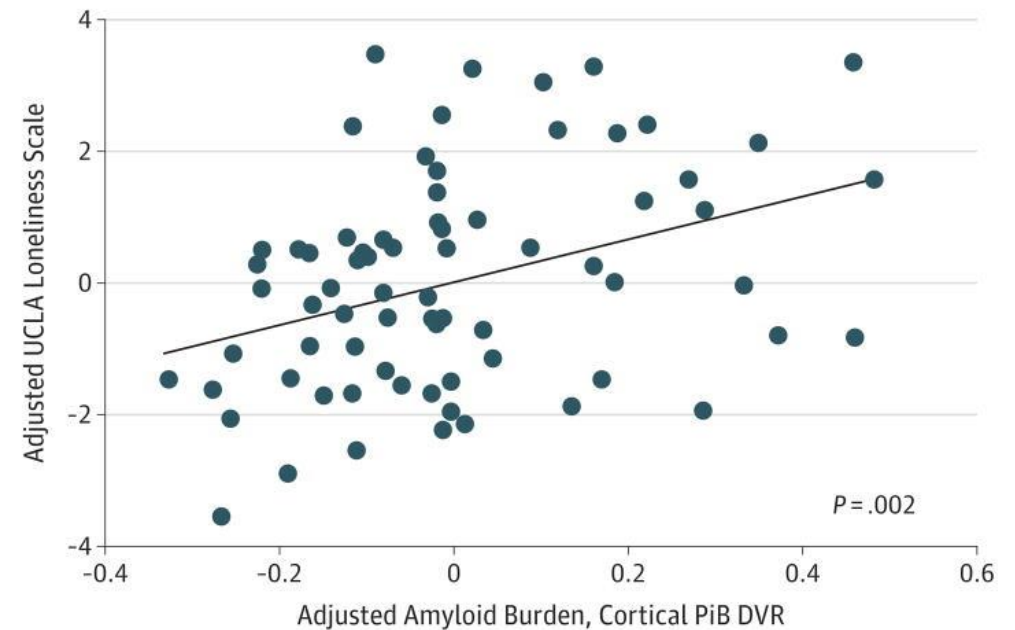
UW MEDICINE MEMORY AND BRAIN WELLNESS CENTER AT
HARBORVIEW

April 8, 2020

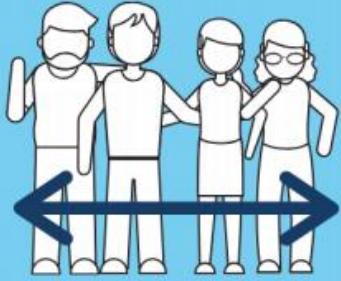
UW Medicine
MEMORY & BRAIN
WELLNESS CENTER

A Case for Socialization

- Study of older adults in the community from a longitudinal dataset (Harvard Aging Brain Study; Donovan et al., 2016)
- Higher amyloid burden (early brain changes in preclinical Alzheimer's disease) is associated with feelings of isolation, lack of companionship
- In general, social contact is associated with increased quality of life, reduced stress, and lower risk for negative health outcomes
- Social vulnerability increases risk for cognitive decline and chronic disease



SOCIAL DISTANCING 101



Social distancing are actions that communities can take to reduce face-to-face contact which may help reduce the spread of disease.

Latest Guidelines for Social Distancing



INDIVIDUALS AND FAMILIES

- Stay home and do not go out in public when you are sick
- Avoid medical settings unless necessary
- Give six feet of space from others
- Wave instead of handshakes
- Practice excellent personal hygiene habits



AT WORK

- Work in ways that minimize close contact with people
- Minimize groups over 10
- Encourage telecommuting
- Clean your workspace frequently



THOSE AT HIGHER RISK

Public Health recommends that people at higher risk of severe illness should stay home and away from large groups of people

Those at higher risk includes people:

- Over 60 years of age
- With underlying health conditions
- With weakened immune systems
- Who are pregnant

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups or host visitors
- If going out on a walk, keep at least 6 feet from others
- If you can:
 - Use mail-order for medications
 - Avoid public transportation

Social Distancing Scoreboard:

<https://www.unacast.com/covid19/social-distancing-scoreboard>

Can I Go Outside?

