



PLANNING FOR **CHANGE**  
2020 *virtual* seminar



# COPING IN THE TIME OF COVID-19

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SOCIAL ISOLATION AND  
MENTAL RESILIENCE DURING  
THE PANDEMIC







An unprecedented event...



...or not.







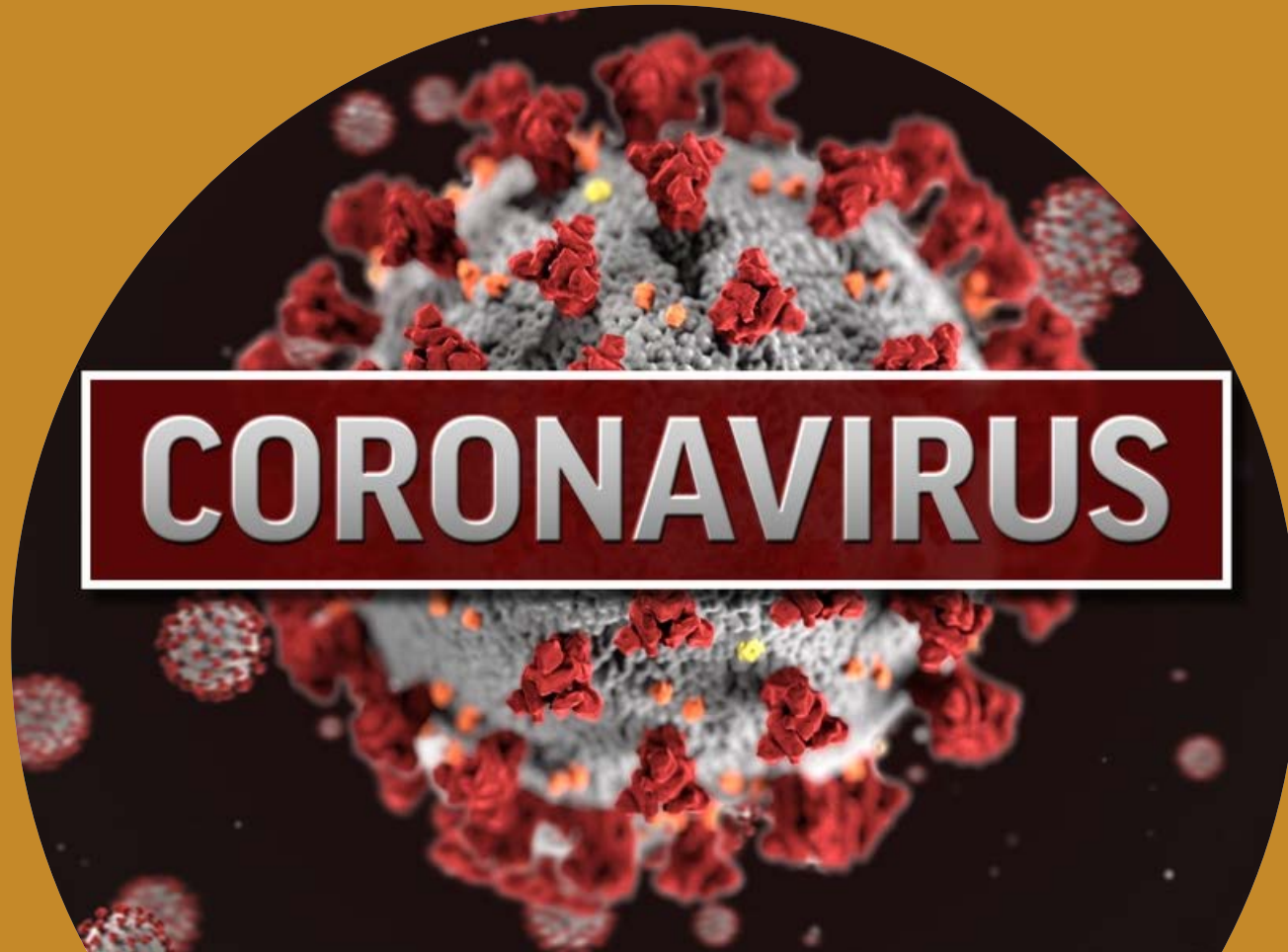








# SO HOW DO WE GET THROUGH THIS?



# Unique Challenges For Everyone



YOUNG ADULTS



COUPLES



CHILDREN



PARENTS



And then  
there are the  
seniors....



