WEBINAR SERIES

Promoting health throughout the life-course during the COVID-19 pandemic

Webinar-2: Promoting Healthy Ageing in the COVID-19 era

Meaningful engagement for older people during restricted living situation

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Impact of the Pandemic on older people

- Inactivity,
- Boredom,
- Isolation,
- Anxiety,
- Depression,
- Worthlessness,
- Increase in mortality
- Elder Abuse
- Cognitive impairment
Self-determined activity pursuits with appropriate supports even during lockdown

“Meaningfulness” of activities of older people can amplify the health-related benefits when it is Self-determined (Hutchinson & Kleiber, 2005).

In particular, when it allows for affirming or expressing one’s personal values or valued self-attributes
How to Plan

Outline practical ways to support older people with or without functional decline to remain engaged in ways that optimize their remaining *interests and resources*.

Activities and interactions must be *enjoyable and doable*.

Planning for relatively *self-determined activity engagement (its do-ability)*.
Weigh Therapeutic value vs therapeutic potential

- The Nature and diversity of possible leisure and recreation activities,
- How to select activities that help clients to achieve their goals and match their interests and needs,
Leisure-based activities can be a resource for preventing declines in health

- Online baking,
- Playing music,
- Doing puzzles,
- Brain games,
- Gardening,
- Following an at-home exercise DVD
Leisure-based activities can be a coping resource

<table>
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<tr>
<th>Cooking</th>
<th>Listening</th>
<th>Playing</th>
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<tr>
<td>Cooking a favorite recipe</td>
<td>Listening to music while preparing food</td>
<td>Playing cards</td>
<td>Talking on the phone with friends</td>
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Pleasurable and meaningful activities help to cope with ongoing challenges (Hutchinson et al, 2008)
Try to reduce how much you watch, read and listen

1. **Try to reduce how much you watch, read or listen to news**
   that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed. Follow trusted news channels, such as local and national TV and radio, and keep up-to-date with the latest news from @WHO on social media.

2. **Be aware of negative or unhealthy thoughts**
   Try thinking of 3 happy thoughts every day. Try repeating a word such as ‘relax’ or ‘calm’ while breathing in and out deeply.

3. **Stay socially connected**
   Speak to loved ones and people you trust regularly, using the telephone, video-calls or messaging, through writing letters, etc.

4. **Engage in hobbies and activities**
   Cognitive exercise such as reading a book or doing crosswords/sudoku will keep your mind active and distract you from worrying. You can also use time at home to keep a well-being diary.
The challenges

Barriers to participation

Fear of falling,
Lack of confidence,
Decline cognitive abilities to problem-solving

Especially important for people who is not interested in socializing
Long term care setup
Examples from SEAR member states
THAILAND

- Telemedicine
- Increase communication channels through web application groups and personal LINE.
- Creating a collaborative network with local authorities,
- Group work within LTC
Democratic People's Republic of Korea

- Communication with neighbors,
- Engaging social activities
- Conducting Intergenerational program
- Regular exercises
• Peer to peer interaction within Home
• Fun Activities
INDONESIA

- Handicrafts, baking or cooking courses for the elderly at home.

Elderly women at Kemiren Village take a break from pounding rice to make music with their tools, instead
MAYANMAR And MALDIVES

• Intergenerational learning
• Promoting Life Long Learning
• Knowledge sharing;
• Information and communication which to promote independence, autonomy, empathy, understanding, respect and reciprocity (Black, Dobbs & Young, 2015).
INDIA

- E-Intergenerational learning: Connecting older people with youth in Win-win model leveraging digital platform
- Reinforce intergenerational solidarity
- Promote lifelong learning

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INTERGENERATIONAL DIGITAL ENGAGEMENT
Stay engaged, Stay Happy and Stay independent
