



COVID -19:

Navigating the Mental Health Effects on
Older Adults

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Objectives



Explore the mortality rate of the COVID -19 pandemic among older adults



Realize the prolonged impact this pandemic can have on seniors' mental health

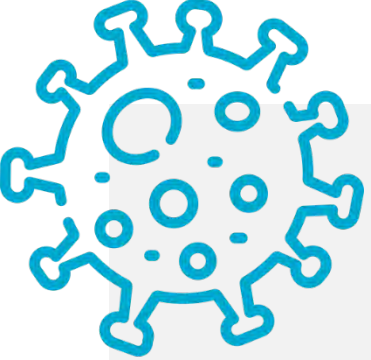


Explore how social isolation, depression and related health problems are currently impacting older adults

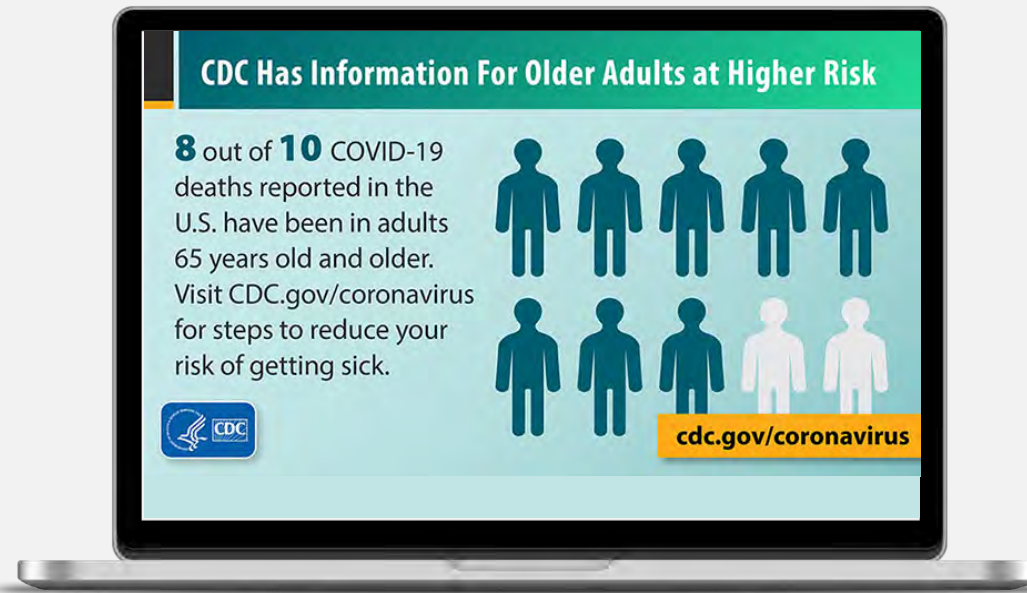


Discuss some of the methods to manage isolation and reduce harmful side-effects





Covid-19 Mortality Rate Among the Elderly



<https://www.cdc.gov/coronavirus/2019>

[-ncov/images/need-extra-precautions/high-risk-80-percent_1.jpg](https://www.cdc.gov/coronavirus/2019-ncov/images/need-extra-precautions/high-risk-80-percent_1.jpg)

Compared to younger adults, older adults are more likely to require hospitalization if they get COVID-19

Rate Ratios Compared To 18 –29-year -olds		
	Hospitalization ¹	Death ²
18-29 years	Comparison Group	Comparison Group
30-39 years	2x higher	4x higher
40-49 years	3x higher	10x higher
50-64 years	4x higher	30x higher
65-74 years	5x higher	90x higher
75-84 years	8x higher	220x higher
85+ years	13x higher	630x higher





Facts For The Older Adults

From CDC



What does CDC consider “Severe Illness”?

“Severe Illness” means that a person with Covid -19 may require



Hospitalization



Intensive care



Ventilator



May even die





Summary of Recent Changes

As of Dec. 23, 2020

- Down syndrome
- Sick cell disease and chronic kidney disease

People with Certain Medical Conditions

- 1 CDC learns more about Covid -19 every day
- 2 The list of underlying medical conditions is not exhaustive
- 3 The list is a living document
- 4 Meant to inform clinicians and individuals of their level of risk



Underlying Medical Conditions






Adults at any age are at increased risk of severe illness

- Cancer
- Chronic Kidney Disease
- COPD
- Down Syndrome
- Heart Conditions (i.e. heart failure, CAD, or cardiomyopathies)
- Immunocompromised from solid organ transplant
- Obesity BMI over 30
- Severe Obesity, BMI over 40
- Pregnancy
- Sickle Cell Disease
- Smoking
- Type 2 Diabetes Mellitus

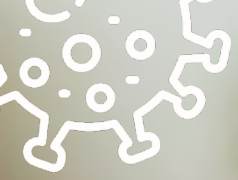




**Adults at any age
might be at
increased risk of
severe illness**

- Asthma
- Cerebrovascular Disease
- Cystic Fibrosis
- Hypertension
- Immunocompromised state from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medications
- Neurologic Conditions (Dementia)
- Liver Disease
- Overweight (BMI over 25 but less than 30)
- Pulmonary Fibrosis
- Thalassemia
- Type 1 DM





In the Beginning....





