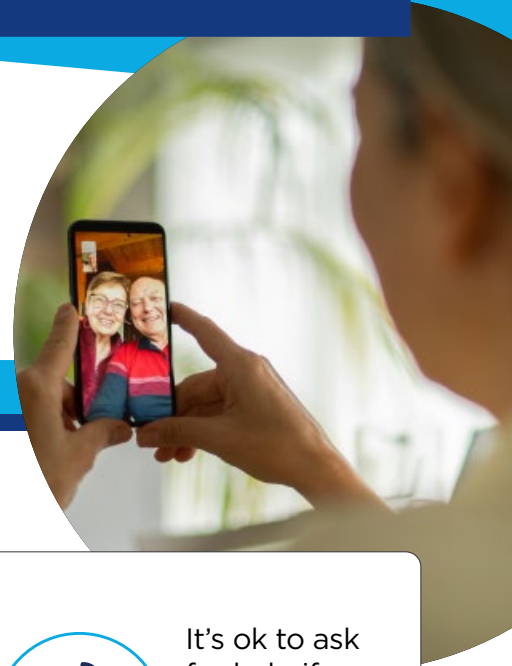# Coronavirus (COVID-19)

OLDER ADULTS 60+ YEARS

Stay connected

...there are lots of ways to stay in touch even if you're at home.

What to do

Talk to friends, family or neighbours by phone or video call.

Get family to help you set up technology to stay in touch.

It's ok to ask for help if you need it, and also ask other people if they are ok too.

Keep your medical appointments. Telehealth lets you talk to your GP or specialist over the phone.

No one to call? Red Cross offers a 'Call a day to check you're ok' service!

Phone 1300 885 698

Mental health support is available from:

Lifeline Phone 13 11 14

Coronavirus mental wellbeing support service

Phone 1800 512 348

Remember – keep **physical distance**, but stay **socially connected!**

For more information

- For practical advice and support, call the COVID-19 Older Australian Support Line on 1800 171 866 (Monday to Friday, except public holidays, 8.30am to 6pm)

- MyAgedCare, phone 1800 200 422 or visit the website www.myagedcare.gov.au

- NSW Government website nsw.gov.au

Free Interpreter service: Phone 13 14 50

NSW GOVERNMENT

For more resources or information visit nsw.gov.au