- Yes, but with consideration of social distance practices (6 feet away from others)
- Most parks, playgrounds, community spaces are closed for the time being
- Avoid picnics and gatherings of people
- Consider walks in less-trafficked areas



Those Darn Groceries...

SEATTLE AREA GROCERY STORE Special Senior Shopping Hours <i>For Seniors and those with compromised immune systems</i>			
Updated: 22 MAR 2020			
SAFeway Tuesday & Thursday 7:00 am – 9:00 am	PCC COMMUNITY MARKETS Everyday 7:00 am – 8:00 am	COSTCO WHOLESALE Tuesday & Thursday 8:00 am – 9:00 am <small>* Must have a Costco membership</small>	Red Apple Tuesday & Thursday 7:00 am – 9:00 am
Albertsons Tuesday & Thursday 7:00 am – 9:00 am	TRADER JOE'S No Dedicated Hours	target Wednesday 7:00 am – 8:00 am	THRIFTWAY Tuesday & Thursday 7:00 am – 9:00 am
QFC Monday thru Thursday 7:00 am – 8:00 am	WHOLE FOODS Everyday Westlake Location 7:00 am – 8:00 am Broadway Location 8:00 am – 9:00 am West Seattle Location 8:00 am – 9:00 am	Walmart Tuesday 6:00 am – 7:00 am	metropolitanmarket. Everyday 7:00 am – 8:00 am
Fred Meyer Monday thru Thursday 7:00 am – 8:00 am		UWAJIMAYA Everyday 8:00 am – 9:00 am	Special Senior shopping hours available during COVID-19 outbreak quarantine. Hours subject to change.

Sanjay Gupta, MD explains how to wipe down your groceries at home:

<https://www.cnn.com/videos/health/2020/04/03/sanjay-gupta-wiping-cleaning-groceries-demo-town-hall-vpx.cnn>

- Limit the number of trips to the store
 - Plan several meals
 - Make a list
- Consider grocery delivery services or online ordering with curbside pickup
- Most grocery stores are offering special hours for seniors and people at greater health risk
- Wash your hands before and after you go to the store
- Use a sanitation wipe to clean the cart or basket
- Wash your hands again when you return home

Video Call Platforms

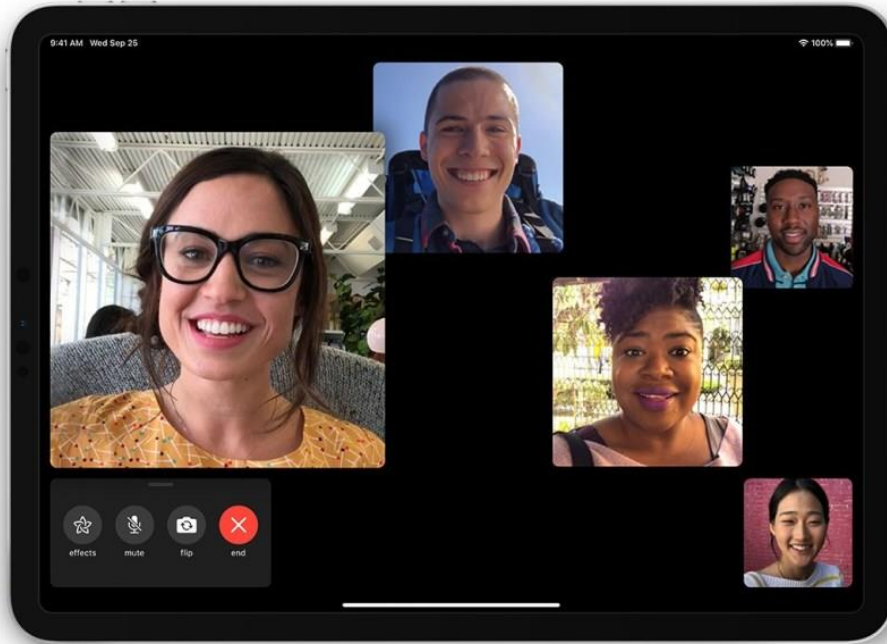
FaceTime (iPhone/Apple)

Google Hangouts (Android)

Skype

WhatsApp

Zoom





Tips for Quality Video Calls

- Use a stand or a small book to hold your phone or tablet in place
- Avoid bright light behind you
- Arrange your camera at eye-level so it looks like you are looking directly at the person on your screen
- Use headphones if it is difficult to hear



You Can Do More Than Talk!

