

# Uplift and Connect

## A Social Chat Program for Seniors

### Information Sheet



#### What is it?

Uplift and Connect is a social chat program developed by Councils Positive Ageing team to reduce the feeling of loneliness and isolation during the COVID 19 pandemic. The program utilises video call technology, where available. The discussions are moderated by a facilitator.

#### Who is it for?

If you are a senior person living in City of Whittlesea, in self-isolation and/or avoiding outdoors due to COVID 19, and feeling lonely, this program is for you.

#### Why is it important?

The current COVID 19 restrictions and self-isolation requirements has severely impacted the life of seniors. They are housebound and are increasingly feeling lonely and isolated. Being connected to friends and peers, making new friends, and building positive relationships is the antidote to loneliness. Thanks to the technology, it is still possible to stay connected while staying indoors.

#### What can I expect?

- An opportunity to have stimulating conversations with your peers, in topics of your interest.
- Make new friends, build relationships and learn new things from the comfort of your home.
- Chat in small groups (four per group) and feel better connected.
- An opportunity to meet your new friends post COVID 19 and form a new friendship group.

#### What do I need to participate?

- You will need a Smartphone (Android or iPhone) or desktop/laptop computer or a tablet, with internet connection.
- A Landline phone will also do if you don't have the above. Just let us know.

#### Who will facilitate the discussions?

The discussion will be facilitated by City of Whittlesea's positive ageing team.

#### How do I get started?

- **To register, please call the positive ageing team on 9407 5913 or email [leap@whittlesea.vic.gov.au](mailto:leap@whittlesea.vic.gov.au).**
- **Try downloading Microsoft Teams App on your mobile device.**
  - If you have an iPhone/iPad, go to App Store. If you have an android phone/tablet go to Play Store.
  - Search: Microsoft Teams
  - Click: GET
  - Click: INSTALL
- **If you have trouble downloading, let us know while registering and we will assist you through the process.**

