



# ELDER JUSTICE

## LUNCH & LEARN

AWARENESS, PREVENTION & INNOVATION IN THE AGE OF COVID-19



**Nicole Howell** (Facilitator)

Executive Director

Ombudsman Services of Contra Costa, Solano, and Alameda

## Welcome & Introductions



# YOUR TOOLBOX...



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# ACCESSIBILITY



Enable captions by selecting the icon on your toolbar



ASL available via Zoom video feed





# ELDER JUSTICE

## LUNCH & LEARN

Mark your calendars for the **third Thursday of every month** from June 18, 2020, to May 20, 2021. Each session is scheduled from **12 to 1 PM** PST.

*\*December's webinar will be held on the second Thursday of the month, December 10<sup>th</sup>.*





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**Dr. Chandra Keebler**

Geriatric and Palliative Medicine Physician  
Kaiser Permanente

**Impacts and Innovations of  
Isolation and Mental Health**





# Agenda

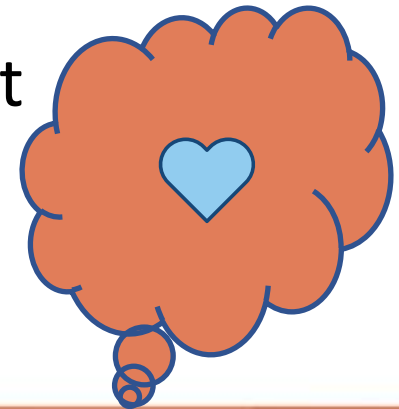
- Social Isolation and Loneliness are health risks
- We need an updated toolkit to support our elders as COVID-19 isolation continues
- We can find a safe balance for the holidays



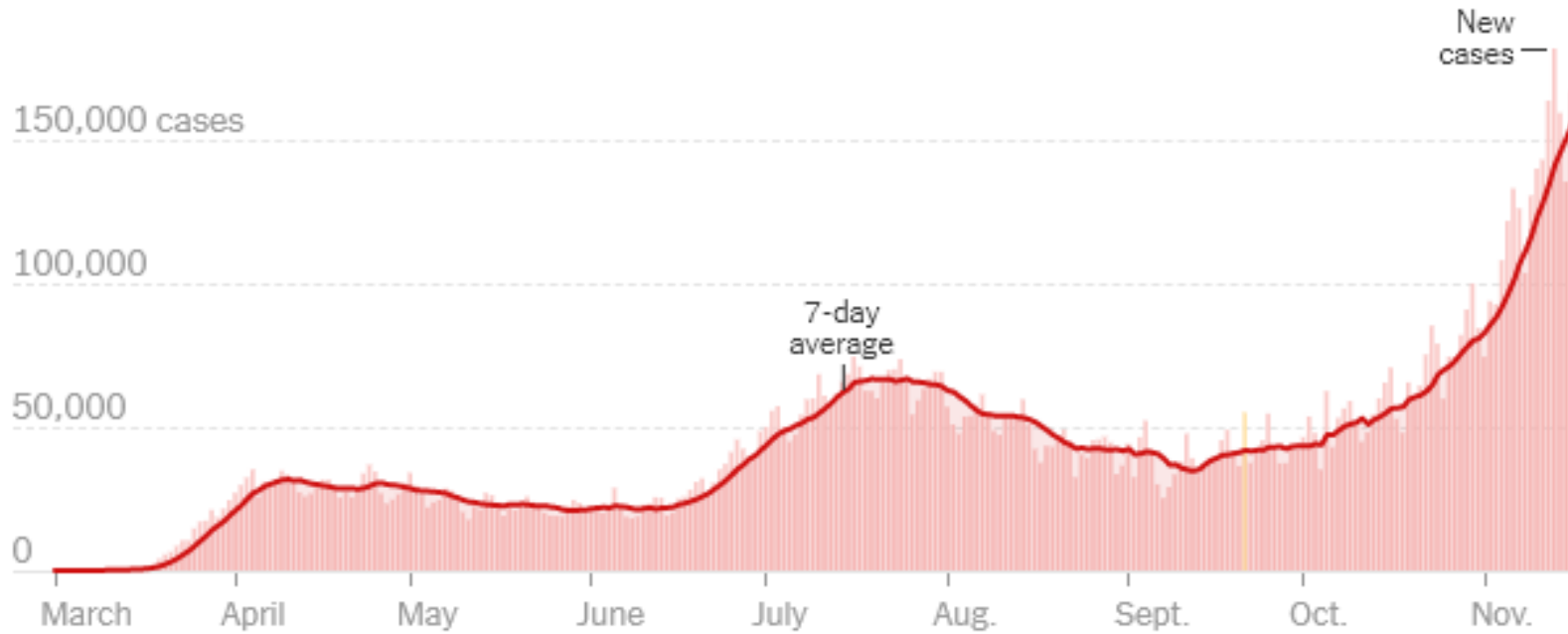


# Social isolation and loneliness

- We are experiencing a historical moment with an unprecedented challenge of the COVID-19 global pandemic.
- **Social isolation** and **loneliness** are major risk factors that have been linked with poor physical and mental health status.