Characteristic	All respondents who completed surveys during June 24 –30, 2020 weighted* no. (%)	Weighted %*						
		Conditions				Started or increased substance use to cope with pandemic related stress or emotions †	Seriously considered suicide in past 30 days	≥1 adverse mental or behavioral health symptom
		Anxiety disorder†	Depressive disorder†	Anxiety or depressive disorder†	COVID-19-related TSRD§			
All respondents	5,470 (100)	25.5	24.3	30.9	26.3	13.3	10.7	40.9
Gender								
Female	2,784 (50.9)	26.3	23.9	31.5	24.7	12.2	8.9	41.4
Male	2,676 (48.9)	24.7	24.8	30.4	27.9	14.4	12.6	40.5
Other	10 (0.2)	20.0	30.0	30.0	30.0	10.0	0.0	30.0
Age group (yrs)								
18–24	731 (13.4)	49.1	52.3	62.9	46.0	24.7	25.5	74.9
25–44	1,911 (34.9)	35.3	32.5	40.4	36.0	19.5	16.0	51.9
45–64	1,895 (34.6)	16.1	14.4	20.3	17.2	7.7	3.8	29.5
≥65	933 (17.1)	6.2	5.8	8.1	9.2	3.0	2.0	15.1
Race/Ethnicity								
White, non-Hispanic	3,453 (63.1)	24.0	22.9	29.2	23.3	10.6	7.9	37.8
Black, non-Hispanic	663 (12.1)	23.4	24.6	30.2	30.4	18.4	15.1	44.2
Asian, non-Hispanic	256 (4.7)	14.1	14.2	18.0	22.1	6.7	6.6	31.9
Other race or multiple races, non-Hispanic**	164 (3.0)	27.8	29.3	33.2	28.3	11.0	9.8	43.8
Hispanic, any race(s)	885 (16.2)	35.5	31.3	40.8	35.1	21.9	18.6	52.1
Unknown	50 (0.9)	38.0	34.0	44.0	34.0	18.0	26.0	48.0

Respondent Characteristics And Prevalence Of Adverse Mental Health Outcomes, Increased Substance Use To Cope With Stress Or Emotions Related To COVID-19 Pandemic, And Suicidal Ideation — United States, June 24–30, 2020



What Happened.....

- Elderly had to quarantine
- History shows mentally affected exceeds physically infected
- Psychological/mental should be discussed comprehensively
- Over 60 + high risk group = physically and mentally more vulnerable



Prolongation of the Pandemic.....

- Prolonged.....
avoidance of social activities
- Prolonged.....
social distancing
- Prolonged.....
isolation

Leads to.....





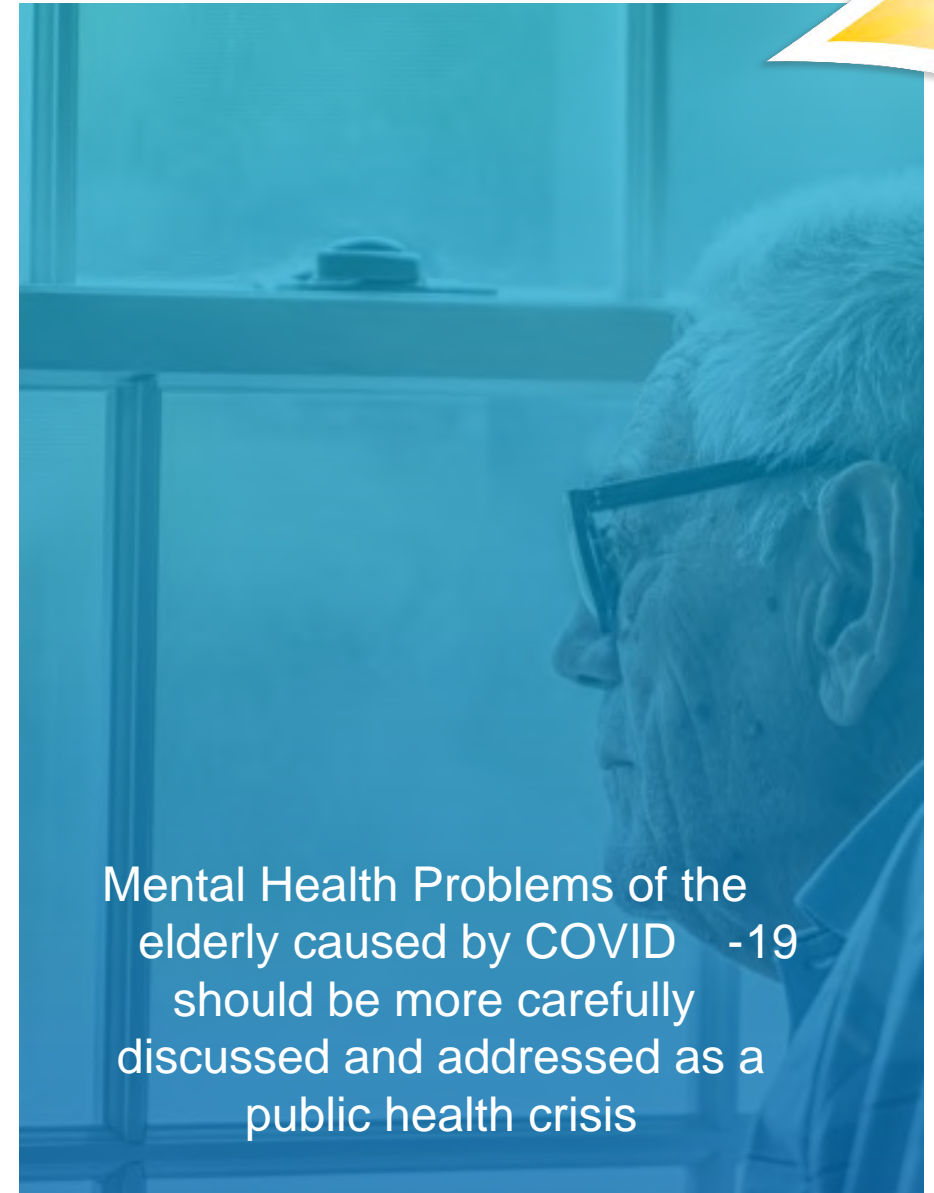
Increased Mental Health Concerns for the Elderly



