Find ways to keep in touch

Social distancing and self isolation are different, but both require keeping in touch with people. Use the phone or email to have daily conversations with each other. Remind them about maintaining a 1.5 metre distance with anyone, to avoid large gatherings and usual greetings (hugs and kisses).

Keep an eye on their diet

The more that vulnerable people stay indoors, the less interested they can become in eating healthy and regular meals. Consider talking to them about ordering home delivery of fresh produce from their local supermarkets, or drop off meals to them while maintaining social distancing rules.

Do not ignore regular medical needs

During a crisis, it can be easy to think a persons daily medical needs are not as important. **This is not the case**, and any form of medical attention must not be ignored, especially for an older person or person with disability reliant on regular medication.
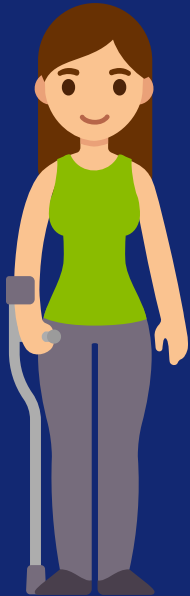
Tips to help vulnerable older people and people with disability during Coronavirus (COVID-19)

If concerns of abuse, neglect or exploitation arise contact the **Ageing** and **Disability** Abuse Helpline on 1800 628 221. Always call 000 in an emergency.

Limit the 24 hour news cycle

The constant news cycle of the spread of Coronavirus (COVID-19) can be overwhelming. Consider having a conversation with them about watching their favourite movie, or a new show. This will also help manage increased fear and anxiety.

Remind them of the importance of hygiene

Clean hands thoroughly for **20 seconds** with soap and water, or an alcohol-based hand rub. Sneeze or cough into a tissue or a flexed elbow. And speak with them about avoiding close contact with anyone who has cold or flu-like symptoms.

Read information from official sources

The amount of information about Coronavirus (COVID-19) increases daily. Encourage them to keep up to date with the latest information from official sources, including **NSW Health**, the **NSW Government** and the **Australian Government**.