



## Things to do while keeping your distance

New measures to stop the spread of COVID-19 or the Corona Virus on the evening of 27 March were introduced. Included in the measures is a concept known as cocooning; this means that those who are over 70 years or those extremely medically vulnerable should not leave their homes, and within their homes should minimise all non-essential contact with other members of their household. This is to protect those who are at very high risk of severe illness from COVID-19 from coming into contact with the virus.

Some people may find staying at home difficult and so we have pulled together a list of online resources that may be helpful. We are very mindful that the vast majority of people over the age of 70 are not online so if you can, give someone a call or give them the support lines they can call (listed at the end of this document).

### **1. RTÉ - 25 things to do at home while social distancing**

With this in mind, RTÉ have pulled together some interesting and entertaining activities to keep us going over the coming weeks - [CLICK HERE TO VIEW](#)

### **2. Join Your Library**

Library membership is completely free of charge for everyone in every library in the country. While libraries are closed due to Coronavirus (COVID-19), you do not need to finalise your application in the library before being able to use online services. Just fill out the online form, you'll get a temporary library number and you can set up a library PIN. With those, you'll be able to access the online services - [CLICK HERE TO VIEW](#)

### **3. Solas - eLearning**

eCollege is a SOLAS-funded online training facility that provides a range of interactive online learning courses, available any time via the internet, for those who wish to learn at their own pace - [CLICK HERE TO VIEW](#)

### **4. Zoom**

People are using Zoom for exercise and yoga classes, book club meetups with their friends and other activities. They're also using it as a vital tool for work – we're using it at Age Action. But it can be a little intimidating for a beginner, or someone not used to webcams and laptop microphones. After all, most of us only join a video call when it's from a family member directly on our phones, such as through FaceTime or Whatsapp.

So if you want to join in more social activities online, or get to grips with an emerging work tool, here is Adrian Weckler's beginners' guide to making your first group call on Zoom, together with a step-by-step illustration video – [CLICK HERE TO VIEW](#)

## 5. Exercise Classes

Face Book – Siel Bleu Ireland

Siel Bleu Ireland promotes exercise among older adults and patient groups in Ireland, with the aim of improving overall wellbeing. They design programmes with a preventive approach that benefits all adults, at any age, and at any stage of their lives. They promote the autonomy and wellbeing of older people and people with chronic disease, ensuring that everyone has the capacity and self-confidence necessary to live an independent and happy life. [CLICK HERE TO VIEW](#)

## 6. Audiobooks

Download and listen to the world's best storytelling. Enjoy audiobooks, original series and more on the app (*Free Trial for 30 Days*)

Whether you're doing housework, exercising or just unwinding, transform the moments when your hands are busy but your mind is free. Take your pick from the world's largest selection of audiobooks including best sellers, latest releases, sci-fi, fantasy and more – [CLICK HERE TO VIEW](#)

## 7. 5 streaming services to watch Broadway and West End shows in your living room

Missing the theatre - nothing compares to the buzz of the curtain rising and the act one opener. But, in these unprecedented times, uncharted waters, there are ways we can keep our spirits up, and theatre is still an available way to do so.

There are lots of ways to experience theatre online, including free productions and **paid streaming services** (though many have free trials you can make the most of before making your mind up). Obviously, we hope this is only a temporary solution until shows are back up and running, so here are just some of the ways we'll be keeping occupied from home – [CLICK HERE TO VIEW](#)

## 8. Worldwide Radio Stations

Radio Garden allows you to listen to thousands of live radio stations world-wide by rotating the globe. Every green dot represents a city or town. Tap on it to tune into the radio stations broadcasting from that city –

[CLICK HERE FOR iPhone and iPad](#) OR [CLICK HERE FOR Android](#)

## Helplines for older people and people supporting them are:

HSE Helpline	Monday-Friday 8am-8pm Saturday – Sunday 10am-5pm	1850 24 1850
Age Action Call Safe	Monday – Friday 9.00am - 5pm	0818911109
Information Service	Monday-Friday 9.30am – 5pm	01 4756989
Alone	Monday-Sunday 8am-8pm	0818 222 024
Seniorline	Monday-Sunday 10am to 10pm	1800 80 45 91