

Connecting over the phone or video call

Activities for children and their elderly relatives

Children and their elderly relatives can still connect during COVID-19. Regular phone and video calls will help to maintain their connection as well as help prevent loneliness in aged care residents due to the COVID-19 isolation.

Below are some ideas on how children and their elderly relatives can connect over the phone or video call.



1. READ A BOOK

Order a book from your older relative's local library to be delivered to them. Suggest they read it over the phone to young children. Older children can read a book to their relative in care.



2. PLAY SOME MUSIC

Children can sing, play an instrument or play music over the phone or video. They can even do a dance or performance on a video call. If an audio or video recording is sent, it can be played and enjoyed many times by the elderly person.



3. SHARE A MEAL

Ask the aged care team to set up a regular video call during mealtimes. Food is a way to connect and is a good conversation topic for young children. Children can ask their older relative to talk about the food they used to eat as kids.

A video meal time is also a great way for you to check in on the meal and dining experience and see if it is meeting your relative's needs. It also enables the person to be part of a family meal or special occasions such as birthdays and religious festivals.



4. FAMILY HISTORY

Children can interview their older relative about their family history over the phone. This can include information to develop a family tree, find out about family stories or a family recipe. They can also ask their relative to tell them stories about what life was like when they were a child, what games they played and what school was like.



5. LETTERS

Children can write a letter to elderly relatives, and maybe illustrate it. A letter is a tangible and familiar form of communication that can be enjoyed again and again.



6. PLAY A GAME

There are lots of games that children and their older relatives can play over the phone or video call, such as charades and drawing games. There are also lots of online games and apps that children and their relatives can play such as UNO, Monopoly, Chess, Checkers, Scrabble and card games.

Dementia Australia's Better Visit App is a free-to-download app featuring a range of two-player games designed to enhance communication and facilitate positive social interactions between people with dementia and their visitors.
dementialearning.org.au/technology/a-better-visit-app/