

CRISIS COMPETENCE: Strength in the Face of COVID.

In this AGE+ update, we'll see how older adults are coping better emotionally than most. But loneliness and isolation can overwhelm them, too.



Older adults are facing a double epidemic: loneliness and now COVID.

- 80% of COVID-related deaths are among Oregonians 65+ (that's about 1 in 200).
- 28% of adults 65+ lived alone before the COVID pandemic.¹

“Loneliness and social isolation are literally killing us.” - Dr. Vivek Murthy, Fmr. U.S. Surgeon General

Despite these facts:

Older adults report substantially lower rates of anxiety or depression due to the COVID pandemic than younger adults report (24% vs. 40%). **People 80+ report lowest levels of any age group.**²

However, this isn't true for all:

Not all people are thriving. People who are women, relatively poorer, Hispanic and those living alone all report higher levels of anxiety and depression.²

For more information:

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What this tells us:

Older adults demonstrate surprising strength and resilience. They can be a resource and stabilizing force in our community struggle against COVID. **Older adults should be partners with any assistance or policy initiatives aimed at improving their health and well-being.**

Solutions:

At AGE+, our work is focused on reducing the impact of COVID and loneliness. We succeed with different programmatic approaches, such as:

- Our Circles of Care program connects older adults with local volunteers to provide social and emotional connection, as well as help with everyday tasks. It also provides opportunities for older adults to contribute to their communities.
- Our grandparents raising grandchildren program assists already isolated grandparents with a peer support group and dedicated website of resources and educational materials.
- Our COVID educational strategies recognize the need to reach older adults in all the ways they may get their information. One way we do this is by partnering with local organizations that are already reaching older adults.