



Our Senior Population and Their Mental Health During COVID

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Agenda Topics

- ▶ Mental health
- ▶ How has this affected our seniors
- ▶ Embracing change-family and caregiver
- ▶ Staying healthy mentally during this change
- ▶ Positives of COVID 19



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Mental Health

- ▶ What do you think of when you hear the words mental health?
- ▶ Brain- Body connection
- ▶ Metathinking



How has COVID affected our seniors?

- Stressors
 - 1. Reading or hearing about the severity and contagiousness of COVID-19: 96.6 percent
 - 2. Uncertainty about length of quarantine and social-distancing requirements: 88.3 percent
 - 3. Changes to social routines, such as spending time with friends and loved ones: 83.7 percent
 - 4. Changes to daily personal care routines, such as cooking, cleaning, exercise and relaxation: 80.1 percent
 - 5. Cancellation of planned or scheduled celebrations, entertainment, vacations or trips: 68.7 percent (BECKERS HOSPITAL REVIEW June 2020)
- Anxiety
 - The unknowns
- Depression

Embracing this change as caregiver and family



Flexibility



Slowing down

Stopping to figure out the why

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Maintaining Our Mental Health

- ▶ Brain Exercise
- ▶ Identification of the issue (assessment)
- ▶ Communicate with the team (who is the team-family, care team, friends, etc)
- ▶ Strategies to aid in our health during this challenging time:
 - ▶ Tapping
 - ▶ Deep Breathing
 - ▶ Intentional and Gratitude Journaling
 - ▶ Nature
 - ▶ The Positive Mindset/Attitude

Positives of COVID

- ▶ Multiple Perspective Advantage (Dr. Caroline Leaf)
- ▶ The power of positivity
- ▶ Identifying values and priorities
- ▶ Relationship building
- ▶ Creative ways to stay connected



Resources

- ▶ Banerjee D. (2020). 'Age and ageism in COVID-19': Elderly mental health-care vulnerabilities and needs. *Asian journal of psychiatry*, 51, 102154. <https://doi.org/10.1016/j.ajp.2020.102154>
- ▶ Leaf, Caroline. (2017). *The perfect you a blueprint for identity*. Grand Rapids, Michigan: Baker Books
- ▶ Vaidya (June 2020). Americas top 5 COVID 19 stressor. Retrieved from <https://www.beckershospitalreview.com/public-health/americans-top-5-covid-19-stressors.html>