

Coronavirus: Mental Health & Wellbeing for Older Adults

Use the following link to help guide you through staying connected during the corona virus outbreak

- <https://www.fountaindigital.co.uk/over-70s-help-centre>

For information and advice on managing your mental health during the Coronavirus outbreak please visit:

- <https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus/>
- https://www.actionforhappiness.org/media/865781/april_2020.jpg

How to manage self-isolation and loneliness

- https://www.actionforhappiness.org/media/865781/april_2020.jpg

Keeping physically active during the Corona Virus outbreak

- <https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/strength-and-balance-exercises>
- <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>
- For adults with mobility issues: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>
- Strength and flex programme: <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

For stay at home Government guidance:

- <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>
- <https://www.nhsinform.scot/>

For information and support for people affected by dementia

- <https://www.alzheimers.org.uk/get-support/coronavirus-covid-19>
- [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

New guidance for older people and carers

- https://www.bps.org.uk/news-and-policy/information-supporting-older-people-and-those-dementia-during-covid-19?utm_source=BPS_Lyris_email&utm_medium=email&utm_campaign=

Please use the following helplines for information and support:

- The Silverline 0800 4 708090
- Age Scotland 0800 12 44 222
- Carers UK Advice Line 0808 808 7777
- Breathing Space 0800 83 85 87

For local support, please see the Perth & Kinross Mental Health Directory posted on this webpage. This directory gives an overview of the range of services available and their contact details.