Service Considerations for Older Adults with Behavioral Health Needs in the Covid-19 Emergency

GERIATRIC TECHNICAL ASSISTANCE CENTER
NATIONAL COUNCIL FOR BEHAVIORAL HEALTH
MENTAL HEALTH FIRST AID
Welcome

- Introductions
- Covid-19 what you need to know
- Considerations for providers
- Managing stress and anxiety
- Open discussion with Dr. Joe Parks and the GTAC team
Geriatric Technical Assistance Team

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Coronavirus
Most Infection Causes Mild to Moderate Disease

Risk of Mortality Increases with Age

Case Fatality Rate by Age
Based on 44,672 Laboratory Confirmed Cases, Mainland China, as of Feb 11, 2020

Comorbidities Increase Risk

Spectrum of Symptoms

Symptoms of Coronavirus Infection Based on 55924 laboratory confirmed cases of COVID-19*

- Conjunctival Congestion: 0.8%
- Hemoptysis: 0.9%
- Diarrhea: 3.7%
- Nasal congestion: 4.8%
- Nausea or Vomiting: 5.0%
- Chills: 11.4%
- Myalgia or Arthralgia: 14.8%
- Sore Throat: 13.9%
- Shortness of Breath: 18.6%
- Sputum Production: 33.4%
- Fatigue: 38.1%
- Dry Cough: 67.7%
- Fever: 87.9%

Course of Illness

Incubation Time: 4 – 10 Days

Exposure Time Until Symptoms: 5.1 Days Ave

Virus Shedding: 24-48 hours before symptoms

Time Symptoms to Recovery/Death
  – Mild: 14 days
  – Severe: 3-5 weeks
  – Death: 2-8 weeks
Why is COVID-19 Spreading SO Quickly

Influenza

COVID-19
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Why is COVID-19 spreading so quickly?

Influenza

COVID-19
Remember How Transmission Occurs

- Person to person via droplets (6 feet)
- Airborne transmission (aerosol generating procedures only, not generally)
- Transmission via surfaces
  - Viable for hours to days on surfaces
- Flattening the curve
Covid-19 Anxiety and Staying Mentally Healthy for Older Adults

Take reasonable precautions and keep things in perspective

We should ask ourselves:

– What are the actual levels of risk and are there other facts that are important to remember in this situation?
– Am I overestimating how bad the consequences will be and underestimating my ability to cope?
– What can I do to stay connected to family, friends, neighbors?
– How to access the resources that we need?
Tips for Supporting Older Adults Distressed by the Covid-19 Emergency

- Check in with older relatives/friends and ask how they are feeling
- Talk to them about how they are managing changes to their routine
- Offer practical and/or emotional support if needed (e.g., offer to set up videoconferencing on their computer/tablet, offer to deliver groceries)
- Encourage them to do things they enjoy daily
- If you think they are not coping, or are overly isolated, suggest they seek help from their GPs, or encourage them to speak with a mental health professional
- Keep up contact with elderly relatives by writing emails, calling them on the telephone, talking via videoconference, send them videos to watch via email, send photos or drawings from children via email, or to the facility where they are.
- Monitoring for suicidality, increased substance use, interpersonal violence, complex grief and depression/anxiety

From CDC.gov
Open Discussion

Providing Care

Community Response

Staff Support and Care

Coping with Loss
Questions/Comments
Resources and Announcements in Response to Covid-19

- National Council for Behavioral Health “COVID-19: Office Hours – Self-Care and Stress Management” – View our recording and download our slides
- Compassion Resilience toolkit https://compassionresiliencetoolkit.org/
- Supporting Patients During Quarantine and Isolation https://www.cstsonline.org/assets/media/documents/CSTS_FS_Psychological_Effects_Quarantine_During_Coronavirus_Outbreak_Providers.pdf
- Addressing Stigma Guide https://www.who.int/teams/risk-communication
- ... And more resources are added here everyday ... https://www.thenationalcouncil.org/covid19/
Contact Us

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