

1 **Combating the COVID-19 Blues**

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3 **Program Objectives**

- ⦿ Participants will understand and discuss elderly depression and what causes it.
- ⦿ Participants will learn the overlapping symptoms of depression and COVID-19
- ⦿ Participants will be provided with activity programming ideas that can help combat the "COVID-19 blues."

4 **What is Depression and how does it affect Resident Mood?**

How does Depression affect Activity Programming?
What can We do?

5 **What is Elderly Depression?**

- ⦿ Difficult changes that many elderly adults face – such as death of spouse or medical problems – can lead to depression. Can take a very heavy toll on personal health.
- ⦿ Depression in the elder is common but not a normal or necessary part of aging. About 6 million adults over the age of 65 have depression but only 10% receive treatment.
- ⦿ Most seniors are satisfied with their lives despite the challenges of growing old.

6 **What Causes Depression?**

- ⦿ Growing older can sometimes seem like one big challenge after another. Depression is almost always due to a combination of factors.
- ⦿ Depression in the elderly is frequently confused with the effects of multiple illnesses and the medicines used to treat them.
- ⦿ Studies of nursing home patients with physical illnesses have shown that the presence of depression substantially increases the likelihood of death from those illnesses.

7 **FACTORS THAT CONTRIBUTE TO DEPRESSION IN OLDER ADULTS LIVING IN**

LONG TERM CARE FACILITIES.

- ⦿ Loss of independence resulting from structured mealtimes, bedtimes, and recreational activities. COVID-19 Loss of Groups.
- ⦿ Loss of loved ones. COVID-19 No visits.
- ⦿ Chronic physical illness
- ⦿ Difficulty adjusting to the facility and coping with the many social changes that living in long-term care facilities bring.

8 **Causes of Depression in the Elderly**

- ⦿ Loneliness and isolation
- ⦿ Reduced sense of purpose
- ⦿ Health problems
- ⦿ Medications
- ⦿ Fears
- ⦿ Recent bereavement

9 **Signs and Symptoms of Depression in the Elderly**

- ⦿ Sadness
- ⦿ Fatigue
- ⦿ Abandoning or losing interest in hobbies or other pleasurable pastimes.
- ⦿ Social withdrawal and isolation (reluctance to be with friends, engaging in activities, or leave home)
- ⦿ Weight loss; loss of appetite.

10 **Signs and Symptoms**

- ⦿ Sleep disturbances (difficulty falling asleep, oversleeping, or daytime sleepiness)
- ⦿ Loss of self-worth (worries about being a burden, feelings or worthlessness, self-loathing)
- ⦿ Increased use of alcohol or other drugs
- ⦿ Fixation on death; suicidal thoughts or attempts

11 **Stress during an infectious disease outbreak can include:**

- ⦿ Fear and worry about your own health and the health of your loved ones
- ⦿ Changes in sleep or eating patterns

- ⦿ Difficulty sleeping or concentrating
 - ⦿ Worsening of chronic health problems
 - ⦿ Worsening of mental health conditions
 - ⦿ Increased use of alcohol, tobacco, or other drugs
- 12 **People who may respond more strongly to the stress of a crisis include:**
- ⦿ Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
 - ⦿ Children and teens
 - ⦿ People who are helping with the response to COVID-19 like doctors, health care providers, Activity Professionals, and other first responders
 - ⦿ People who have mental health conditions including problems with substance use
- 13 **Depression**
- ⦿ Depression has many causes and appears in different degrees of intensity and duration. Depression can be a dominate problem or one of many problems related to a specific diagnosis and/or disability, situation or circumstance. Depression can range from a short period of feeling down in the dumps to severe depression.
- 14 **Universal Needs**
- ⦿ Need to belong
 - ⦿ Need to love and be loved
 - ⦿ Need to be useful
 - ⦿ Need to be respected
 - ⦿ Need to be responsible
 - ⦿ Need to make choices
- 15 **Needs of Residents in Long Term Care**
- 1 ⦿ Need to adjust to illness, disease, and/or disability.
 - ⦿ Need to adjust to losses related to entering a long-term care facility.
 - ⦿ Need to adjust to living in a new environment and community.
 - ⦿ Need to become acquainted with residents and staff and to develop trust relationships.
 - 2 ⦿ Need opportunities to be independent and make decisions when capable.