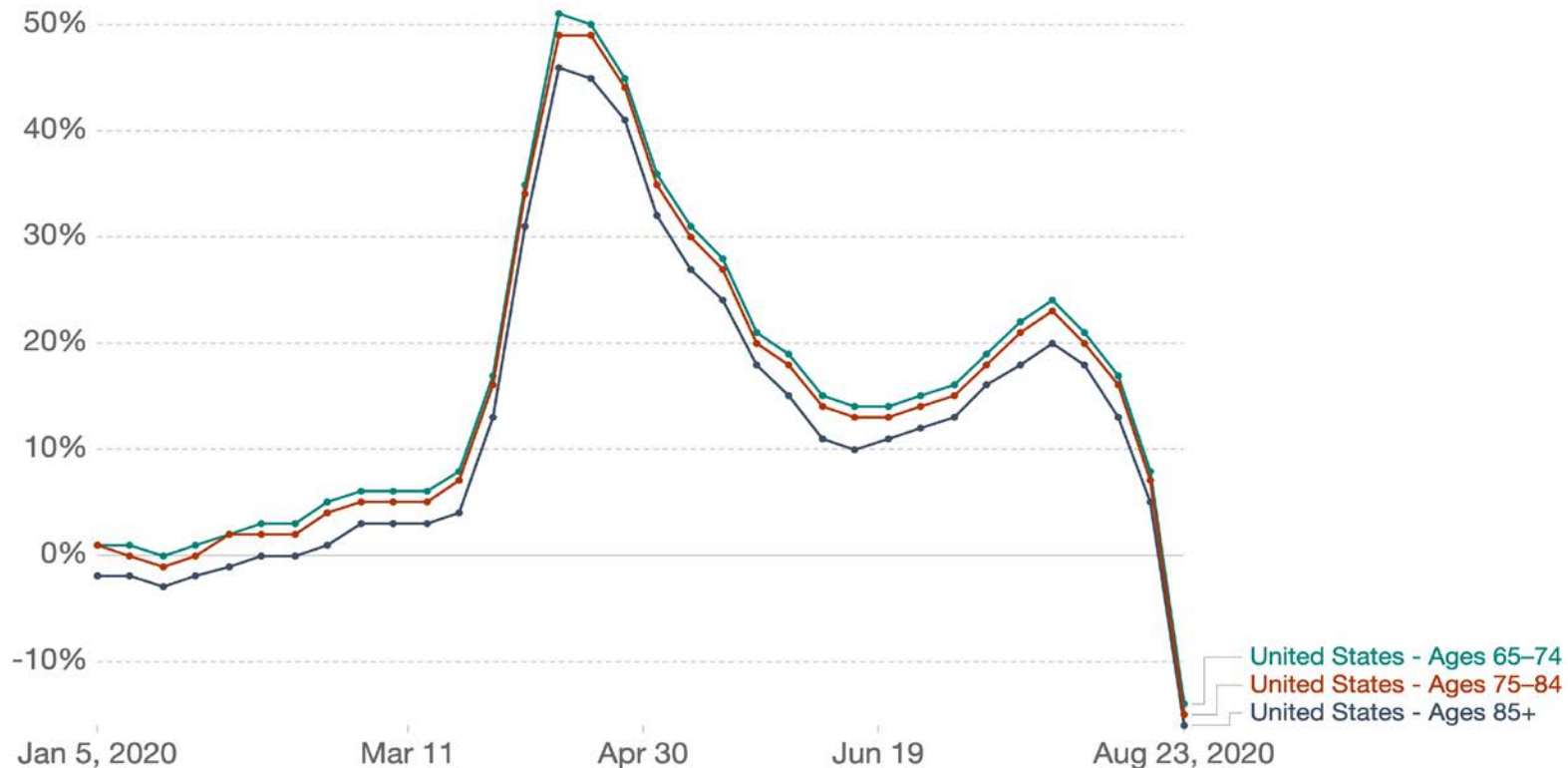


# A STAGGERING IMPACT

## Excess mortality during COVID-19: The number of deaths from all causes compared to previous years, by age

Our World  
in Data

Shown is how the number of weekly deaths in 2020 – broken down by broad age groups – differs (as a percentage) from the average number of deaths in the same week over the previous five years (2015–2019). This metric is called the P-score.



