

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!



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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！



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