The Effects of Social Isolation in Elderly

Increases the risk of :

- Cardiovascular
- Autoimmune
- Neurological
- Mental problems










Mental Health Problems of the elderly caused by COVID -19 should be more carefully discussed and addressed as a public health crisis



Fear and Anger



-  Fear is a natural defense mechanism
-  Worse when chronic or imbalanced
-  Key components of various mental disorders
-  Increases the rate of symptom manifestation
-  Maintains high levels of anxiety and stress
-  May cause depression, anxiety, PTSD and mental illnesses
-  May even lead to suicide



Psychological Epidemic

Fear and Panic

- Mushroomed more rapidly than the pandemic itself
- Fear of “virus” extends to entire population
- Produces aversion and discrimination
- Invades brain
- Paralyzes reason



COVID -19

- Penetrates the body
- Paralyzes the lungs
- Can cause death

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Discussion of Covid -19 Induced Stress is Essential



Root of negative psychological and mental influences



Discussing it can offset those negative influences



In severe cases, stress can lead to suicide

Erikson's Ego-integrity

- 1 Most ideal psychological state for elderly
- 2 Includes self-worth and self-esteem
- 3 “State of psychological well-being”
- 4 “Ultimate state of not fearing death”
- 5 “Accepting one’s life without regret”
- 6 “Being content with one’s life”
- 7 “Having a balanced view of the past, present, and future”



Constant Exposure to High Stress Levels in Old Age....



Decreases expectations towards the self



Damages positive self perception



May negatively impact the development of “ego -integrity”



Can lead to loss of self -worth and depression

“Self -efficacy”



The confidence or expectation of one's ability to successfully perform an action or activity



