



Services communautaires de géronto-psychiatrie d'Ottawa
Geriatric Psychiatry Community Services of Ottawa

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COVID-19 resources for older adults and their families

Many resources have been developed to help people in this time of physical distancing and quarantine. We have compiled a list of some resources that might be helpful to our clients and their families and caregivers.

Remember that the best source for information on the pandemic is always

ottawapublichealth.ca/coronavirus

Mental health

[Wellness Together Canada](#) – Mental Health and Substance Use Support

[Protecting your mental health during the coronavirus outbreak](#) - Practical tips for coping in times of uncertainty.

[Brain Xchange](#) – COVID-19 resources for families and clinicians caring for people living with dementia

[Things to Do](#) – from MoodMaster

[Maintaining your wellbeing during self-isolation](#) – from MoodMaster

Activities for Older Adults Living with Dementia

[Activities for Older Adults During COVID-19](#) – Health Innovation Network

[Older TV](#) – YouTube Free older movies online (1930s and after)

[‘Happy’ Dancing - Music Therapy & Meditation](#) - YouTube

[Guidance for helping someone who wanders during isolation](#)

Financial assistance

[City of Ottawa Financial Assistance](#) – quick resource to financial assistance available

Local food resources and support services

[Good food box program](#)

[Operation Ramzieh](#) – free food kits to seniors

[Support Services](#) – Champlain Community Support Network

For Caregivers

[Caring for Caregivers - Family Support Group](#)

[Caring for self and others](#) – The Council on Aging of Ottawa

[Caregiver Mental Health During COVID-19 Outbreak](#) – The Ontario Caregiver Organization

[Caregiver Tips & Resources](#) – The Ontario Caregiver Organization

Fitness/Exercise

[10-minute Workout 1](#)

[10-minute Workout 2 \(seated\)](#)

[15-minute Workout 1](#)

[15-minute Workout 2](#)

[Go4Life Balance Exercises](#) – National Institute on Aging

[Go4Life Strength Exercises](#) – National Institute on Aging

[Go4Life Flexibility Workout](#)- National Institute on Aging

[Go4Life Flexibility & Cool Down Workout](#) – National Institute on Aging

[Easy Exercises for Better Balance](#) – Ottawa Public Health

[Balance Exercises for Seniors at Home](#)

[Home Exercise Program](#) – For Fall Prevention

[One-hour Workout](#)

[6 Upper Body Strength Exercises](#)

Chair Yoga

[Dementiability](#) – Chair yoga for people with mid-stage dementia

[Eileen’s Chair Yoga](#)

[Michael Hutkins Yoga](#)

[Chronic Pain Service](#), Toronto Rehab University Health Network – Involves some standing postures

[Love your Brain Foundation](#) – Involves some standing postures, as well a more active practice

[Yoga for Seniors](#) - Dementiability

Chair Dancing

[Chair yoga dance](#) – Sherry Zak Morris

[Chair yoga dance #2](#) – Sherry Zak Morris

Other resources

Be sure to check out the many resources we have within our website. Many organizations have developed COVID-specific information you may find helpful.

[The Fountain of Health](#) website can be a good resource for setting goals and supporting you on your journey. The [Dementia Society of Ottawa and Renfrew County](#), and [Alzheimer Society of Canada](#) are reliable sources of information and advice.