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HELPING HANDS: REACHING OUT TO RESIDENTS AT A LOCAL ASSISTED LIVING FACILITY



- April 24, 2020
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Editor's Note: This post is part of a series of [Helping Hands](#) stories authored by School of Pharmacy faculty, staff, students, trainees, and alumni who stepped up to assist their family and friends, colleagues, and communities during the COVID-19 pandemic.

For the past five years, I have been reading inspirational books to the residents of an assisted living home in Silver Spring, Md. In addition to the inspirational reading, there is an opportunity to educate the residents on medical topics, such as the importance of taking their medication and staying hydrated.

When social distancing measures were put into place, we were unable to visit the assisted living home for a month. Visitation restrictions on an assisted living or nursing home can leave many of the residents in a lonely or depressed state.

I have resumed the classes by standing outside the building with a microphone, allowing the residents to view and hear the readings from the safety of the dining hall. The residents are able to communicate their feelings in the communal environment that they enjoyed and missed. I am also able to serve the community by offering mobile notary public services and a notary drive-through service at my home, always maintaining social distance for the privacy and safety of all.

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