Major variable that predicts adaptation



Helps elderly to control and cope



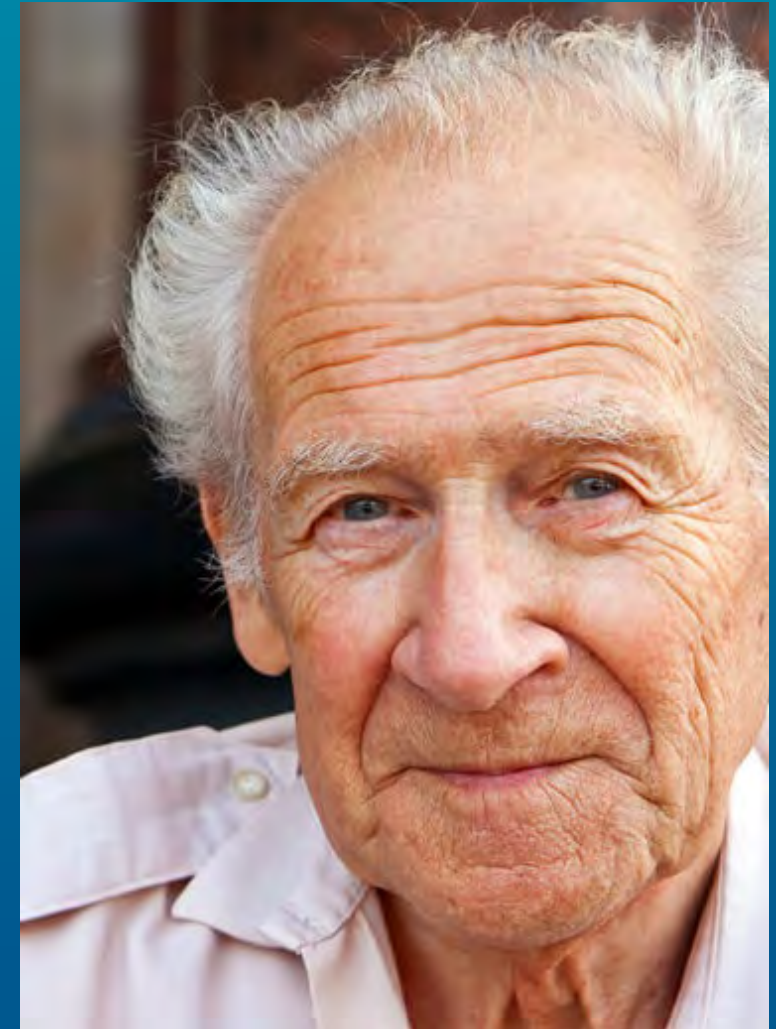
Reduces negative effects of stress



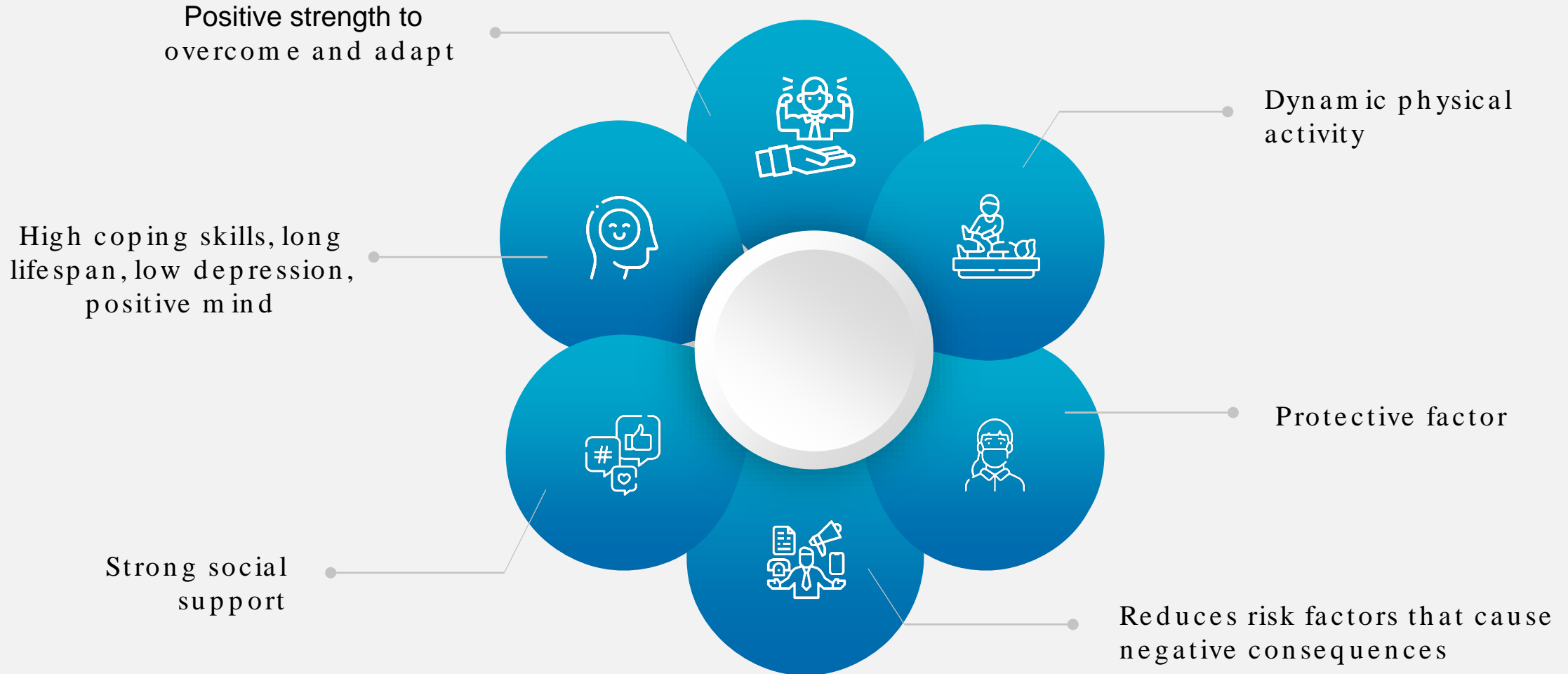
Mediates 40% of the effects on depression



Helps to protect and promote physical and mental health in stressful situations



“Resilience”





Suggestions for the Psychological and Mental Health of the Elderly during Covid -19



Stop reading, watching, and listening to news



Refrain from spreading unofficial information



Understand that their feelings are normal



Yoga/meditation, deep breathing, stretching



Take care of self



Continue treatments for mental illnesses or drug abuse



Notice new or worsening symptoms and ask for help



Social Health, Social Support



Maintain
contact



Maintain regular
religious activities



Be informed of
where to get help



Notify close family or
friends when
symptoms occur

Physical Health and Activity



Maintain exercise pattern



Maintain regular good health habits



Make time for enjoyable activities



Maintain balanced diet



Get enough sleep



Avoid excessive alcohol and drug use



Take prescriptive medications as usual

The Importance of Social Support

Convinces the elderly of their ability to control stressful situations

Social networks decrease stressors



Increases coping skills



Family Relationships and Religious Activities



Family is a crucial part of social support



Provides affection and protection

Loneliness and Social Isolation

- Increase risk of premature death
- 50% increased risk of dementia
- 29% increased risk of heart disease
- 32% increased risk of stroke
- Higher rates of depression, anxiety and suicide
- 68% increased risk of hospitalization
- 57% increased risk of ER visits





The Unseen Cost of Lockdowns

- Residents become depressed
- They lose their appetites
- They withdraw
- Death certificates of some say “progression of Alzheimer's disease and social isolation / failure to thrive related to COVID-19 restrictions”

Isolation Problems in Care Homes

- “Robbing them of whatever good days they have left”
- Accelerates the aging process
- Increased falls
- Decrease in strength
- Decreased ability to ambulate
- Acceleration of dementia



How Can We Help Our Elderly Cope?





