



Elder Check-Ins Fact Sheet

The COVID-19 pandemic and the crisis in our longterm care homes have shone a light on the need for better supports for seniors. Living at home ensures that seniors can continue to make decisions about their daily lives and remain connected to their social networks.

What if postal workers could help seniors live independently in their own homes for longer?

In addition to helping seniors, elder check-ins could bring peace of mind to loved ones and relatives who don't live nearby. Japan, France and Jersey in the Channel Islands currently offer effective and successful senior check-in services through their national postal services.

What would elder check-ins look like?

Door-to-door postal workers are already watchful of signs that something isn't quite right. They could be allotted extra time on their routes to check

in on seniors or people with mobility issues who sign up for the service. Check-ins could be as simple as seeing if there's a regular "ok" sign in the window or a brief social visit.

Postal workers could also become a point of contact between seniors and healthcare or social services when the need arises. Postal workers are already trusted and reliable members of our communities.

Why not leverage tens of thousands of postal workers to provide further supports to seniors?

Special Delivery: How Canadian Postal Workers Could Better Enable Ageing in the Right Place
<https://www.niageing.ca/postalworkers>

Support Senior Check-Ins by Canada Post
https://www.deliveringcommunitypower.ca/senior_check_in

