



Support older people practically and spiritually to help them stay at home during the Covid-19 pandemic

Older people, especially those with preexisting health conditions, are most at risk of complications and death when infected with Covid-19. Here are 10 ways to help older people to stay safe.



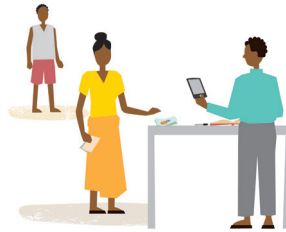
1 Visit an older person at a distance of at least two metres or stay in contact by phone.



2 Fetch water for an older person so that they can practice frequent handwashing and increased hygiene.



3 Shop for food and medicines on behalf of an older person, and then deliver it to their home.



4 Send a trusted younger person to collect pension payments on behalf of an older person.



5 Assist an older person with the cultivation of their land and sale of cultivated goods.

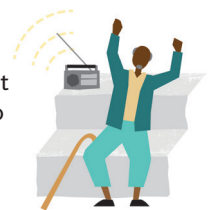


6 Organise one-off community collections to cover the costs of an older person's health insurance and medication, or make gifts of food or cooked meals.



7 Offer moral, emotional and spiritual support in creative ways, such as reading scripture or praying over the phone.

8 Provide a radio for an older person who does not already have one, so that they can listen to news and other broadcasts that they will enjoy.



9 Speak up for older people if they are discriminated against, whilst not forgetting to speak with them regularly as well.

Confirmed symptoms of Covid-19 are: a dry cough, a fever and tiredness.



10 If an older person develops any of these symptoms, ask them to stay at home and isolate themselves from their household members as much as possible. You should also contact your local health facility and follow the advice you are given. If advised to take an older person to a health facility, avoid using public transport if possible. If masks are available, both the older person and those accompanying them should wear one.

Please make sure the actions that you take with and for older people are in line with your government's directives, and best-practice guidance, as they evolve. Also make sure that you speak with an older person about how they would like to be supported.

This resource was published in May 2020 as part of Tearfund's Guidance for churches on how to support older people during the Covid-19 pandemic. The full manual and a flyer are available online at learn.tearfund.org/covid19

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