Telephone and Computer Resources for Combating Loneliness and Social Isolation in Our Older Adults

Loneliness and isolation are one of the most difficult aspects of coping with our new way of life during the pandemic. Seniors don't have to go it alone! Here is a list of resources (mostly no cost) that can help seniors kick the COVID-19 blues! Most are available nationally, a few are locally based.

Dorot University Without Walls- sign up to participate/listen in on various program topics. You may either call in or they can call you 10 minutes before the program begins. Free

https://www.dorotusa.org/our-programs/at-home/university-without-walls#.WI4TlktG124

Well Connected & Well Connected Español- Sign up for a variety of programs to call in and listen to! You can use your phone or computer. Also looking for volunteers to lead their own program. Free

https://covia.org/services/well-connected/

Institute on Aging toll free Friendship Line- accredited crisis line, but intended for anytime a senior/disabled person feels lonely and would like someone to talk to. 24 hour availability 800-971-0016

Mon Ami- You may volunteer or request services. Receive phone calls/video chats once or twice a week from a volunteer in your area. Also allows the participants to request volunteers to run errands for them. Services are free, reimbursement option through their app if errands such as grocery shopping is done for participant.

https://www.monami.io/

Telecare Phone A Friend- As a telephone support program, Telecare provides regular calls to seniors who may be homebound, living alone, or disabled. Other older adults may have health concerns and want someone to check in on them. Free service, locally based

https://vantageaging.org/programs-and-services/rsvp/telecare/

Medina County Office for Older Adults-so many virtual opportunities! From Bingo to Tai Chi, check out their most recent newsletter to find out what's going on and join in the fun!

https://ourseniorcenter.com/find/medina-county-office-for-older-adults

Cyber-Seniors- Free technology support for seniors available through telephone, one-on-one, and videos provided by tech-savvy teens.

https://www.cyberseniors.org

Soprema Senior Center Wadsworth- Open to residents of Wadsworth and surrounding communities. Free virtual programming on a variety of topics. Check out their program guide.

https://www.wadsworthcity.com/907/Virtual-Programming