

TACKLING THE EFFECTS OF THE PANDEMIC



**Seniors,
Family caregivers,
Families,
Friends,
Neighbours.**

This document is for you!

Thank you for following the recommendations of this guide during and after the confinement.

Consult the COVID-19 prevention directives issued by the Government of Québec at www.quebec.ca/en.



Based on the following documents:

COMBATTONS LES EFFETS DE LA PANDÉMIE CHEZ LES ÂÎNÉS, CIUSSS de l'Abitibi-Témiscamingue

TRUCS ET CONSEILS POUR LES ÂÎNÉS Manger sainement, bouger et maintenir une routine durant la pandémie de COVID-19, CIUSSS de l'Estrie

RESOURCES TO CONSULT TO GET SUPPORT FOR YOURSELF AND YOUR RELATIVES



Info-Santé telephone consultation service	811, option 1
Info-Social psychosocial telephone consultation service	811, option 2
Elder Mistreatment Helpline	1 888 489-2287 www.aideabusaines.ca/en/
Suicide prevention centre - French only	1 866 APPELLE (277-3553)
SOS violence conjugale	1 800 363-9010
Support for family caregivers of seniors on the North Shore	1 855 852-7784
You need help to find a service? For any question on community organizations and services	2-1-1
General COVID-19 information line	1 877 644-4545
Public Health Agency of Canada Coronavirus Hotline for the population	1 833 784-4397
Or contact your local CLSC	



Website of the Government of Québec for information
on the coronavirus disease (COVID-19)

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

Ministère de la Santé et des Services sociaux www.msss.gouv.qc.ca/en/

Other available resources:

You can also consult your physician, your pharmacist and any other professionals of the health and social services network.

PROTECTING YOUR MENTAL HEALTH DURING THE COVID-19 PANDEMIC



Advice for relatives

Here are a few tips to support the well-being of seniors. Catch up with them by planning in-person or virtual meetings several times a week; establish a caring routine. Go for a walk outdoors with them. Support them in the adoption of healthy eating and sleeping habits.

Finally, pay attention to the possible manifestations related to stress, anxiety, loneliness and depression described in this document, and refer them to a professional if necessary.

Tips to take care of yourself

- Pay attention to your feelings, emotions and reactions. Allow yourself to share them with someone you trust, or to express them through writing, physical activity or anything else;
- Practice a physical activity to help evacuate stress and eliminate tensions;
- Adopt healthy lifestyle habits, such as a healthy diet and sufficient hours of sleep;
- Identify and limit stress factors;
- Grant yourself small pleasures (e.g., doing arts and crafts, listening to music, taking a bath, reading, watching a movie, practicing yoga, sewing, doing a puzzle, colouring, knitting, etc.);
- Stay in touch with people who are good to you;
- Remember the winning strategies that you have already used in the past to get through tough times;
- Recognize and rely on your personal strengths;
- Be kind to yourself;
- Respect your limits (e.g., refuse a task that you do not want to do and that is not essential);
- Do not be afraid to reach out for help.

Signs of stress, anxiety and depression

On your body:

- Headaches, neck tension, gastrointestinal problems;
- Difficulty sleeping;
- Reduced appetite;
- Reduced energy level, feeling of fatigue.

On your mind:

- Concerns and insecurity;
- Feeling overwhelmed, feeling powerless;
- Inner voice that does not always reflect reality;
- Negative view of things or daily events;
- Feelings of discouragement, sadness or anger.

On your relationships with others and your behaviours:

- Concentration difficulties;
- Irritability, aggressiveness;
- Frequently being on the verge of tears for no particular reason;
- Isolation, withdrawal;
- Difficulty making decisions;
- Increased consumption of alcohol, drugs or medication.

In general, it is possible to overcome reactions of stress, anxiety and depression. However, after a while (weeks or months), discomforts may persist and get worse. If this is the case, you could benefit from reaching out for help.



Possible signs of elder abuse*

During this pandemic, it is important to remain vigilant about the increased risks of elder abuse.

Examples of risk factors or signs:

- One does not let me access my mail or my money;
- I am treated like a child;
- Someone makes decisions for me;
- I have injuries that I cannot explain;
- I become depressed, withdrawn or fearful;
- One does not respect my privacy;
- One insults me;
- I stop taking part in social events;
- One locks my door from the outside.

Be careful, the presence of a risk factor or sign does not automatically confirm the presence of abuse. It is important to analyze these signs to validate if they are indicators of mistreatment.

* Source : CIUSSS de l'Ouest-de-l'Île-de-Montréal



- ▶ Most people have the resources and abilities to adapt to the current situation. First, try to rely on your usual ways of adapting to difficult situations, but do not hesitate to consult if you need it.
- ▶ Try to avoid unreliable sources and gossip on COVID-19, and consult official sources to stay informed. Receiving too much information, or conflicting information, may increase stress.



