**PenPal for the retired or elderly:**

**What is the problem/service?**

With COVID-19, retirement homes and nursing homes have been placed in extreme lock downs. Locked down to the point where the seniors were restricted from being with their family. As a result, many seniors have been suffering from extreme loneliness.

**Why it is important?**

Loneliness can lead to depression, anxiety disorders and even suicide. Elders are important in our community and part of the Calgarian family - they should have access to as much social interaction as we do, if not more. Without the experience of our elders we wouldn’t be where we are now.

**How are you going to solve it?**

The proposed design is an app that connects the elders to students, teenagers, and young adults - anyone who would like to seek advice or just hang out. The most experienced people in our community are these seniors, so the app would give a student engineer, doctor or plumber a chance to talk to someone with more experience and learn how to grow in their fields. The app would describe each elder's past and give options to book appointments to talk with them over the app, zoom, etc. Whether that be a one-on-one mentorship or just talking and having fun with several random seniors. The issue of seniors not being able to sign up could be solved by targeting specifically the nursery homes and senior homes where the system can be setup by a staff member there. This would allow wisdom and experience to be passed onto the youth along with keeping seniors busy. After all who doesn’t like to talk about themselves?

**What kind of system will it be?**

The program would most likely be a mobile app just because of the convenience it provides. The build will be quite like What’s App or Skype. The build will mainly focus on the senior homes, nursery homes, and retirement buildings where each senior would have their own account. It could also be connected to a web portal. Each person would have their own account and meetings.