Virtual Contact

- Phone Calls
- Facetime
- Zoom

Encouragement

- Gardening
- Puzzles
- Painting
- Taking walks
- Exercise program
- Movies
- Anything they like to do



Teach How to Protect Themselves to Decrease Anxiety



- Masks
- Physical distancing



- Avoid crowds
- Avoid poorly ventilated spaces



- Hand washing
- Cover coughs and sneezes



- Clean and disinfect surfaces
- Monitor your health daily

Masks



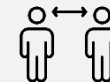
Wear a mask
over your nose
and mouth



Helps to
prevent getting
or spreading
the virus



Virus can be
spread to others
even if you do
not feel sick



Continue social
distancing

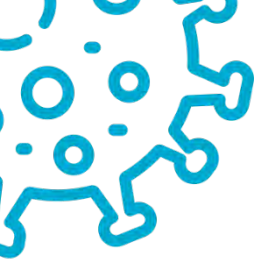


Who Should and Who Should Not

- ❖ Everyone should wear a mask in public
- ❖ Everyone should wear a mask if around people who don't live in the same household

Exceptions

- Children under age 2
- People with breathing problems
- Unconscious
- Incapacitated or otherwise unable to remove mask without assistance



Physical Distancing Inside Your Home



Avoid close contact with people who are sick



If possible, maintain 6 feet between the person who is sick and other household members





Physical Distancing Outside Your Home

- Put 6 feet of distance between yourself and people who don't live in your household
- Remember that some people without symptoms may be able to spread virus
- Stay at least 6 feet from other people
- Keeping distance from others is especially important for people who are at higher risk of getting very sick



Avoid Crowds and Poorly Ventilated Spaces



Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19



Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible

If indoors, bring in fresh air by opening windows and doors, if possible

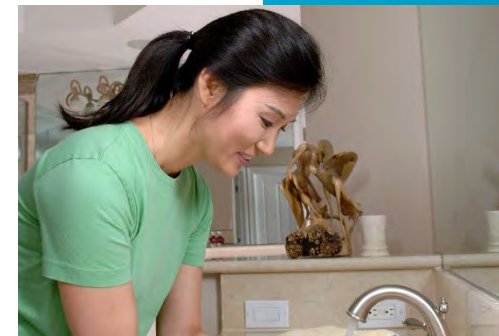




Wash Hands Often

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets





Hand Sanitizer



Contains at least 60% alcohol



Cover all surfaces of your hands
and rub them together

Cover Coughs and Sneezes



Always cover your mouth
and nose



Throw away used tissues



Immediately wash your
hands with soap and
water

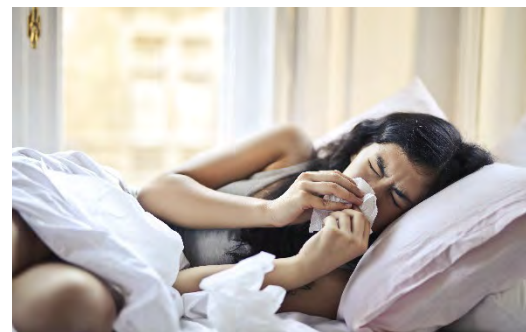


Clean and Disinfect

- Clean and disinfect frequently touched surfaces
- If surfaces are dirty, clean them
- Use a household disinfectant



Monitor Your Health Daily



Watch for fever, cough and/or shortness of breath



Symptoms may appear *2-14 days after exposure to the virus*



Take your temperature if symptoms develop

CORONAVIRUS SYMPTOMS



dry
cough



fever,
chills



tiredness,
headache



muscle
pain



diarrhoea



sore throat



shortness
of breath



chest pain



runny
nose



conjunctivitis



loss of taste
or smell

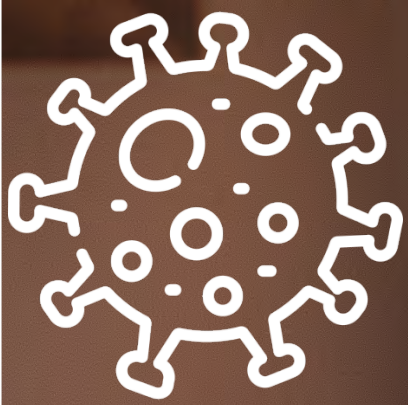


a rash on skin



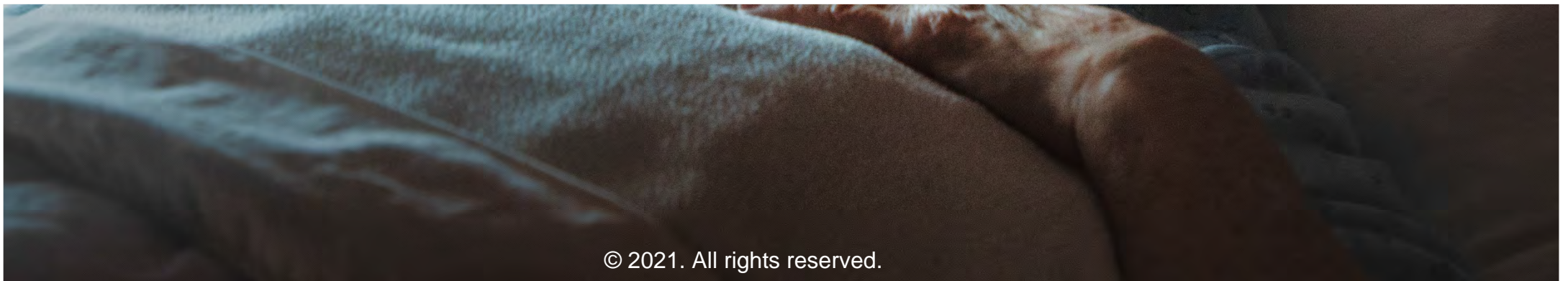
If Symptoms Develop

- Stay home except to get medical care
- Take care of yourself
- Stay in touch with your doctor
- Avoid public transportation



