

# Covid-19 Lasting Impacts

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# What did we want to learn?

- The impact of Covid-19 on the finances, physical health, mental health, and social life for older adults.
- Was there an area that was affected more than another?
- What are the implications of negative or positive impacts of the pandemic to the older adult population?
- What can we do to improve the quality of life of older adults after the Covid-19 Pandemic?



# What did we do?

- Generated a questionnaire assessing four areas of wellness: finances, physical health, mental health, and social life.
- Conducted interviews with clients at each of our respective field sites.
- Compiled data and feedback we received and assessed the results.



# What we learned About Finances

The questions used to determine financial changes were centered around: **Findings**

- Transportation costs
- Income changes
- Changes to rent or mortgage payments
- Overall financial well-being



- Access: Transportation Service - Staffing Issues with high turnover
- Barriers to communication with financial resources for information on entitlements
- Income Streams: SSI, SSDI, or No Income remained consistent for most participants
- Agencies provided support services for participants to manage finances Ex: Representative Payee

# What we learned About Physical Health

The four **questions** used to determine physical health changes were centered around if pandemic affected:

- How often they were able to get medical check-ups
- Their ability to complete daily tasks
- How well they could regulate chronic conditions
- Their motivation to remain physically active

## Findings

- Aging in Place
- Living in Assisted Care Facilities
- Managing Chronic Conditions
- Barriers to Wellness



# What we learned About Mental Health

The four questions used to determine mental health changes were centered around if the pandemic:

- Impacted their general mental health
- Caused any symptoms of depression, anxiety or mood disorders
- Caused feelings of isolation
- Negatively impacted their outlook on life



## Findings

- Decline in mental health
- Increases in isolation, depression, and anxiety
- Staffing complications with finding therapists
  - Transition to Telehealth
- Not being able to find appropriate in-home care, unable to find qualified personnel
- Increase in incarceration rates from limited medication and mental health complications
- Increases in cognitive impairments, mental health diagnoses, and drug and alcohol use

# What we learned About Social Life

We asked participants to rate:

- On a scale of 1-5, 1 being not at all and 5 being severely so... How has the covid-19 pandemic impacted your...
  - Interaction with friends and family
  - Motivation to participate in group activities
  - Feelings of isolation



## Findings

- Barriers to family visits
- Covid lockdowns in care facilities
- Less motivation to participate in activities
- Limitations in pursuing hobbies and relationships

# Implications

## Findings:

- The older population is still negatively impacted due to the Covid Pandemic
- Out of the four categories we surveyed, mental health was the most severely impacted
- Continued limitations with long-term staffing

## Resources to Improve Quality of Life:

- Adjusting programs and policies within community organizations to cater to the needs of older adults struggling with the impact of Covid-19.
  - Rep-Payee Program
  - Congregate Meals
  - Accessible Transport
  - Social Day Centers



Questions?

Thank  
you!!

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