

# Senior's Mental Health Post Pandemic

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# Older Adult Mental Health Team

- Interdisciplinary team
- Community based mental health service
- Designated agency – re:act
- Website on [vch.ca](http://vch.ca)

# Referral

## Criteria:

- A progressive cognitive disorder with associated psychiatric and/or behaviour management problems and/or co-occurring misuse of alcohol, prescription medications, or other substances
- A recently developed serious mental illness and physical and functional decline
- A severe and persistent mental illness with cognitive, physical, or functional decline

# Mental Health and wellbeing during Pandemic

- Elderly over 75+ vulnerable to social isolation
- Poor access to health care without technology
- Social care and community programs cut
- Uncertainty, fear and loss of familiarity

- Increased depression and anxiety
- Increased loneliness and poor quality of life
- Cognitive decline and physical changes (frailty)
- Substance abuse

Reduced capacity of returning to normal daily living

“For Older Adults, resilience represents the ability to return to the equilibrium when difficulties occur”.

Windle, Woods and Markland 2010

# Supports during Pandemic

- Community response
- Telephone groups
- Meal programs
- Introduction of telehealth- Zoom

# Education

Improve understanding about mental health

- Mental Health First Aid -Seniors
- Intergenerational programs
- Age friendly communities



## Access to services (health, housing, recreation)

- Low barrier access to psychological supports
- Reading well books on prescription
- Warden controlled housing schemes
- Social prescribing

# Mental Health promotion

- Fountain of health -5 pillars of health  
<https://fountainofhealth.ca/>
- Living life to the full - for seniors (CMHA)
- Promoting productive roles

# QUESTIONS ?