

Conclusion



The reader may have noticed a theme throughout this guide. The activities being recommended were all selected because they are good for you. Sometimes we all get bored and, loneliness can make this worse. It is as much of a health risk as smoking or abusing alcohol.

The authors were asked to read the scientific literature to find some activities that have been proven to help keep people active and engaged. There are many more that could have been included in this guide.



Our team's original goal was to suggest a few select activities to seniors feeling isolated because of COVID-19. We would offer access to tablets, try to support them getting used to the online world, and see if we learn how to make it easier for everyone else.

As it happened, we did not have the right to walk into senior homes and teach them. This brought us to decided to make this guide available to everyone. We do hope, however, that if you try some of the activities, or go to particular links, that you consider writing us to let us know whether it was a good suggestion. We can also add activities and websites that deserve to be shared.

With feedback we could make a guide that is more useful, more interesting, and more fun.

Bruce and Josée

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Research

Laurentian Research Institute for Aging does have ongoing research. A number of our research projects require the participation of seniors. We are always looking for more participants.

If you are wondering if you could participate in our research, please feel free to contact us. It will be a pleasure for us to explain what the ongoing research is about and what it would involve to participate in one of them.

Please write an email to lira_well_being@laurentian.ca or call Josée Turcotte at 705 675-1151 ext. 4238. You can indicate it is about the ongoing research. The message can be in French too. Plusieurs membres de notre équipe sont bilingues, comme Bruce et Josée.



Laurentian Research
Institute for Aging
Institut de Recherche du
Vieillissement de la **Laurentienne**

LRIA
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« We don't stop playing because we grow old. We grow old because we stop playing. »

George Bernard Shaw
