

12 LOW-COST WAYS TO REDUCE PANDEMIC LONELINESS

JOURNAL OF POST-ACUTE AND LONG-TERM MEDICINE

NO. 1

Adequately
manage pain

NO. 2

Address vision
and hearing loss

NO. 3

Support night
vs. day sleep

NO. 4

Offer creative
expression
programs

NO. 5

Provide exercise
(e.g., tai chi, yoga)

NO. 6

Maintain
religious/cultural
practices

NO. 7

Encourage
indoor/outdoor
gardening

NO. 8

Facilitate
pet visits

NO. 9

Keep them
connected with
technology

NO. 10

Laugh together
and often

NO. 11

Reminisce about
events, people,
and places

NO. 12

Communicate
non-verbally
to impaired