- ☑ Need activities to relieve boredom, loneliness, depression, and withdrawal.
- ☑ Need activities to continue former interests, develop new interests, have something to look forward to.
- ☑ Need activities which are adapted to the residents' needs, interests, preferences, and functional abilities.

16 **How does Depression affect Activity Programming?**

How to measure Depression...

17 **Depression can be associated with:**

- Psychological and physical distress
- Decreased participation in therapy and activities
- Decreased functional status
- Poorer outcomes

18 **Little Interest or Pleasure in Doing Things**

- ☑ According to the American Geriatrics Society, depression can affect approximately 40% of nursing home residents in any given year.
- ☑ Prompt diagnosis and treatment of depression is essential to improve the quality of life for nursing home residents.
- ☑ Many elderly people develop certain clinical characteristics at the same time they develop depression. Understanding these changes is essential to quickly and accurately diagnosing depression in nursing home residents.

19 **Geriatric Depression Scale**

- ☑ The Geriatric Depression Scale (GDS) is a 30-item self-report assessment designed specifically to identify depression in the elderly. The items may be answered yes or no, which is thought to be simpler than scales that use a five-category response set. It is generally recommended as a routine part of comprehensive geriatric assessment.

20 **Activity Programming**

What you should know...

21 **Activity Programming**

- ☑ Technology Getting out into the world

- ☞ Technology Connecting to others
- ☞ Exercise – stretch & meditation
- ☞ Learn a new skill – YouTube
- ☞ Telling Jokes and Stories
- ☞ Healthy Diet

22 Activity Ideas

- 1 Stimulation Activities
- 2 ☞ Activities designed with the goal of offering input and stimulation to one or more of the senses. Examples: Music, tactile activities such as pet visits and multi-sensory experiences such as themes that incorporate touching, tasting, smelling, and hearing within the activity.
 - ☞ These types of activities can still be done via technology as needed.
- 3 Solace Activities
- 4 ☞ Activities that by their nature provide solace. These are offered to residents who are critically ill, dealing with pain, have limited endurance, and are spending most of the time in the bed or in their room. Examples: relaxation tapes, pain management tapes, slides and videos, being read to, memory book writing, creative and expressive opportunities.

23 Activity Ideas (2)

- 1 Physical Health
- 2 ☞ Activities that promote physical well-being. These should be offered to every resident. Examples: exercise in bed/room, movement to music, reinforcement of therapy goals, obstacle courses, wheelchair management, breathing exercises, walking, and relaxation exercises.
- 3 Cognitive Health
- 4 ☞ Activities that provide intellectual stimulation to maintain and enhance awareness and cognition. Cognitive activities should be provided for all levels of ability. Examples: current events, discussion groups, values clarification discussions, problem-solving scenarios, life management skills, trivia, reminiscing, reality awareness, stress management techniques, and orientation.

24 Activity Ideas (3)

1 Emotional Health

- 2 Activities that promote a sense of self, life review, and empowerment, Examples: all activities that bring out the individual either in a group or one-to-one situation, reminiscing, “this is your life” games, opportunities to discuss emotional concerns and needs in a supportive environment, socialization activities which assist in helping individual residents feel a part of community or group.

3 Self-Respect

- 4 Activities that support individual views and beliefs. Activities that promote respect in content and participation and at all levels of needs and abilities. Examples: cultural activities that introduce different customs and beliefs, all activities that focus on the individual and previous lifestyle and accomplishments, Resident Council.