STAYING AS ACTIVE AS POSSIBLE DURING THE COVID-19 PANDEMIC

Advice for relatives



As often as you can, ask seniors what physical activity they did during the day. Give yourselves challenges, and be active together virtually or in person (outdoor).

Advice to stay active every day

- Every minute of physical activity counts: standing while folding the laundry at the kitchen table, vacuuming, shovelling snow, walking on the sidewalk, or going up the stairs;
- Walking is the most accessible physical activity for most people. Whether you walk indoor or outdoors, it will have positive effects on your heart, your legs and your mind;
- If circumstances allow it, go out with a relative or meet up in a public place. Being with someone when you are active is a good way to do it regularly and feel safe;
- Enjoy being active outdoors by adapting your activities and your clothes to the seasons. In the summer, you can walk on the grass in parks with good non-slip footwear. In the fall, bring an umbrella and wear a windbreaker to watch migratory birds pass by. In the winter, try walking with walking poles and add ice cleats on your boots. In the spring, do outdoor excursions to discover the first blooming flowers in your neighbourhood or in the forest. Check in with your municipality or local CLSC to find out what activities (Viactive, for example) and what infrastructures are available close to you.

Try the following activities every day, if possible, to maintain your strength and flexibility. It is simple, and it pays off!

ON A CHAIR

The key points for each exercise are the movements' success criteria. Always respect your range of motion.

1. WARM-UP

Sit down, point your toes, and do 10 forward shoulder rolls and then 10 backward shoulder rolls.

Repeat twice.



2. KNEE EXTENSIONS

- Rest your leg against the chair to contract your thigh.
- Raise your leg by extending your knee.
- Keep your back straight and look forward.
- Do one leg at a time.

2 series of 10-12 repetitions per leg,
1 minute rest between each series.



3. SEATED JOGGING

- Alternately raise your knees toward the sky.
- Swing your arms on either side of your body.
- Keep your back straight and look forward.

2 series of 30-45 seconds,
1 minute rest between each series.



4. JUMPING JACKS

- Open your legs out to the sides while raising your arms at shoulder height.
- Bring back your arms and legs toward your body.

Variation: you can do it one side at a time, or both sides at the same time.

2 series of 10-12 repetitions,
1 minute rest between each series.



5. SEATED BOXING

- Clench your fists.
- Alternately extend your elbows forward.
- Keep your back straight and look forward.

2 series of 30-45 seconds,
1 minute rest between each series.

6. STRENGTHENING YOUR CALVES AND HIPS

- Raise your heels to contract your calves, and then push on your knees to create resistance.
- Continue by opening your knees out to the sides, while staying on your tiptoes.
- Come back to your initial position.

Variation: you can do it one side at a time, or both sides at the same time.

2 series of 10-12 repetitions per leg,
1 minute rest between each series.



7. RAISING AND OPENING YOUR ARMS OUT TO THE SIDES (ELBOWS BENT)

- Place your arms on either side of your body with your elbows bent at 90 degrees.
- Bring your arms away from your body with your elbows on either side, until they are at shoulder height.
- Raise your hands while keeping your elbows at shoulder height.
- Do the reverse sequence to come back to your initial position.

Variation: you can do it one side at a time, or both sides at the same time.

2 series of 10-12 repetitions per arm,
1 minute rest between each series.



Pictures: Anne-Josée Beaudoin

8. COOL-DOWN

Sit down, place one hand on your chest and one hand on your abdomen. Make sure that you only inflate your lower abdomen when you inhale. Repeat for 5 deep breaths while sitting.

Stand up and take 5 deep breaths. Gently raise your arms above your head when you inhale through your nose, and then bring them back on your sides when you exhale.



The training plans were developed by kinesiology graduates from the Université de Sherbrooke.

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MON OBJECTIF VIEILLIR EN FORME



TIPS !



- ▶ Write down the physical activities you do in a day and discuss it with your relatives. This will help you stay motivated, and it could give them ideas to be active themselves.
- ▶ If you use a walking aid (cane, walking poles, walker), make sure that it is adjusted to the height of your hand on the handle. Here is how to find the right height:
 - For a cane or a walker: Stand up with your shoulder relaxed and your arms along your body. The handle should be at the height of your wrist, with your arms straight down. For walking poles: The handle should be at the height of your elbows.



EATING WELL AND STAYING HYDRATED DURING THE COVID-19 PANDEMIC

Advice for relatives



Regularly ask seniors around you about their eating habits. Ask them what they ate, share meal ideas and recipes, give them a reusable and easily washable water bottle, and help them with their groceries and meal preparation.