Separate Yourself From Other People

- As much as possible, stay in a specific room
- Tell your close contacts



Monitor Your Symptoms

Follow care instructions from your healthcare provider and local health department





When To Seek Emergency Medical Attention



Trouble breathing



Persistent pain or pressure
in the chest



New confusion



Inability to wake or stay awake



Bluish lips or face



Call Ahead Before Visiting Your Doctor





Resources on the Website [cdc.gov](https://www.cdc.gov) Mental Health and Coping During Covid-19



For Communities

- Coping With Stress During An Infectious Disease Outbreak
- Taking Care Of Your Behavioral Health During An Infectious Disease Outbreak



For Everyone

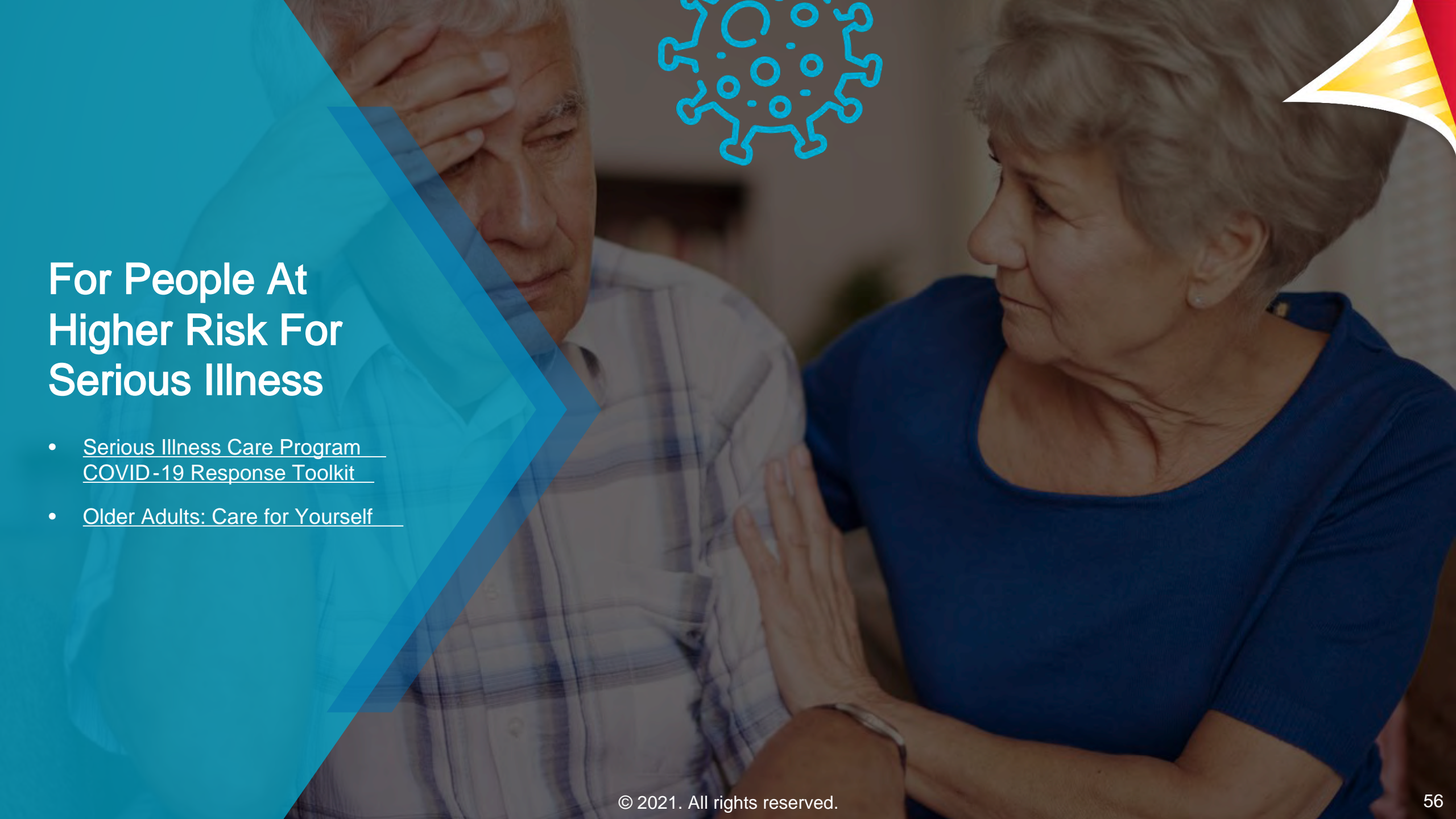
- [How Right Now](#)
- [Coping with a Disaster or Traumatic Event](#)
- [HHS ASPR TRACIE COVID -19 Behavioral Health Resources](#)
- [Coronavirus Tax Relief and Economic Impact Payments](#)
- [General Public: Care for Yourself](#)
- [Young Adults: Care for Yourself](#)





For Families And Children

- [Helping Children Cope during an COVID -19 Outbreak](#)
- [Helping Children Cope with Emergencies](#)
- [Coping After a Disaster](#) – A Ready Wrigley activity book for children age 3 -10
- [Teen Depression Parents: Care for Yourself](#)
- [Family Caregivers: Care for Yourself](#)
- [Students: Care for Yourself](#)



