

WAYS FOR FAMILIES TO STAY CONNECTED

Isolation and social distancing are the measures implemented to reduce the spread of Co-Vid 19 and to protect our health and the health of our communities. Hospitals and Care facilities are not allowing or limiting visitors. This means people having to be creative and use their imagination to find ways to connect differently with the people in their lives. Here are a few suggestions on ways you can connect but don't be limited by our imagination – **BE CREATIVE** and share your ideas with us on [Instagram](#), [Twitter](#), [Facebook](#)

❖ ARRANGE REGULAR PHONE OR VIRTUAL CHATS

- Continue regular phone calls with your loved one or set a schedule to have them more often.
- Consider transitioning your phone calls to a virtual visiting platform (Zoom, Skype, What's App, Facetime) that allows you to **hear** their voice and **see** their face.

❖ MAKE IT A GROUP VISIT OR BETTER YET A PARTY!

- A number of online platforms enable two or more people to join the call so you can have a small or **BIG** group gathering.
- Netflix Party let's people in different locations join and watch a movie together in real time with a chat box option so you can chat during or about the film.
- House Party is an app that allows you to invite and visit with multiple people or if you choose select a game you can play together.

❖ READ A BOOK TO THE PERSON

- Read a favorite book over the phone or over video chat. You can do the reading or take turns reading with other family members. Change the story or the end for a laugh or create discussion questions for a book club.

❖ IMPROVISE FAMILY MEALS

- Video chat while you eat sharing a similar or completely different meal. Use the opportunity to share a prayer, a laugh, how your day was or argue about politics.
- Set a place for your loved ones at the table. Include their favorite foods or dessert in the menu.
- Bring a picture of the person or people you are missing to table

❖ MAKE MUSIC

- Over the phone, or using video chat, try singing, playing, writing or listening to music together
- Compose a song about a memory, a person or your family
- Create a playlist with different members favorite songs

❖ SEND YOUR LOVE

- Send a letter, card, a picture, a HUG or a Kiss (HUG instructions on page 5 of our legacy toolkit) <https://hearhousehospice.com/how-we-help/counselling-support/legacy-activities/>
- Record an audio or video message to let them know you are thinking of them
- Record you or your family sharing a memory, playing a game, singing a song or reading a book

❖ SHARE OR TRADE A MEANINGFUL (TRANSITIONAL) OBJECT

- This could be anything meaningful to you, to them or to your relationship such as a stuffed animal, a blanket, piece of jewelry or item of clothing.
- Meaningful objects can be used in so many ways to honor or remember a person or relationship; they can be used in art and legacy activities (pictures, quilts, stuffed animals, HUG's).

❖ TALK TO SOMEONE CLOSE TO YOU

- If you are unable to communicate your thoughts and feelings to your loved one, communicate them with a friend, a parent, a family member, a caregiver someone from your church or to a professional.