Source: Human Mortality Database (2020)

Note: Dates refer to the last day in each week for most but not all countries. Deaths in recent weeks might be undercounted due to reporting lags. More details can be found in the Sources tab.

OurWorldInData.org/coronavirus • CC BY




HOW DO  
WE GET  
THROUGH THIS  
*SUCCESSFULLY?*





# MEDIATORS AND MITIGATORS

- 
- Good physical and psychological health
  - Support system in place
  - Adequate financial resources
  - Mental resilience



***Warning:* Danger Ahead!**





**COVID-19**

**Mental  
Illness**

***Warning:* Danger Ahead!**

# Don't take the Road to Depression





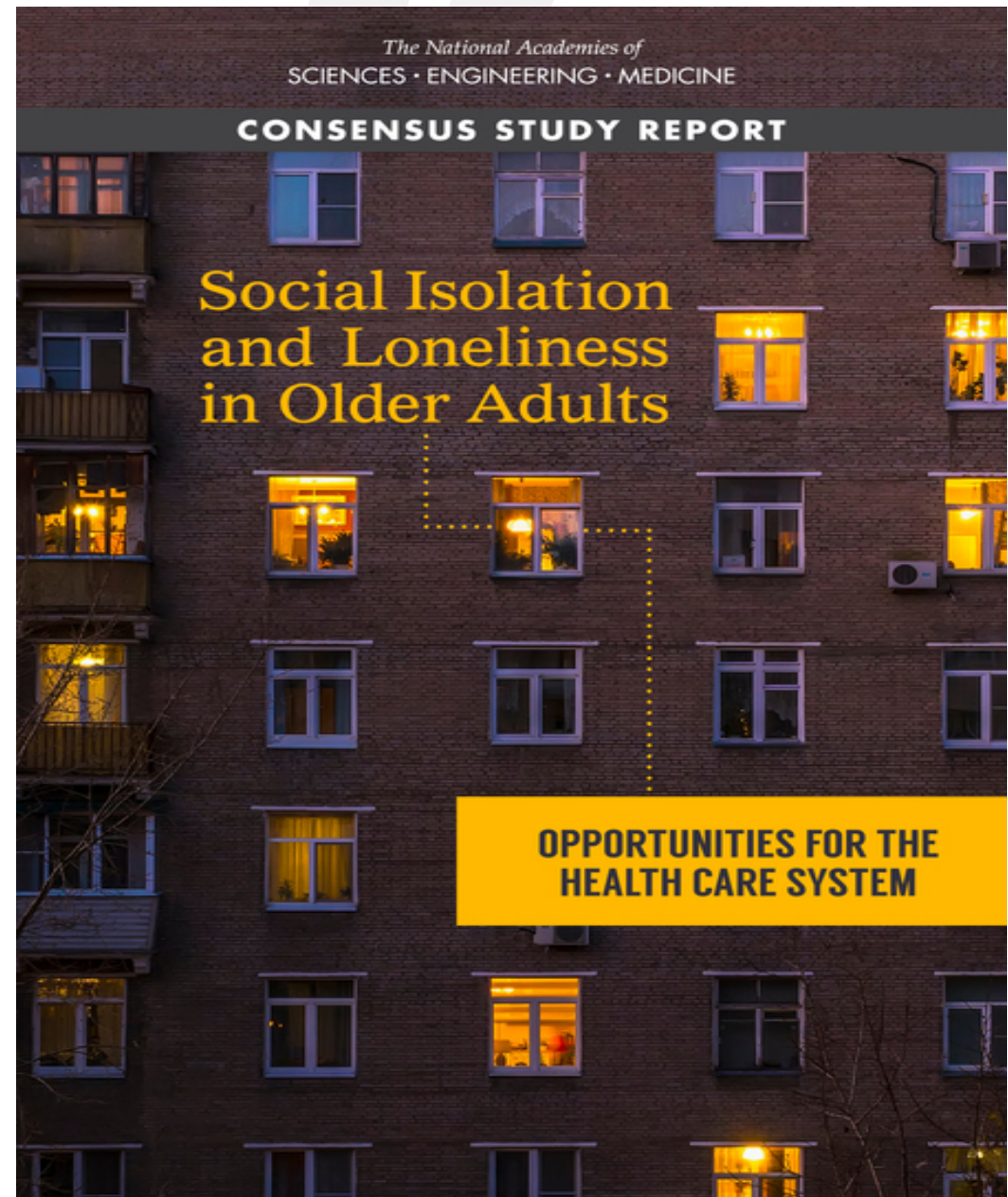
# THE RISKS OF SOCIAL ISOLATION

It's not just feeling lonely



# The National Academies of Sciences, Engineering and Medicine

*“People generally are social by nature, and high-quality social relationships can help them live longer, healthier lives.”*





# HEALTH RISKS OF SOCIAL ISOLATION

- Depression
- Anxiety
- Suicide
- Dementia
- Cardiac disease
- Stroke
- Premature death

# HEALTH RISKS OF ISOLATION

## Studies show:

- Loneliness was associated with higher rates of **depression, anxiety, and suicide**.
- Social isolation was associated with about a 50% percent increased risk of **dementia**.<sup>1</sup>
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of **death**, 68% increased risk of **hospitalization**, and 57% increased risk of **emergency department visits**.<sup>1</sup>
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of **stroke**.<sup>1</sup>
- Social isolation significantly increased a person's risk of **premature death** from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.<sup>1</sup>



# COMBATING THE RISKS

- Health Care System Interventions Are Key
  - Health care systems are an important partner in identifying loneliness and preventing medical conditions associated with loneliness.
- Nearly all adults aged 50 or older interact with the health care system in some way. For those without social connections, a doctor's appointment or visit from a home health nurse may be one of the few face-to-face encounters they have.
- NASEM recommends that clinicians periodically assess patients who may be at risk and connect them to community resources for help.



# HOW DO WE PROTECT OURSELVES?

Build your  
resilience  
armor!

