

Intellectual Wellness and Coronavirus

There are many ways you can keep your mind active during the pandemic. Many everyday activities are now possible to do through the Internet. Training your brain is also important, not only to stave off feelings of boredom, but to keep your mind sharp and lower the risk of dementia.

Virtual excursions

Visiting museums and landmarks around the world and browsing libraries and books is all possible from the safety of your home.

- Take online tours of art museums or famous landmarks at artsandculture.google.com
- Attend music events at the Sydney Opera House at sydneyoperahouse.com/digital
- Borrow and read books at openlibrary.org

Participate in research

Researchers are always looking for members of the public to participate in their projects.

Through technology such as your computer or phone, you can contribute to many interesting projects. By participating you may also learn something new and increase your understanding of different topics.

Learn something new

Join online courses to expand your knowledge and learn about new things - from languages to media to maths.

UNSW have many free short online courses available to sign up to:

- coursera.org/unsw
- futurelearn.com/partners/unsw-sydney
- openlearning.com/unswmoocs

More resources

The following are some more resources to help you manage intellectual wellness:

- **UNSW Ageing Futures Institute** are always looking for members of the public who are interested in participating in research. If you are interested, please email us at ageingfutures@unsw.edu.au
- **University of the Third Age** offers hundreds of courses, lectures, and presentations for older people who are no longer working full-time. Find out more at sydneyu3a.org or call 02 9267 9056.
- **The International Research Network on Dementia Prevention** have fantastic resources on how to reduce the risk of developing dementia at coghealth.net.au/community-knowledge-hub

Online events

You can improve your intellectual wellness by attending online events. From participating in discussions about your favourite topics, to watching real-time debates or learning something new at international conferences.

Eventbrite has tens of thousands of online events you can attend from your home. Go to eventbrite.com.au/d/online/events

Some current projects include:

- **FluTracking** - helps monitor the spread of flu and Coronavirus (info.flutracking.net)
- **PatientsLikeMe** - a program that gives you the platform to share your experiences if you have had a disease (patientslikeme.com)
- **Citizen science** projects, such as recording frog calls (frogid.net.au) and collecting data about Birds (birddata.birdlife.org.au)

Play online games

Games such as chess, crosswords, puzzles and card games can be played on the Internet. You can even challenge your friends to a game!

A list of safe game sites can be found below:

- seniorsonline.vic.gov.au/services-information/games
- greatseniorliving.com/articles/games-for-seniors
- games.aarp.org/