

## **Staying connected with elderly relatives**

Isolation and a lack of social interaction can lead to poor mental health. Luckily, there are lots of ways to keep in touch when you can't be there in person. Here are a few suggestions for staying in touch:

- Plan a video call on your mobile to chat with an elderly relative who may be missing younger family members popping round
- Set up a family WhatsApp group for family chats
- Chat on Facebook Messenger to keep yourself and friends entertained.
- Share photos on Instagram
- Don't forget there is nothing like a good old-fashioned phone call to catch up with friends and relatives