

HOW CAN WE HELP THE ELDERLY?



Studies indicate that even by age 2 or 3, children have absorbed negative stereotypes about seniors and aging. When children spend time with older adults, however, they are less likely to hold on to these negative ideas. By volunteering with older people, children have richer lives. They learn to connect and relate to people of all ages, while also bringing joy and comfort to isolated elders.

DID YOU KNOW?

- Feelings of loneliness are linked to poor physical and/or mental health, as well as poor cognitive performance and higher risk of mortality.
- People who are socially isolated or lonely are more likely to report risky health behaviors such as poor diet, lack of physical activity and smoking. Conversely, social support can help encourage seniors to eat well, exercise and live healthy lifestyles.

<http://www.aplaceformom.com/blog/10-17-14-facts-about-senior-isolation/>

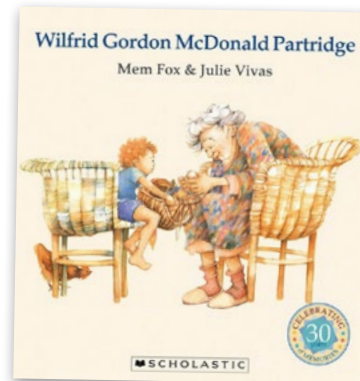
“ We think sometimes that poverty is only being **hungry**, naked and **homeless**. The poverty of being unwanted, **unloved** and uncared for is the greatest poverty. We must start in our own homes to **remedy** this kind of poverty.”

—Mother Teresa

READ WITH ME

Wilfred Gordon McDonald Partridge by Mem Fox features a young boy who lives next to a nursing home and befriends the residents. This tale shows the beauty of relationships between young and old.

- Why do you think Wilfred enjoys spending time at the nursing home?
- What did Wilfred learn from his new friends? What can older people teach us?
- Sometimes we are afraid or nervous around older people. Why might this be?
- What are ways we can show elders that we care about them?



LET'S TALK

At mealtime or bedtime, or when you're on the way to help out, bring up these questions.

- Talk about what we can learn from older adults—their stories, their wisdom, their experiences.
- We tend to spend time with people who are just like us. Is it valuable to be around folks who are different (in age, ethnicity, socioeconomic status), even if it means leaving our comfort zone? Why or why not?
- Try to help your children understand life from an older person's perspective. Ask: "What do you think it would be like to....?"

TELL US ABOUT YOUR EXPERIENCE!

DGT™ will use your story to...

- Inspire others to make a difference!
- Make giving back seem doable.
- Lighten hearts and open minds on social media.
- Build excitement for more big-hearted good deeds!

SUBMIT YOUR GOOD STORIES TO:

www.doinggoodtogether.org/good-stories/

MORE SIMPLE WAYS TO HELP ISOLATED SENIORS:

Decorate Bags for Meals on Wheels

Books that Celebrate Seniors

Visit a Nursing Home

8 Acts of Kindness to Share with Seniors

DOING
GOOD
TOGETHER™