Some have lost caregivers in their homes. Many are now barred from visiting their spouses in local care facilities. Others have been forced to cancel travel plans.

About a dozen older adults answered the Weekly’s request to share how the COVID-19 shutdown has affected seniors in the community. Here are their responses:

From The Sequoias in Portola Valley, a resident noted that senior living complexes such as hers as well as Channing House, Palo Alto Commons, Sunrise and Vi are under severe restrictions, including prohibitions on visits from outside relatives. Spouses living in differing care levels within the same facility also are barred from visiting one another.

“I’m sure the spouse in ‘independent living’ stresses a great deal on how their husband or wife (in ‘assisted living’ or ‘skilled nursing’) is faring,” wrote a resident in an email to the Weekly.

“You eat only what is brought to you with few options other than to accept or refuse each type of offering — the entrée, the small salad, the fruit, the dessert. At least there is coffee at each meal. However, if you ate everything, you likely would need larger clothing in no time,” she added. “Not leaving (the facility), along with many other restrictions, is strictly enforced. There are barricades manned by security. If you somehow manage to leave — and I can’t imagine how that would happen — you are totally locked down for two weeks upon return and visited daily by the nurse.”

Maggie, a Palo Alto resident, had been planning to bring her husband of 62 years, who suffers from Alzheimer’s and had been living at Sunrise, back home to care for him. Then, she fell while grocery shopping, broke her femur and was hospitalized following surgery. Now she is almost recovered but a “no visitation” policy has prevented her from seeing her husband.

“We have been apart now for what seems far too long,” Maggie wrote in an email. “I am really looking forward to being with Paul again as soon as possible. The coronavirus is not helping anything. Hope that will be gone soon, but that seems unlikely.”

For one Palo Alto couple in their 80s, a spring agenda filled with travel suddenly turned into a drama of end-of-life contingency planning.

Just back from a cruise to Mexico, the couple was notified by the cruise company that a fellow passenger might have had COVID-19.

“We immediately quarantined ourselves inside our house,” said the husband. The couple canceled plans for trips to Arizona for spring training and to the east coast to visit their children and grandchildren.

Realizing their family probably would not be able to visit them should they come down with the virus, the husband contacted Avenidas senior services agency and asked: “If I should die at home, how would you support my wife?”

“My wife is computer-phobic and she’s going to need assistance — local assistance,” the husband explained by telephone. “We both feel fine for now and we’re pretty sure we didn’t pick up anything, but we’re staring at what we think might be the end of life as we’ve known it.”

The COVID-19 shutdown has caused many local seniors to lose the support of in-home caregivers they previously had counted on.

After developing flu-like symptoms, a woman in her 60s caring for her mother decided to get tested for the coronavirus. The duo ended up losing their