### New reported cases by day in the United States

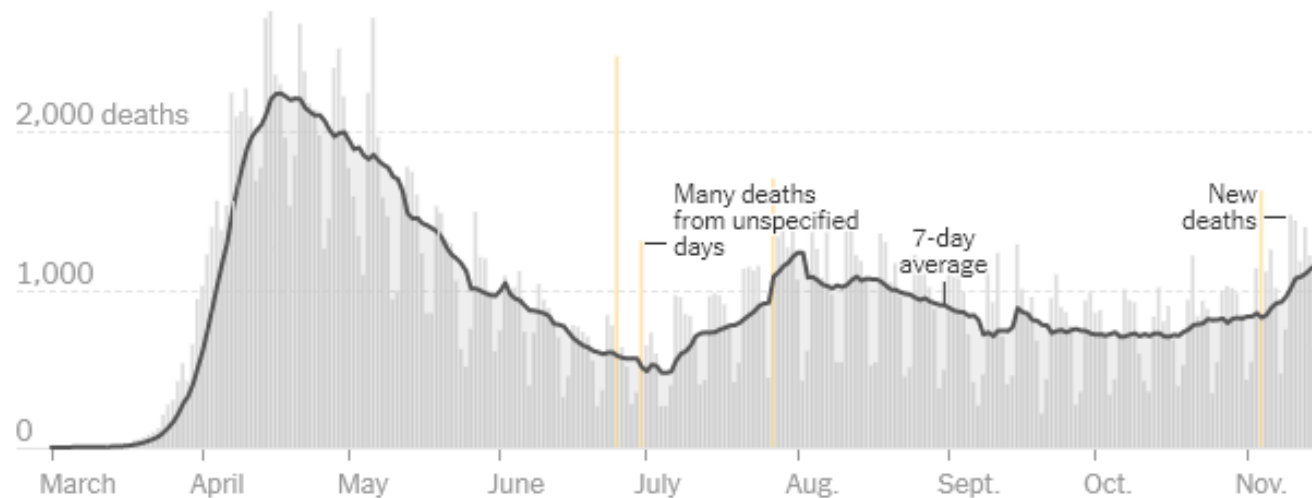


**YOU ARE  
HERE**

**The New York Times**



**New reported deaths by day in the United States**



- 78% of COVID deaths in the U.S. were in those age 65 and older
- 1/5 of deaths are in nursing homes

