



Putting a Spotlight on Seniors and Adults with a Disability during the Pandemic

The Council on Aging wants to hear about your experiences during the early stages of the COVID-19 pandemic.

With questions about how you are coping, managing anxiety and staying connected, the information collected will help support the future planning of services for seniors and adults with a disability.

You can complete the survey online at www.surveymonkey.com/r/CGSGBCH
It will take about **15 minutes**.

If you would prefer to complete the survey over the phone, call 1-833-617-HELP (4357) and leave a message. Someone will call you back to collect your information.

Make sure your voice is heard.