



Technology as an Alternative to Personal Visits

Contributed by: The Team at iN2L (It's Never 2 Late)

www.iN2L.com

The team at iN2L knows that through the use of technology, we can help provide reassurance and comfort to residents and their loved ones when in-person visits are restricted.

Popular Websites Available to all:

[Free Rice](https://freerice.com/) <https://freerice.com/>

[Come Pray The Rosary](http://comepraytherosary.org/) <http://comepraytherosary.org/>

[Our Daily Bread](http://homeinsteaders.org/#sthash.wd8NSDWz.dpbs) <http://homeinsteaders.org/#sthash.wd8NSDWz.dpbs>

[Thought Of The Day](http://homeinsteaders.org/#sthash.vP523wF0.dpbs) <http://homeinsteaders.org/#sthash.vP523wF0.dpbs>

[Virtual Pet Therapy](https://explore.org/livecams) (Live animal Webcams) <https://explore.org/livecams>

[Good News Network](https://www.msn.com/en-us/news/good-news) <https://www.msn.com/en-us/news/good-news>

[YouTube](https://www.youtube.com/) <https://www.youtube.com/>

[Spotify](https://www.spotify.com/us/) (Podcasts/Music) <https://www.spotify.com/us/>

Pen Pals:

Youth are home from school; allow intergenerational opportunities to become Pen Pals with residents and handwrite Be Well Post Cards, letters and creative art pieces.

Maintaining Family Connection:

- Virtual visits (Skype is available through all iN2L devices or directly through other social media chat program such as Facetime)
 - Virtually host Care Conferences & Support Groups
 - Have vendors lead virtual, live entertainment
 - IN2L customers
 - use Tablet 2-Way messaging, pictures, videos and Skype
 - My Pages: Through the iN2L Family Portal, families can upload pictures and videos from their desktop at home to help their loved ones feel safe and secure.
- Facebook Messenger chat or video (available on all IN2L devices)
- Have families put bird feeders outside residents' windows
- End of Life Care: Providing comfort and visits if physically unable to be bedside. Last sense to go is hearing.

For iN2L customers, don't forget to utilize the many Entertainment and Activities available:

iN2L has a content library of over 4,000 items under 10 different categories of programming, including spiritual wellness, cognitive exercises, physical fitness, and emotional support. Any of the items can be used for 1:1 engagement or group programs (depending on your community's restrictions).

- **Visit iN2L Print:** Free for iN2L customers. Find hundreds of printable word puzzles, short stories, brain aerobics, coloring templates, recipes, poems, and humor.



And whether you use the iN2L system or other technology equipment, please keep it clean and disinfected! Learn more about [iN2L and COVID-19](#) here.