**The New York Times**



# COVID in the U.S.

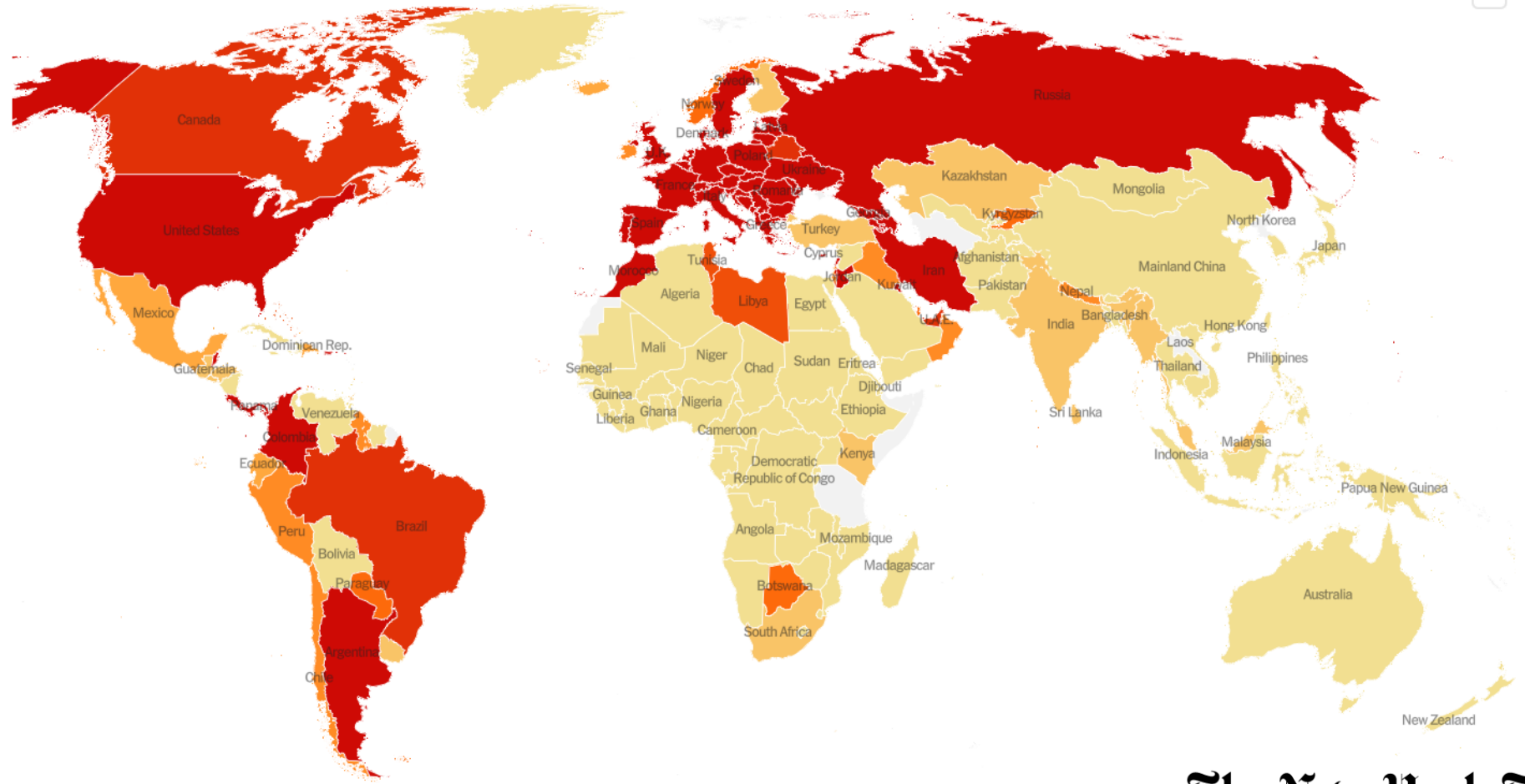


*The New York Times*





**ELDER JUSTICE**  
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**The New York Times**



# ELDER JUSTICE

## LUNCH & LEARN

### County risk level

### Adjusted case rate\*

7-day average of daily COVID-19 cases per 100K with 7-day lag, adjusted for number of tests performed

### Positivity rate\*\*

7-day average of all COVID-19 tests performed that are positive

#### Entire county

#### Healthy equity quartile

#### WIDESPREAD

Many non-essential indoor business operations are closed

#### More than 7.0

Daily new cases (per 100k)

#### More than 8.0%

Positive tests

#### SUBSTANTIAL

Some non-essential indoor business operations are closed

#### 4.0 – 7.0

Daily new cases (per 100k)

#### 5.0 – 8.0%

Positive tests

#### 5.3 – 8.0%

Positive tests

#### MODERATE

Some indoor business operations are open with modifications

#### 1.0 – 3.9

Daily new cases (per 100k)

#### 2.0 – 4.9%

Positive tests

#### 2.2 – 5.2%

Positive tests

#### MINIMAL

Most indoor business operations are open with modifications

#### Less than 1.0

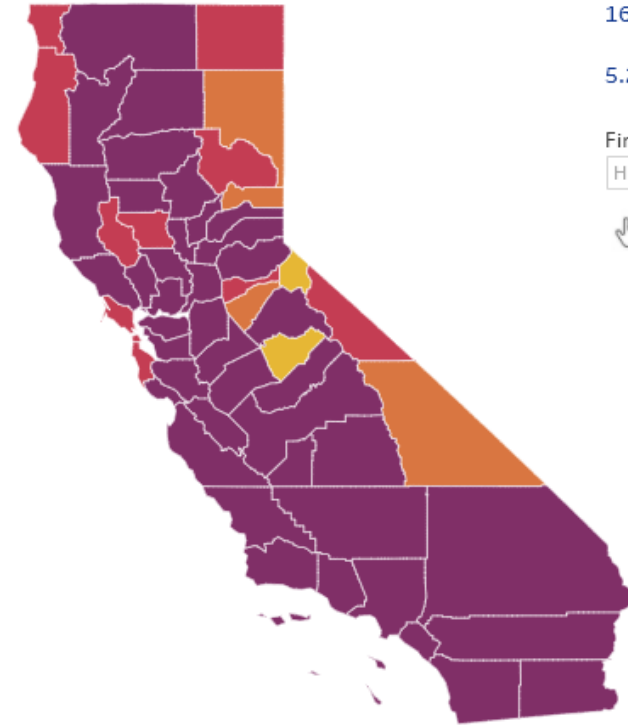
Daily new cases (per 100k)

