

Hope Through Hardship





Bethesda Lutheran Communities

SERVICES:

- **Community Living**
- **Community Connections**
- **Career Connections**
- **Positive Behavior Supports & Nursing Supports**
- **Bethesda College of Applied Learning**
- **Faith Supports**

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Disability Consulting Solutions

Supporting Seniors and People
with Special Needs

- **SERVICES:**
- **PERSONAL CONSULTATION & ADVOCACY**
- **CUSTOMIZED SUPPORT PLANNING**
- **APPLICATION FOR BENEFITS**

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Topics of Conversation

- Easing Isolation
- Job/Income Loss
- Staying Active
- Faith and Spiritual Supports



How Can Technology Be Used to Ease Isolation?

- Zoom, Google Hangouts, House Party
- Online Games
- Regular Communication



What Are Those Doing During Job/Income Loss?

- Unemployment Insurance
- Finding Part-Time Work
- Saving Money
- Using Your Network





What Are Ways You Can Stay Active?

- Exercise
- Online Activities
- Outdoor Activities



What Are Ways You Can Use Faith and Spiritual Supports?

- Prayer and Devotion
- Staying Connected