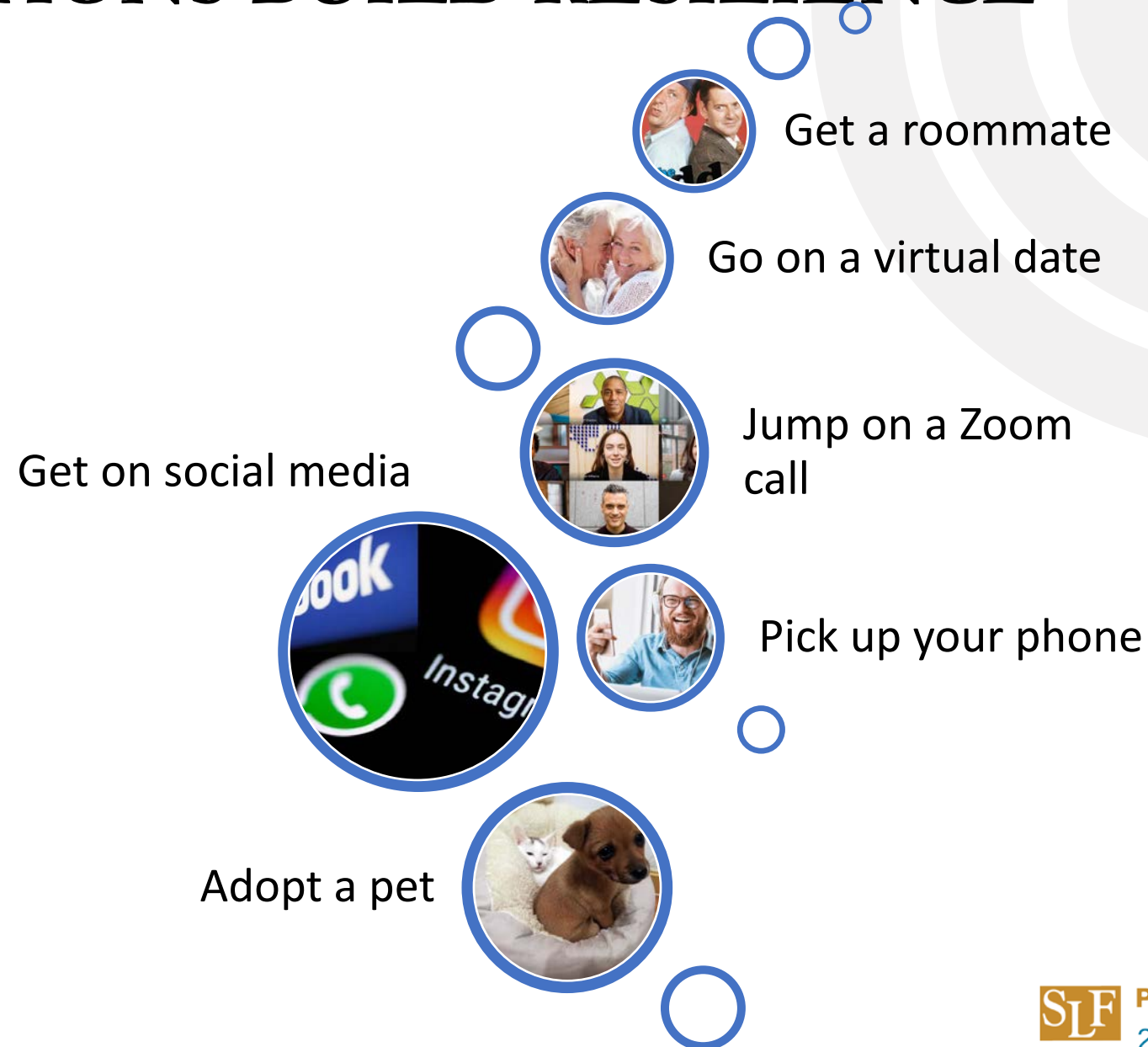




# BUILDING YOUR RESILIENCE ARMOR



# CONNECTIONS BUILD RESILIENCE



## MORE IDEAS...

- ❑ Attend events and concerts or tour museums from home.
- ❑ Take on-line courses
- ❑ Take up a new hobby
- ❑ Volunteer to help others
  - Develop a virtual mentoring relationship with a student through a local college or school
  - Share your skills from home.
  - Connect with your local Area Agency on Aging to find opportunities to help others



