

Where: PR2 - Topic 1 – Module 1.1 – Video 10 on Video resources: “Health and Psychosocial Support for Seniors”

<https://youtu.be/XaC4WUOSye4>

If you are an older adult, follow these tips to improve your mental health :

- keep in regular contact with loved ones
- keep regular routines and schedules as much as possible
- practice simple exercises to stay physically active
- learn how to arrange transportation
- have food delivered
- request medical assistance
- order goods and services online
- ensure that you have at least one month's supply of medicine and request assistance from loved ones if necessary