- Read a story
- Play a game
- Play music or sing
- Family “Talent Show”
- Teach a talent
- Gratitude sharing
(<http://www.thegratitudejar.com/>)
- Host a Book Club or Poem Club



<https://www.thesofasingers.com/>

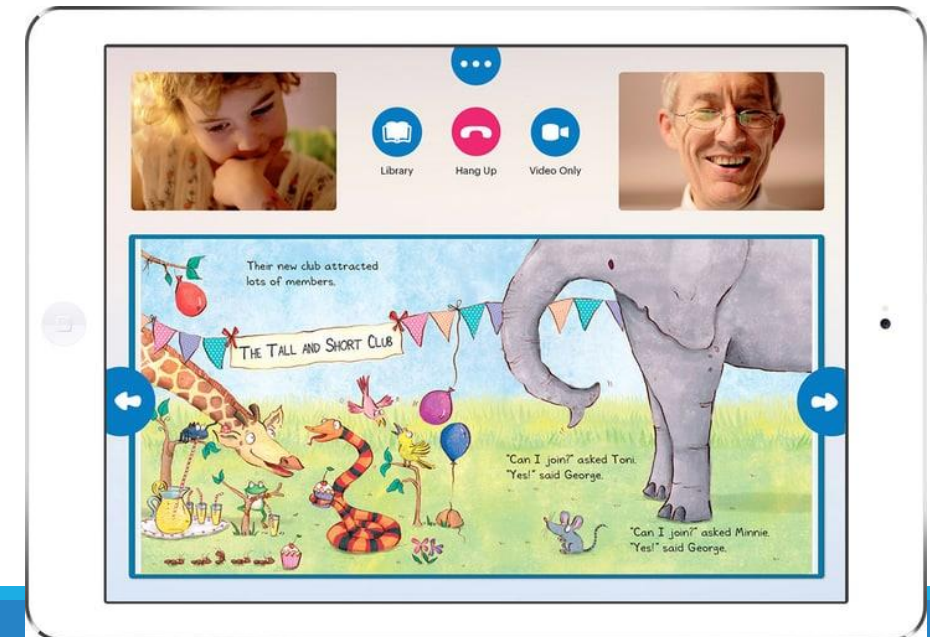
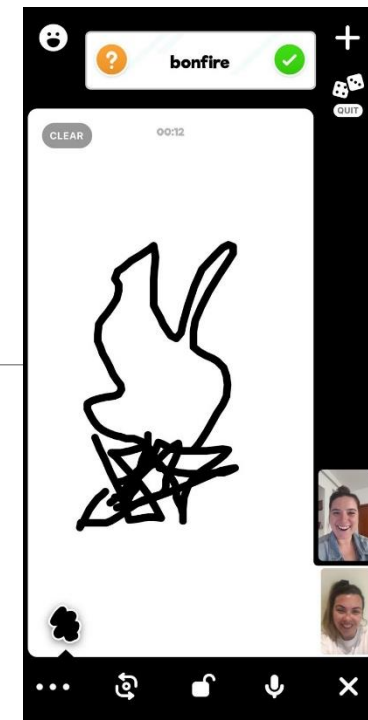
Group Activities Over Smartphone or Computer

Netflix Party – Watch content from Netflix with a designated group

Watch2Gether – watch YouTube videos with groups of friends

Caribu – App designed to connect with grandchildren for games and stories

HouseParty – Play games with friends



Low Tech/No Tech Options

- Write letters to family and friends
- Programs to write letters to active duty military and first responders
 - Example: Operation Gratitude
- Write poems or short stories and send them to friends
- Write a story together, one line or paragraph at a time
- Sharing music with others
- Creative Conversations:
<https://www.timeslips.org/resources/creativity-center>



