

ACTIVITIES FOR OLDER ADULTS AFFECTED BY NATURAL DISASTERS

Maintain Routines

- Use a paper and pen to write down a to-do list for each day.
- Involve other family members in your routine.
- Incorporate physical activity into your routine.
- Plan your days on a calendar.

Get Moving!

- Stretching for at least 10-15 minutes
- Go for a walk and invite a family member or a friend. Walk a pet.
- Make physical activity fun: dancing and low impact games.
- Engage in stretching or yoga.

Socialize

- Spend time in fellowship with friends.
- Spend time chatting with others in your community.
- If you have phone or internet service, communicate with others via phone call, text or email.
- If you are able, complete hobbies with your friends such as book club, knitting club, or teach a family member something new.

This resource has been compiled by Occupational Therapy and Occupational Therapy Assistant students while completing their Level II Fieldwork at LimbTech/Mobility Matters Foundation. Kristine Avendano OTS, Southern California University of Health Sciences and Maddy Beaty OTA/S, Central Piedmont Community College.

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