



Avoiding Isolation During the Winter Months

Winter can be a very calm and peaceful season, especially if one does not need to head outdoors in the frigid temperatures and snowy weather. However, as peaceful as it can be to sit near the window with a cup of hot cocoa and watch the snow accumulate on the ground, one can only sit indoors for so long before feeling trapped and isolated, even in one's own home. While some seniors choose to avoid



venturing outdoors in the colder months due to an increased risk of falling on ice, other seniors may not have a choice to remain indoors due to illness. During the winter months, many seniors face an increased risk of depression due to social isolation. That is why it is so important for seniors to remain engaged and connected even during the cold, winter months. Here are a few tips to help the senior in your life remain connected and avoid isolation while waiting for the arrival of spring.

Schedule Social Appointments

Treat your loved one's social calendar like a doctor's appointment and schedule social appointments for mom or dad. Just like you must call and make an appointment with a doctor, do the same with family, friends, and neighbors. Then, be sure to keep those social appointments. Invite friends and neighbors over to your loved one's home for coffee or tea, or arrange a family game night a few times throughout the winter months. When seniors have something to look forward to on their calendar, they're more likely to remain positive and energetic, even on the coldest of days.

Try a Meal Delivery or Grocery Delivery Service

Seniors who live alone are at greater risk for malnutrition. Some simply do not have the energy to prepare a meal for one while others are used to going out for meals and aren't able to do so when the weather is bad. Sign your loved one up for a meal delivery or grocery delivery service so that they can enjoy fresh, seasonal produce and foods without having to leave the comfort of home. They may even enjoy preparing a meal for themselves if most of the food is already prepared. Services such as Meals on Wheels not only provides nutritious meals, but social contact as well.

Take a Winter Wonderland Drive

On warmer, sunnier days, take your loved one for a winter wonderland drive, just so they can get out of the house. Bundle up, bring along hot chocolate or stop at Starbucks for a warm winter drink, play their favorite music, and explore the area. Venture to county or state parks, where the winter scenery is bound to be beautiful. Visit your loved one's old stomping grounds if nearby and reminisce with them. The destination isn't as important as the time spent exploring and taking in the sites of winter.

Make Use of Technology

Technology can be very useful for seniors and preventing social isolation. From online games to eBooks, there is a wealth of opportunity for your loved one to remain engaged and connected at the tip of their fingers. Make use of video chats as well, especially with family that live far away or friends that winter in warmer climates. Add video chats to your loved one's social calendar so that both parties are available to connect throughout the winter months.

Liven Up the View

Finally, liven up the view of your loved one's home, both indoors and outdoors. After holiday decorations are boxed up, the home can look especially bare and depressing. Add some color and life by purchasing a few plants that your loved one can care for throughout the winter months. Forcing tulip bulbs to bloom or waiting for an amaryllis to bloom can brighten up your loved one's day to day routine. Mind the view outdoors as well. Place bird feeders and bird baths near windows where mom or dad usually sit throughout the day so that they can enjoy watching nature from the comfort of their home.

[Visiting Angels of Denver](#) understands the challenges that many seniors face during the winter months. Fortunately, our Angels are ready and available to visit your loved one and ensure they receive the social interaction they need throughout the winter months and beyond. Our [Companion Care Services](#) are second to none in the Denver and surrounding areas. We are more than just a social call or friendly visit. Our Angels work hard to make the time they spend with their clients engaging and genuine. If you think that your loved one could benefit from our relationship based care, [give us a call](#) to set up a free consultation and to learn more about the services we provide.

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