

# Living Safe and Healthy

## in the Place of Your Choice

---

Our community has an aging population which is facing two significant challenges; COVID-19 and the increasing dependence on others as we age. We can do our best to behave in ways that enhance our safety and respect the needs of others during the pandemic but we also need to plan ahead in order to make sure we can safely age in our place of choice.

The likelihood we feel socially isolated or lonely increases as we age. To limit the impact of COVID-19 we need to practice physical distancing yet as we live with these restrictions, we may find it even more difficult to remain in touch with neighbours, family and friends.

In addition to the COVID-19 restrictions on our movements, as we age, we will experience losses of varying degrees. For instance:

- Our network of family and friends may shrink because they move or pass on,
- Some of us will lose our driver's license,
- Sight decreases, hearing decreases – making social outings difficult,
- We may lose our spouse.

Consider these questions when making a plan for your future safety and comfort. If you are unable to answer yes to these or other relevant questions, you may want to call a community service agency to help you plan for a more certain future.

1. If I became ill, who would make sure I could get to appointments, get groceries and take care of my pet? Do I have an arrangement with a neighbour to check on me or my house when I am absent?
2. If something were to happen where I was not able to communicate clearly, are my wishes written? Are these wishes in a legal document? Does a trusted person know where they are?
3. Do I need help with my income tax? Help to adapt my home in order to remain independent? Assistance in my home for personal care or household tasks?
4. Do you have access to the internet (Wi-Fi) and an internet device such as a laptop computer, cell phone, or tablet (iPad for example)?