25 **Activity Ideas (4)**

1 Male-Oriented Activities

- 2 Activities that are designed to meet the specific interests and needs of the men at your facility. These groups and activities are offered according to the percentage of men in the facility. Examples: coin collecting, animal care, sports trivia, debate, soap carving, sawdust crafts, monthly breakfasts, liar’s contest

3 Task-Segmentation

- 4 Activities that take in account a resident’s need to have the task broken down into subtasks in order to successfully engage in and complete the activity. Examples: art projects, breaking the tasks down step by step...

26 **Activity Ideas (5)**

1 Seasonal/
Special Events

- 2 In order to enhance quality of life, staff need to be very aware of the normalization concept. Because many individuals cannot easily continue their previous lifestyle and routines after being admitted to your setting, it is the responsibility of all staff members to assist in keeping life as normal as possible. Examples: birthdays, holidays, religious occasions, voting issues, elections, national, state, community and family events.

3 Indoor/Outdoor

- 4 Activities that are offered outdoors, weather permitting, or indoors in

different locations for variety. Examples: picnics, barbecues, outdoor walks, outings, opportunities for individuals to be outdoors in a safe and secured area.

27 Activity Ideas (6)

1 Community Based

- 2 Activities that help connect the resident with the surrounding community so they still feel a part of their community. Examples: outings into the community to the library, lectures, restaurants, fairs, stores, It is also important to provide the reverse so that community members, organizations, and groups come into the facility to visit the residents.

This can still be done via Technology

3 Cultural

- 4 Activities that identify and honor all cultures. These include activities that bring culture to the resident. Examples: museum docent visits, slide shows of famous painters and artists, painters coming into the facility to paint while residents watch or to lead an art class for residents, special activities that honor other cultures and traditions.

28 Activity Ideas (7)

1 Religious

- 2 There should be a special group or presentation for all identified religious beliefs. These can be services, presentations, individualized room decorations that are theme specific, family involvement in sharing the event and beliefs

3 Adaptations/ Special Needs

- 4 Activities that are adapted as required so that all residents can participate according to their individual needs and abilities. This could be an adaptive device, special seating arrangement, visual cues, an interpreter, etc.

29 Activity Ideas (8)

1 Activities for all Ages

- 2 Assurance that all age groups identified in the population have meaningful and age-appropriate activities available to them. Examples: special outings for young residents to concerts, restaurants, and parks; intergenerational programs; staff involvement

with activities so there are people of all ages involved.

3 In-Room Activities

- 4 Activities that are brought to the individual if they are not able or interested in joining a group. Examples: bringing in a seasonal theme to the room along with decorations, providing specialized sensory programs to those in a semi-comatose state, including residents in their rooms on the Resident Council by discussing topics individually in the room after the meeting.

30 **Predictors of Life Satisfaction**

- 1 Physical health
- Interpersonal Relationships
 - Adequate Income Level
 - Stressful Events
- 2 Perceived Control
- Personality Traits
 - Pursuit of Leisure Activities
 - Meaning in Life

31 **Predictors**

- 1 Physical Health
- 2 Older adults who are sick or physically disabled are less likely to report being content with their lives.
- Social support individuals who are experiencing physical problems may also mediate psychological well-being.
- 3 Interpersonal Relationships
- 4 Family – older adults residing with a spouse report fewer psychological problems and higher morale than do those who reside alone.
- Friends - High quality relationships with friends have a greater impact on psychological well-being than do positive relationships with one's children.

32 **Predictors (2)**

- 1 Adequate Income Level
- 2 Although having sufficient financial resources to live comfortably certainly adds to life satisfaction, income level can also have an impact on other factors that have been associated with psychological well-being.

3 Stressful Events

- 4 ☑ Experiencing fewer significant life events has been found to contribute to successful aging.
- ☑ Retirement – depends on if you want to retire or not...

