



COVID-19 Impacts on the Elderly

NURS 370 Honors Enhancement

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Effects on Older Adults

- Older adults have been discovered to be at the highest risk for having a severe illness from COVID-19 (CDC, 2021b).
- This population is much more at risk for hospitalizations and death.
- As adults age their immune systems weaken making them more susceptible to complications associated with the COVID-19 virus.
- This patient population also have several comorbidities which can increase their risk.





An interview was conducted with Jordan Miles, the Director of Nutrition and Transportation for Piedmont Senior Resources.



We first asked him how Piedmont Senior Resources has changed since COVID-19.

- Services such as congregate meals have completely stopped since COVID-19.
- To limit exposure they changed their meal delivery system to deliver on a weekly basis to provide a weeks worth of meals.

Interview: Agency changes in response to effects of older adults

- Virtual activities have been put into place such as online exercise programs and BINGO to allow older adults to be able to socialize safely.
 - Miles also mentions how extreme the effects of social isolation can be on the body, stating that these effects can be just as bad as smoking for years.
- Wellness checks have also been extremely important during this time in response to these negative psychological effects on older adults.
- They have enacted COVID safe guidelines such as masks and social distancing to make clients feel safe during social events and activities.