Outside the Home

- Exercise with your neighbors from your porch or driveway
- Go for a drive
- Garden over videoconference with friends or family
- Visits through windows to see loved ones
- Volunteering from home (see [VolunteerMatch.org](https://www.volunteermatch.org) for virtual opportunities)



Virtual Support & Social Groups

UW MBWC Community Programs:

<http://depts.washington.edu/mbwc/events/community-events-programs>

- Informal “Virtual Coffee Chats”
- Virtual Community Wellness Talks
- Virtual Caregiver Forums

• Alzheimer’s Association Telephone Support Groups:

<https://www.alz.org/media/alzwa/documents/Support-Group-List-April-2020.pdf>

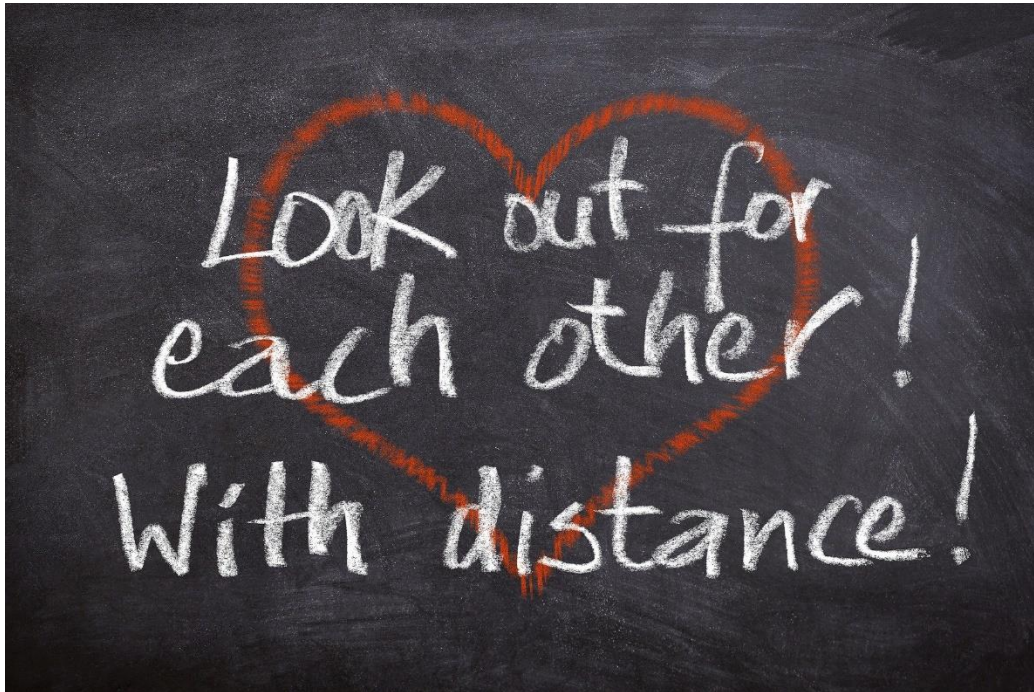
• ALZConnected Forum:

<https://www.alzconnected.org/>

• Alzheimer’s Association Webinars for Caregivers and Family Members:

https://www.alz.org/alzwa/helping_you/education

More Information



CDC Guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

Alzheimer's Association:

<https://alzwablog.org/2020/03/19/covid-19-resources-for-you/>

24-hour helpline: 1-800-272-3900

Virtual Community Wellness Talks

<http://depts.washington.edu/mbwc/events/community-events-programs>

4/3 - Dementia Caregiving in the Midst of Covid-19: Health, Safety and Communication

4/8 – Staying Connected During Social and Physical Distancing

4/10 - Home Workouts 101: Staying Active with or without a Home Gym

4/15 - “Just Relax”: Far More Helpful Strategies for Stress Management

4/17 - Info-Savvy: Staying Sane in the Era of Information Overload

4/22 - Mind over Matter: Cognitively-stimulating activities for everyone

4/25 - Doing Good from a Distance: Volunteering Opportunities from Home

4/29 - Enjoying the Arts from Home

5/1 - Virtual Nature for the Soul