

Mental Health and Psychosocial Support During COVID-19 Outbreak

from the **Philippine Council for Mental Health**

PROMOTE PSYCHOSOCIAL WELL-BEING IN OLDER ADULTS, THE ELDERLY

1



Older adults may find it difficult to keep in touch with their loved ones and other social supports during the quarantine, causing them mental distress, loneliness.

Prepare a personal safety pack, which include personal information, and available contacts like family members, list and supply of regular medicines, supply of storable food, snacks, and bottles of water, for at least two weeks.

2



Provide emotional support, by creating an informal network of families, neighbors and health personnel.

Encourage family members to call their older relatives as often as possible.

3



Encourage older people to take care of their own needs as much as possible, to engage in age appropriate exercises like walking, and to sustain their routines of eating and sleeping and their usual ways of enjoying themselves, especially with family members at home.

They should be able to call for help if necessary.

4



A constant stream of news reports cause anyone to feel distressed and anxious. This can be more intense among older people.

When sharing information use words that will help older people understand without much anxiety. Instructions need to be communicated in clear concise, respectful and patient way. For older people, patience is necessary because this information may need to be repeated whenever it is necessary. It may also be helpful for information to be displayed in writing or in pictures. This is especially necessary if there are memory lapses observed in the older person.

*“Our connectedness with each other,
not our differences is what matters
now more than ever.”*

Produced by **HUMAN** - the NGO Coalition for Mental Health in support of the
PHILIPPINE COUNCIL FOR MENTAL HEALTH