

Visiting your loved ones in care homes during COVID-19



Respect your care home's policies

Every care home has their own rules and regulations to keep your loved ones safe during this time. These regulations will vary depending on the facility and can impact how you can conduct visits with your loved ones. Before you go anywhere, contact your loved ones' care home to find out their regulations and ask how you can best spend time with your loved ones.



Visit virtually instead

The best way to interact with your loved ones right now is to conduct your visit virtually. No matter what platform you choose, being able to hear and see your loved one allows you to connect. Speak to your care home to find out if you can schedule a time to conduct a virtual visit with your loved one.



Window visits & car parades

Window visits and car parades can be problematic during this time. Between maintaining social distancing protocols and facilitating the visits, they can cause a range of challenges for recreation therapists. Check with your care home to see if they are allowing window visits and car parades and how best to conduct yours if available.



Flowers, cards & gifts

Check with your care home to see their regulations about sending flowers, cards and gifts. Please note that some homes may require your items to sit for 72 hours before being allowed into the facility. Consider emailing your card to be printed at the facility or conducting an online visit with your loved one instead.

Therapeutic Recreation benefits everyone

Therapeutic Recreation is a collaborative and purposeful process facilitated by trained professionals offering recreation and leisure assessment, planning, intervention and evaluation to achieve individual goals. The profession uses meaningful recreation and leisure education, counselling and experiences to promote, restore, rehabilitate, and/or maintain quality of life and well-being. Therapeutic Recreation supports the development of strengths while addressing social, emotional, physical, spiritual and cognitive needs.

To learn more about what Therapeutic Recreation professionals do, visit www.trontario.org