

ELDER MENTAL HEALTH DURING COVID-19



ADDRESS THE RISK

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for elders. Older adults are particularly vulnerable to COVID-19 given their weaker immune systems, the higher COVID-19 mortality rate found in the older population, and their limited information sources. Providers should be aware of especially high-risk groups such as low-income elders, those living alone, and those suffering from other health conditions such as cognitive decline, dementia, or other mental health conditions.

MANAGE STRESS

- Share simple facts about the COVID-19 outbreak, including symptoms, treatment, and effective strategies to reduce risk of infection in words older people can understand. Consider whether they have cognitive impairments when speaking about risk.
- Communicate instructions in a clear, concise, and respectful way. Information may be displayed in writing or pictures.
- Engage families with information and help them practice prevention measures such as handwashing.
- Contact elders via landline phones.
- Encourage family or friends to call their elders regularly and teach elders how to use video (chat).

DEFINITIONS

Communities, families, and elders must take steps to protect elders:

What is Social Distancing?

Social distancing means remaining out of settings with large groups of people and **maintaining distance** (approximately 6 feet) from others when possible. People can practice social distancing while remaining connected to others through the phone and other forms of technology.

What is Isolation?

Isolation means the separation of a person or group of people known or reasonably believed to be **infected** with a communicable disease and potentially infectious, from those who are not infected, to prevent spread of the disease. **Someone infected with COVID-19 may show the following symptoms:** fever, cough, trouble breathing, headache, chills, muscle pain, sore throat, or loss of taste or smell. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

What is Quarantine?

Quarantine means the separation of a person or group of people reasonably believed to have been **exposed** to a communicable disease but not yet symptomatic. The person or group of people must be separated from others who have not been so exposed to prevent the possible spread of the disease.



Ways to Support Elders with Medical Needs

Elders with mild cognitive impairment or early stages of dementia need to be informed of what is happening within their capacity and provided support to ease their anxiety and stress. For people at moderate and late stages of dementia, their medical and daily living needs need to be met during the quarantine time.

- Medical needs of older adults with/without COVID-19 need to be met during the outbreak. This includes uninterrupted access to essential medicines (for diabetes, cancer, kidney disease, HIV). Telemedicine and online medical services can be used to provide medical services.
- Isolated or infected older people should be presented with truthful information on risk factors and chances of recovery.
- During quarantine, adjust respite or home care services to use technology (WeChat, WhatsApp) to provide trainings/counseling for family caregivers at home, and include psychological first aid training for family caregivers.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your patients as you did before the outbreak.

SAMHSA's Disaster Distress Helpline
Toll-Free: 1-800-985-5990 (English and Español)

Activities That Support Elder Well-being During Isolation or Quarantine

- Physical exercise like yoga, tai chi, and stretching.
- Cognitive exercises such as word search, Sudoku, and crossword puzzles.
- Relaxation exercises including breathing, meditation, and mindfulness.
- Reading books and magazines.
- Reducing the time spent looking at fearful images on TV.
- Reducing time listening to rumors.
- Searching information from reliable sources such as [CDC.gov](https://www.cdc.gov).
- Reducing time looking for information—1-2 times per day, rather than every hour.

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for additional information.

Ways to Support Elders in Residential Care

Nursing home populations are at the highest risk of being affected by COVID-19. If infected, residents are at increased risk of serious illness.

Facilities should take these steps before there are confirmed cases in the community:

1. Educate residents, healthcare personnel, and visitors on COVID-19.
2. Provide hygiene and cleaning supplies for recommended infection prevention and control practices.
3. Evaluate and manage providers with symptoms of COVID-19. Symptoms may include fever, cough, trouble breathing, headache, chills, muscle pain, sore throat, or loss of taste/smell.
4. Consider new policies and procedures for visitors.
5. Evaluate and manage residents with symptoms of COVID-19.
6. Minimize group activities inside the facility or field trips outside of the facility.
7. Develop criteria for halting group activities and communal dining, closing units or the entire facility to new admissions, and restricting visitation.
8. Create a plan for grouping residents with symptoms of COVID-19, including dedicating providers to work only on affected units.

Facilities should take these steps when there are confirmed cases in community:

1. Implement policies and procedures for limiting visitors.
2. Implement healthcare personnel monitoring and restrictions.
3. Monitor residents for symptoms and apply appropriate restrictions of communal activities.



Photos by Ed Cunicelli

STRESS AND ANXIETY MANAGEMENT FOR COMMUNITY HEALTH WORKERS DURING CORONAVIRUS

The outbreak of coronavirus disease 2019 (COVID-19) may cause stress, fear, or anxiety for people and communities. If you are a community health worker making home visits during the outbreak, this can take an emotional toll. It is normal for you to feel this way. Know the signs of stress and anxiety and how to relieve them. Know when to get help.

KNOW THE SIGNS OF STRESS AND ANXIETY



Community health workers may observe increased fear, depression, anger, difficulty concentrating, or making decisions. These changes can interfere with their ability to take care of themselves, family, or community.



Stress and anxiety can cause changes in sleep or eating patterns.



The added stress of a disease outbreak may lead to use or increased use of drugs, alcohol, or commercial tobacco. If you find you are increasing substance use, reach out for help.

HOW TO COPE



Stay in contact with family and friends while keeping a safe physical distance. Take care of yourself and each other, and know when and how to seek help.



Take breaks from the news. Instead, listen to your favorite music or read a book.



Photo: Ed Cunicelli



Create a list of personal self-care activities that you enjoy such as exercising, meditating, singing a traditional song, praying, or connecting with nature. Take deep breaths or stretch.



Use your time off to relax—eat healthy and well-balanced meals and drink plenty of fluids.



Connect with others and keep healthy relationships. Share with a co-worker, friend, or family member, through phone or video chat, concerns and how you are feeling.



Maintain a sense of hope and positive thinking and remember that these strong feelings of stress and anxiety will fade.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to take care of yourself and others as you did before. SAMHSA's Disaster Distress Helpline is available 24/7 for free crisis counseling. **1-800-985-5990 (English and Español)** or **TEXT: "TalkWithUs" to 66746**. If you are ready to quit smoking, call **1-800-784-8669**.



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