Caregivers' Cove

Social engagement prevents cognitive decline, emotional and other issues from hitting a senior and the rest of us¹.

Loneliness hurts the brain

- · by shrinking it.
- by making it harder for us to remain calm and relaxed.
- by affecting our learning and decision making abilities.

Social engagement helps the brain

- remain active with sensory stimulations.
- on verbal fluency to explain clearly what we need.
- connect and understand what we hear.

Interesting activities help a senior²

- feel alert.
- maintain esteem.
- stay connected to others.
- to age more gracefully.

Engage a senior!

- What is he/she good at?
- What time would be good?
- Where should it be?
- · Who should join us?

Share with us your experience!



Photo credit: Şahin Sezer Dinçer, Pixabay



S Building Stronger Communities, *Together*

^{1. &}quot;How Social Isolation Affects The Brain", https://www.the-scientist.com/features/how-social-isolation-affects-the-brain-67701, 11 Jun 2021

^{2. &}quot;Resources for Seniors", AIC Wellness Programme, https://www.aic.sg/care-services/aic-wellness-programme, 12 Jun 2021

看护者港湾

人与人的联系可预防长者和大家受到**认**知退化、 情**绪**和其他**问**题的打击¹。

寂寞伤害大脑

- 使它萎缩。
- 让我们难以安宁和放松。
- 影响我们学习和做妥善决定的能力。

人与人的联系有助大脑

- 刺激感官,使大脑保持活跃。
- 保持语言流利,让我们能清楚说明需要什么。
- 连接和明白我们听到的话。

有趣的活动有助长者2

- 感觉精神。
- 维持自尊。
- 与别人保持联系。
- 更优雅安老。

进行与长者互动!

- 长者有什么强项?
- 几时方便?
- 要在哪里?
- **谁该**参一份?

请和我们分享您的经验!



图像源: Şahin Sezer Dinçer, Pixabay



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- 1. "How Social Isolation Affects The Brain", https://www.the-scientist.com/features/how-social-isolation-affects-the-brain-
- 2. "Resources for Seniors", AIC Wellness Programme, https://www.aic.sg/care-services/aic-wellness-programme, 12 Jun 2021