For People At Higher Risk For Serious Illness

- [Serious Illness Care Program
COVID-19 Response Toolkit](#)
- [Older Adults: Care for Yourself](#)

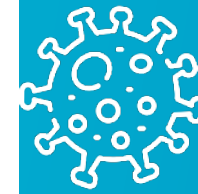
For Healthcare Workers And First Responders

- [Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic](#)
- [Emergency Responders: Tips for Taking Care of Yourself](#)
- [Disaster Technical Assistance Center](#)
- [First Responders: Care for Yourself](#)
- [Clinicians: Care for Yourself](#)





- Employees: How to Cope with Job Stress and Build Resilience During the COVID -19 Pandemic
- Working Adults: Care for Yourself
- Critical Workers: Care for Yourself
- Teachers: Encourage Your Students to Care for Themselves



For Other Workers

Resources



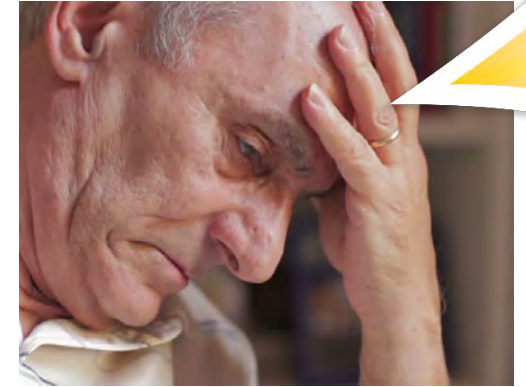
Get immediate help in a crisis

- Call 911
- Disaster Distress Helpline : CALL or TEXT 1-800-985-5990 (press 2 for Spanish).
- National Suicide Prevention Lifeline : 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat .
- National Domestic Violence Hotline : 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline : 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline : 1-800-656-HOPE (4673) or Online Chat
- The Eldercare Locator : 1-800-677-1116 TTY Instructions
- Veteran's Crisis Line : 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Find a health care provider or treatment for substance use disorder and mental health

- SAMHSA's National Helpline : 1-800-662-HELP (4357) and TTY 1-800-487-4889
- Treatment Services Locator Website
- Interactive Map of Selected Federally Qualified Health Centers

Suicide Prevention



Learn more about CDC's work in suicide prevention
<https://www.cdc.gov/violenceprevention/suicide/index.html>



Other Resources:

- National Suicide Prevention Lifeline : 1-800 -273 -TALK (8255) for English, 1-888 -628 -9454 for Spanish, or Lifeline Crisis Chat
- SAMHSA Suicide Prevention
- Suicide Risk Factors and Warning Signs
- Five Action Steps for Communicating with Someone Who May Be Suicidal



References



Older Adults and the Mental Health Effects of COVID -19 Ipsit V. Vahia, MD1,2; Dilip V. Jeste, MD3; Charles F. Reynolds III, MD4 JAMA. 2020;324(22):2253 -2254. doi:10.1001/jama.2020.21753

International Journal of Environmental Research and Public Health Review Consideration of the Psychological and Mental Health of the Elderly during COVID -19: A Theoretical Review Kunho Lee 1 , Goo-Churl Jeong 1 and JongEun Yim 2,3,* 1 Department of Counselling Psychology, Sahmyook University, Seoul 01795, Korea; leekunho@syu.ac.kr (K.L.); gcjeong@syu.ac.kr (G. -C.J.) 2 Department of Physical Therapy, Sahmyook University, Seoul 01795, Korea 3 Active Aging Research Institute, Sahmyook University, Seoul 01795, Korea * Correspondence: jeyim@syu.ac.kr; Tel.: +82 -2-3399 -1635 Received: 2 October 2020; Accepted: 30 October 2020; Published: 3 November 2020

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<https://www.cdc.gov/>



Thank you!

CE Contact Hour

Healthcare Professionals CE Contact Hour Provided by:

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CE contact hour will be issued via email directly from
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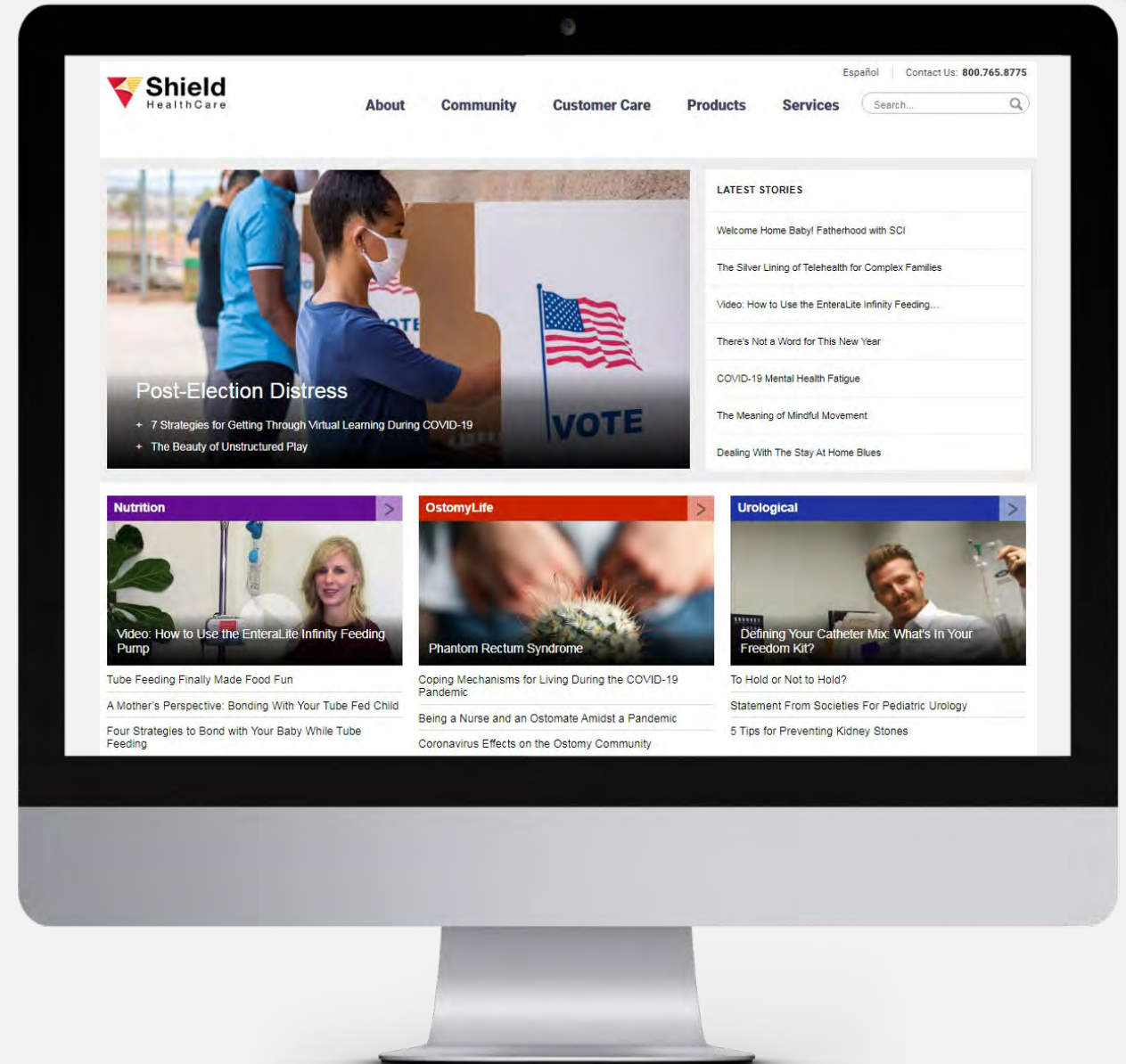
Please be sure to check your spam folder.



ONLINE SUPPORT FOR PATIENTS & CLINICIANS

- Dx-based topics
 - Dx management
 - Lifestyle support
- Helpful articles
- How-to videos
- Caregiver support
- Live and recorded webinars
- Relevant healthcare news

UPDATED DAILY



19TH ANNUAL CAREGIVER CONTEST ENDS 1/31

Submit your entry at www.shieldhealthcare.com/caring



19th Annual
Caregiver Contest
How Has COVID
Changed Caregiving?



GRAND PRIZE (3 winners)

- ⇒ \$250 Visa gift card
- ⇒ Engraved wall plaque



RUNNERS-UP (5 winners)

- ⇒ \$100 Visa gift card
- ⇒ Award Certificate



TO ENTER:

Tell us in 150 words or more how the COVID-19 pandemic has changed caregiving, and submit it online at: shieldhealthcare.com/caring

Whether you are a professional caregiver or caring for a loved one at home, the COVID-19 pandemic has changed the way we provide care.

On top of the everyday demands of providing care, how has COVID changed caregiving?

- What obstacles have you encountered as a Caregiver during COVID-19?
- How have you protected your family and your loved one during the pandemic?
- What changes have you made to your routines, and are they changes you plan to keep?

Tell us in 150 words or more how the COVID-19 pandemic has changed caregiving.

Previous Grand Prize Winners



Andrea B.



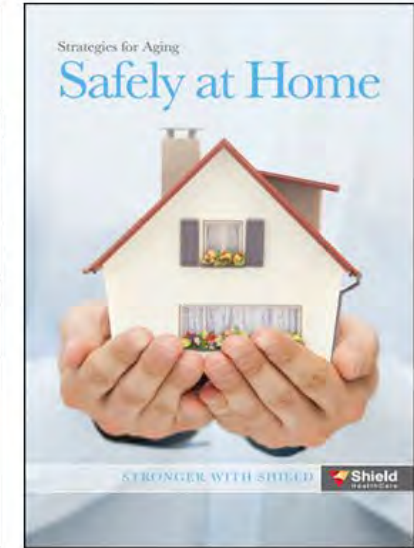
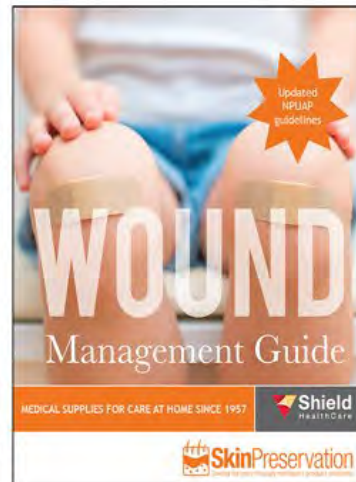
Gail S.



Lorna C.

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Thank you!