33 **Predictors (3)**

1 Perceived Control

- 2 ☑ Opportunity to make choices, exercise responsibility, and nurture others to contribute to well-being.
- ☑ A sense of control has been linked to hardiness, a disposition that refers to the ability to remain healthy under high stress.

3 Personality Traits

- 4 ☑ Costa and McCrae indicates that certain personality traits are associate with life satisfaction.
- Extroversion
 - Openness
 - Agreeableness
 - Conscientiousness

34 **Predictors (4)**

1 Pursuit of Leisure Activities

- 2 ☑ Involvement in leisure activity has been linked to better health.
- ☑ Leisure activities are believed to be even more important later in life.
 - ☑ Leisure can encompass a variety of activities, including study and contemplation; play or recreation; and volunteer, non-paid services.

3 Meaning in Life

- 4 ☑ Finding positive meaning in life has been related to strong religious beliefs, self-transcendent values, membership in groups, dedication to a cause, purposeful activity and clear life goals.

35 **Life Satisfaction in the Elderly Scale**

1. Pleasure in daily activities
2. Meaningfulness of life
3. Goodness of fit between desired and achieved goals
4. Mood tone
5. Self-concept
6. Perceived health

- 7. Financial security
- 8. Social contact

36 **What can the Activity Professional Do?**

In order to get people enthused about participating in activity programs, communication skills of the activity director need to be effective on an ongoing basis.

37 **You and Your Voice**

- Most of us believe that WHAT a person says is of greater significance than HOW the message is conveyed by the voice. However, the human voice has tremendous potential and complexity in communicating emotions, regulating responses from others, strengthening attitudes, emphasizing our thoughts and ideas and even presenting conflicting message cues. Becoming aware of the ways in which the voice is used can help us develop more effective communication habits.

38 **Nonverbal Communication**

- When we think of nonverbal communication, it is more than a consideration of other items beside the words.
- Nonverbal cues represent the closest expressive actions that resemble the meaning we want to project.
- Use of posture, gesture, vocal tone, pausing and facial expressiveness

39 **Senior Living Involvement**

- The cooperation of others is the key element in determining how effective programs and relationships with others can become. We must combat feelings of social isolation
- Involvement is a given; however having staff, sufficient volunteers, and family involvement does not automatically predict resident involvement. *in time of COVID-19 this can increase levels of distress.
- Emphasis on communication concerns. The emphasis must be on ideas to strengthen interpersonal connections within the community.

40 **Emotional Reactions to Coming Out of Quarantine**

- ⦿ Mixed emotions, including relief after quarantine
- ⦿ Fear and worry about your own health and the health of your loved ones
- ⦿ Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19

41 **Emotional Reactions to Coming Out of Quarantine**

- ⦿ Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even if you have been determined to not be contagious
- ⦿ Guilt about not being able to perform normal routines during quarantine
- ⦿ Other emotional or mental health changes

42 **How to Reduce Secondary Traumatic Stress**

- ⦿ Acknowledge that secondary traumatic stress can impact anyone
- ⦿ Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt)
- ⦿ Allow time for you and your family to recover from responding to the pandemic

43 **How to Reduce Secondary Traumatic Stress**

- ⦿ Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- ⦿ Take a break from media coverage of COVID-19
- ⦿ Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and residents as you did before the outbreak.

44 **The older we get, the better we were.**

~Anonymous

45 **Resources**

- ⦿ *A Life Worth Living*: Mosher-Ashley & Barrett
- ⦿ Suicide Prevention Lifeline www.suicidepreventionlifeline.org 1-800-273-TALK (8255)

- SAMHSA's National Helpline www.samhsa.gov 1-800-662-HELP (4357)
- Disaster Distress Helpline www.samhsa.gov 1-800-985-5990
- Veteran's Crisis Line www.veteranscrisisline.net 1-800-273-TALK (8225)

- Alisa Tagg, alisa@naap.info 913-748-7288 ext. 3