If you do your grocery shopping on the phone or online

- Consult the flyers or websites (e.g., iga.net, maxi.ca, metro.ca, ReeBee.com) for more inspiration and information on the foods you want to cook;
- The demand is very high and the waiting times are longer than usual. Plan ahead and order in advance;
- Be sure to give as much details as possible when you order (for example: light tuna, X brand, tomato & onion flavour, 85 g);
- If grocery delivery is not available in your sector, ask someone who knows your eating habits for help, or find out if a local community organization offers this service.



Some ideas of foods to have at home

In the pantry	In the refrigerator	In the freezer
Oatmeal, cream of wheat, cereal, flour, bananas, onions, potatoes, peanut butter, rice, pasta, bread, nuts, canned fish (tuna, salmon, sardines, mackerel), pasta sauce, canned legumes (pea soup, baked beans, red kidney beans, chickpeas, etc.), canned vegetables (corn, mixed vegetables, diced tomatoes, etc.), vegetable oil, evaporated milk, milk powder, and UHT milk (ultra-high temperature, e.g., Grand Pré milk).	Milk, enriched soy beverage, yogurt, cheese, eggs, fruits and vegetables, meat, poultry, fish, condiments, butter or margarine.	Frozen fruits and vegetables (blueberries, corn, peas, etc.), meat, poultry, fish or seafood, bread reserve (bagel, raisin bread, etc.), prepared meals.

Enjoy various healthy foods every day

- ▶ Eat plenty of vegetables and fruits:
 - In different forms: fresh, frozen or canned.
- ▶ Choose whole-grain foods:
 - Such as whole-grain bread, pasta, crackers and rice, quinoa, oats (oatmeal), etc.
- ▶ Eat protein foods.*

*The body does not have large reserves of proteins, so it is important to eat some in every meal.

Proteins, a priority

Here are some ideas to vary your sources of proteins:

- **Eggs:** over-easy, scrambled, boiled, in an omelette, in French toasts or in pancakes or crepes. Boiled eggs will keep for one week in the refrigerator.



- **Meat, poultry, fish and seafood:** if you have trouble chewing, buy ground meat or poultry. Consider canned fish (tuna, salmon, sardines, etc.) and cooked food (BBQ chicken, roast pork, etc.). Take advantage of weekly specials.
- **Nuts or nut butter:** spread peanut or almond butter on your toasts. Add nuts to your cereals, yogurts, salads or soups (whole, chopped or ground).
- **Yogurt:** serve it alone, or with fruits, nuts and/or cereals. Try Greek yogurt or skyr (contain twice as much protein as regular yogurt), and drinkable yogurt.
- **Cheese :** try different varieties, such as cottage, ricotta, provolone, cheddar, Havarti, etc.
- **Milk and enriched plant-based beverages:** use them to prepare your oatmeal or cream of wheat, or consume them as a beverage during meals. Add more of it to your coffee. Add milk powder or evaporated milk to various preparations (soup, homemade bread, oatmeal, muffins, mashed potatoes, etc.). End the meal with a milk-based dessert (yogurt, tapioca, pudding, blancmange, etc.). If you do not tolerate milk, try lactose-free alternatives.
- **Legumes (chickpeas, lentils, etc.) and tofu:** put a pea soup, baked beans, a lentil loaf or chili on the menu. Add legumes or tofu to your soups, stews, stir-fries or sauces (spaghetti, for example). Try a hummus dip or a tofu spread.

Simple meal ideas

- Cottage cheese + bagel + chocolate milk + applesauce;
- French toast (1 egg + some milk + vanilla and sugar to taste) + berries + vanilla yogurt;
- Boiled eggs + tomato slices + toasts + butter + yogurt;
- Vegetable soup + pieces of cooked chicken + crackers;
- Fish fillet or pieces of chicken + rice + vegetables (fresh, frozen or canned)



- ▶ It is important to keep a routine to make sure that you enjoy your meal and snack time. Why not invite relatives to share a meal through a video call?
- ▶ Cook larger meals to have leftovers, which you can keep in the freezer for later.

Make water your beverage of choice. Stay hydrated!

Drink about 1.5 litres (6 cups) of liquid per day: water, milk, chocolate milk, enriched soy beverages, juice, smoothies, milkshake, broth, soup, coffee, tea, herbal tea.

Tips

- Always keep a glass of water on hand.
- Drink more water when you take your medication.
- Set a routine if you forget to drink (for example: 1 glass for each meal, and 1 glass at 10:00 a.m., 3:00 p.m. and 7:00 p.m.).



Note! It is important to follow your physician's recommendations if you have a fluid restriction because of a medical condition. Also, be careful of contraindications when you take certain medications (e.g., milk, grapefruit or grapefruit juice).



Note! If you have unintentionally lost weight in the past six months and you have been eating less than usual for more than a week, you may be malnourished. You must inform a nurse or a physician in order to be referred to a nutritionist.





**Centre intégré
de santé
et de services sociaux
de la Côte-Nord**

Québec 

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