

How does COVID-19 impact the older adult?



- Age increases risk for severe illness as well as risk for hospitalization
- The communal nature of nursing homes or senior living facilities increases risk

(Centers for Disease Control and Prevention, 2020)

- Sense of loneliness and isolation have been exacerbated
- Many older adults do not have adequate access to resources to help them during the pandemic including:
 - Material/technological
 - Social
 - Cognitive/behavioral

(Vahia et al., 2020)

COVID-19 within a nursing home setting

COVID-19 has caused many changes within the nursing home setting across the board. Nursing homes were practically shut down to the outside world. Those who were in, couldn't get out and those who were out, couldn't get in. This takes a big toll on the emotional and physical health of everyone. Socialization of residents became practically non-existent or if there was any, it had to be from 6 feet apart. This is so important because a vast majority of socialization time is meal time. Due to decreased socialization, there was decreased food intake which is detrimental to the health of many residents. In addition, many residents and staff have died within nursing homes alone. The number exceeds 100,000 (AARP, 2020). In a time that people needed people most, we didn't have that.



Effects related to COVID-19



1.

Identify: Social Isolation

Define: The need for social distancing combined with the elderly's high risk associated with COVID-19 results in social isolation for the elderly individual

Describe: Lack of interaction with other residents and limited interaction with the staff

Impact: This affects their mental health which can then lead to negative affects on their physical health as well

(Sepúlveda-Loyola et al., 2020)

2.

Identify: Decreases level of functioning

Define: Decrease in physical mobility which further inhibits other health related changes

Describe: Bed sores, loss of muscle tone, decreased cognitive and social stimulation

Impact: This affects all areas of health, physical and mental