#### Less than 2.0%

Positive tests

#### Less than 2.2%

Positive tests



- Widespread
- Substantial
- Moderate
- Minimal

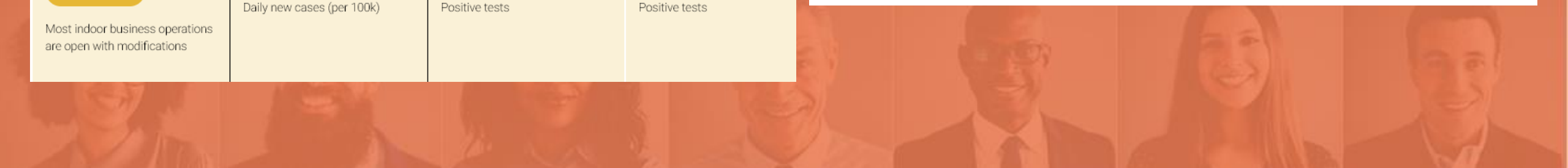
### Statewide metrics

16.5 New COVID-19 positive cases per day per 100K

5.2% Positivity rate

### Find a county

Click on the map for updated metrics



## Pre-COVID Activities


- Senior centers
- Church activities
- Traveling
- Social events
- Family gatherings
- Respite
- In-home caregivers
- Adult day care
- Meals on Wheels





## Coping with long term effects of COVID isolation

In high-risk populations, we must consider the **medium and long-term secondary damage** that social isolation can cause, and weigh these effects against the risk of contracting COVID-19 and Influenza A/B



“I’ll just wait until this **whole COVID thing** is over”




# Effects of prolonged isolation

- Low appetite and weight loss
- Medication problems
- Weakness, decrease in functional abilities
- Depression/mood changes
- Memory changes



# Agenda

- Social Isolation and Loneliness are health risks 
- We need an updated toolkit to support our elders as COVID-19 isolation continues
- We can find a safe balance for the holidays





## An updated toolkit to support our elders

- Reassess resources
- Identify needs
- Take action!



## Reassess resources

- Family members, friends
- Caregivers
- Community-based networks
- Primary Care Provider
- Specialist Providers
- You!








# Incorporating new resources

- Video chat
- Phone calls
- Texting
- Letters/cards
- Video games





## Identify needs and take action!

- Low appetite and weight loss 
- Medication problems 
- Weakness, decrease in functional abilities 
- Depression/mood changes 
- Memory changes 

**What is the facility policy for visitors, outside time, hospice?**





# An updated toolkit

- People power
- Technology
- Identifying individual needs
- Taking action!





# Agenda

- Social Isolation and Loneliness are health risks
- We need an updated toolkit to support our elders as COVID-19 isolation continues
- We can find a safe balance for the holidays





# The Holidays: Considerations

- Community levels of COVID-19
- Location and duration of gathering
- Size of group
- Where are attendees coming from? Are they adhering to safety protocols?



Coronavirus Disease 2019 (COVID-19)

[MENU >](#)



**WEAR A MASK. PROTECT OTHERS.**

# The Holidays: Lower Risk Activities

- A small dinner with members of your household/bubble
- Deliver dishes to neighbors (no contact)
- Virtual dinner
- Online shopping – no Black Friday this year
- Watch parades, sports events, and movies at home




# The Holidays: Medium Risk Activities

- A small outdoor dinner with family and friends from your community
- Outdoor events that allow for appropriate protocols




# The Holidays: Just Say No

- Large indoor gatherings with people outside of your household/bubble
- In-person shopping
- Crowded events (sports, parades, gatherings) 
- Excessive use of alcohol and drugs



# Who Should Not Attend a Gathering

- Diagnosis or symptoms of COVID-19
- Waiting for COVID test results
- Possible exposure in the last 14 days
- Persons with increased risk of severe illness 



# Agenda

- Social Isolation and Loneliness are health risks
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- We can find a safe balance for the holidays



# Questions?





## References

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# CONTACT

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\*please do not include any personal  
health information



# Q&A DISCUSSION



Type in your question or comment



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**Thank you!**

