Meeting Seniors Health and Wellness Needs During the COVID-19 Pandemic

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Fostering Feelings of Connection Through Times of Isolation

Background

Seniors have been especially impacted by the COVID-19 pandemic. In the Castlegar area, seniors have been affected by the closure of day programs and recreation services. Additionally, seniors are more prone to social isolation, adverse effects from the virus itself, and feelings of grief and

Methods

• Through the use of surveys, we identified ways in which seniors health and wellness is being impacted during COVID-19.

• Through data analysis, we identified key themes and gaps in resources and supports in the Castlegar community.

•Through collaboration with Increasing Recreation Involving Seniors (IRIS), we have worked to create programs for seniors

Image retrieved from Unsplash

Acknowledgements

References

Brooke, J., & Jackson, D. (2020). Older people and COVID-19: Isolation, risk and ageism. Journal of Clinical Nursing, 29(13–14), 2044–2046. https://doi.org/10.1111/jocn.15274

Results

Common themes pulled out of the data included:

• Feelings of **loneliness, fear, grief and loss, and an overall decrease in mental wellness**.

• When seniors were asked about what they missed the most, many of them replied with **seeing family and friends and engaging in recreation**.

Initiatives

To address seniors' feelings of loneliness and isolation, we collaborated with IRIS to create safe recreation for seniors which included a weekly walking group and 2 bingo events. Additionally, to address fear, anxiety, grief, and loss, we hosted *coffee and conversations* which aimed to provide information regarding COVID-19 and to address the mental and emotional aspects of the