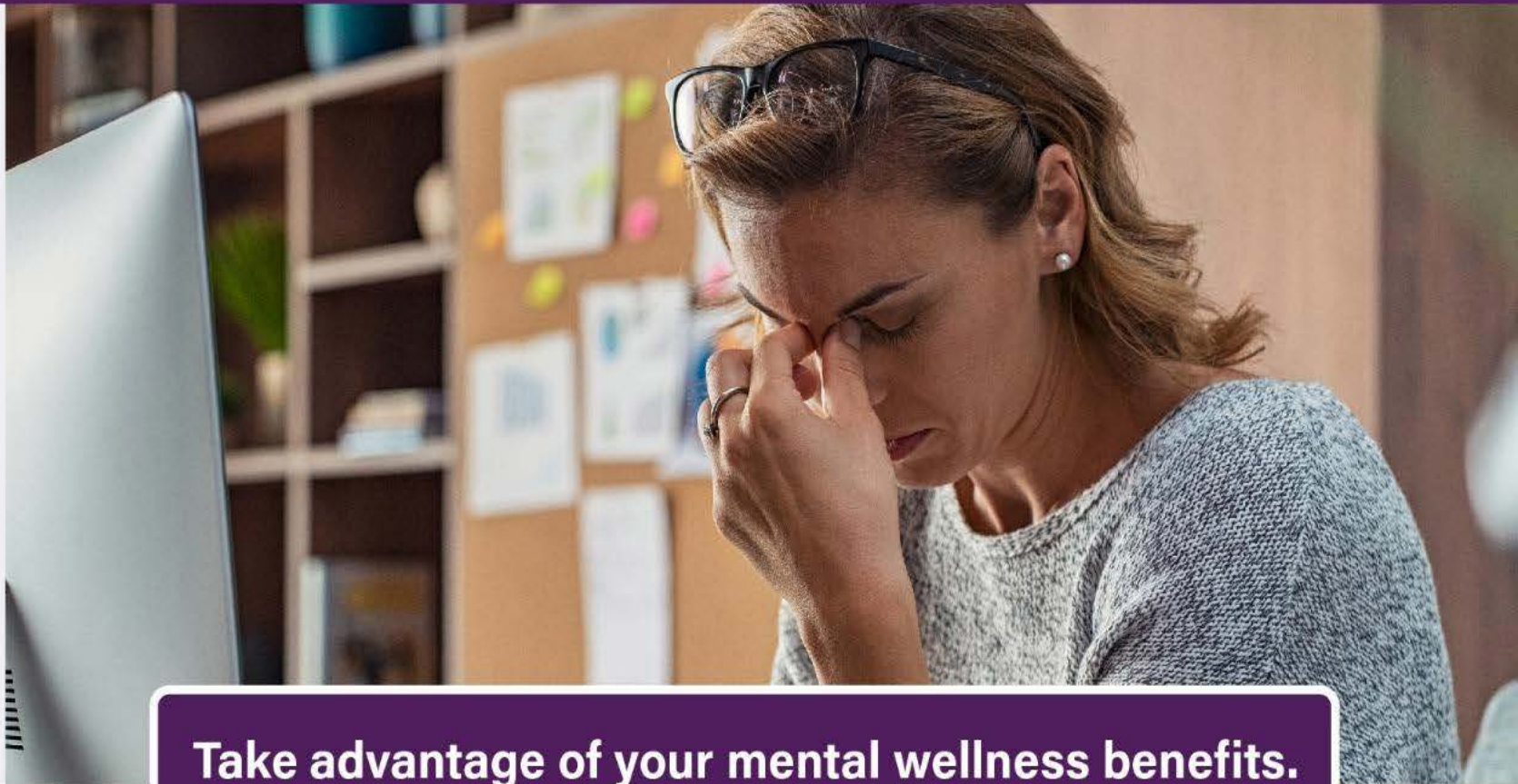


# HELPFUL RESOURCES

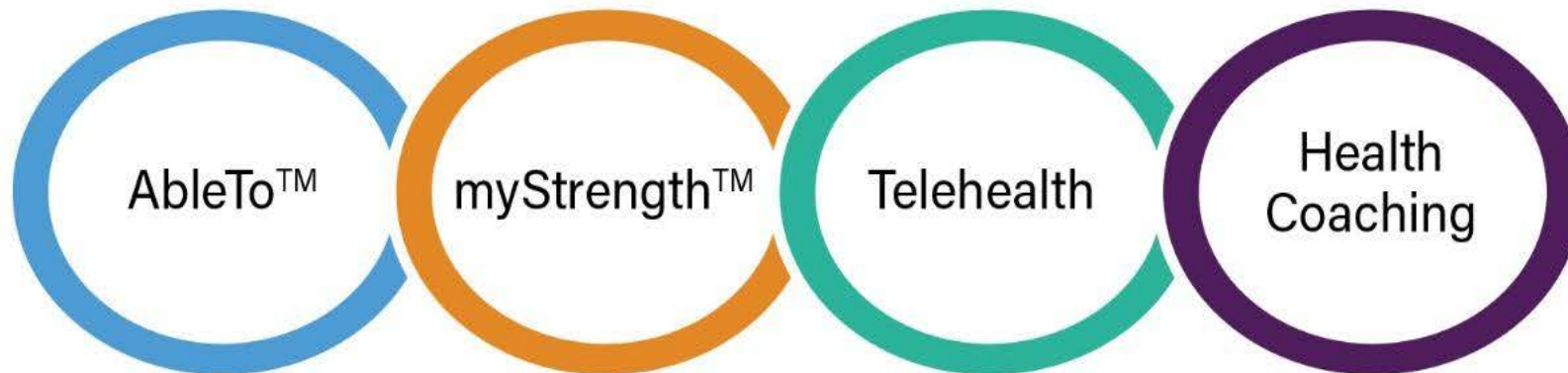
- Your local **Area Agency on Aging**
- **AARP**- Friendly Voices: 888-281-0145
- **“Stuck at Home Guide: How to Get Online,”** contains helpful tips for getting started online, on social media and on Zoom meetings.  
[www.seniorplanet.org](http://www.seniorplanet.org).
- **engAGED:** The National Resource Center for Engaging Older Adults  
[www.engagingolderadults.org](http://www.engagingolderadults.org)
- Your **health insurer**



# MENTAL WELLNESS *leads to better* PHYSICAL HEALTH



**Take advantage of your mental wellness benefits.**









**Questions?**

# THANK YOU

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