



# How Older Adults Coped During the Pandemic

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# Risk and Resilience: How Older Adults Coped During the Pandemic

- COVID-19: A time of risk and resilience in mood health of older adults
- Areas of risk, evolving over time
- Modifiable factors
- How older people were resilient during COVID
- What comes next?

# Areas of Risk for Mood and Mental Health

- Risks evolved over time
- Early vs Mid to later

Bold Breakthroughs.  
Compassionate Care.  
Revolutionary Results.





# Areas of Risk for Mood and Mental Health

- Challenges to routines, reintegration
- Prolonged grief

Bold Breakthroughs.  
Compassionate Care.  
Revolutionary Results.





# Risk Factors and Solutions: Health and Lifestyle



Pain



Sleep



Diet

Bold Breakthroughs.  
Compassionate Care.  
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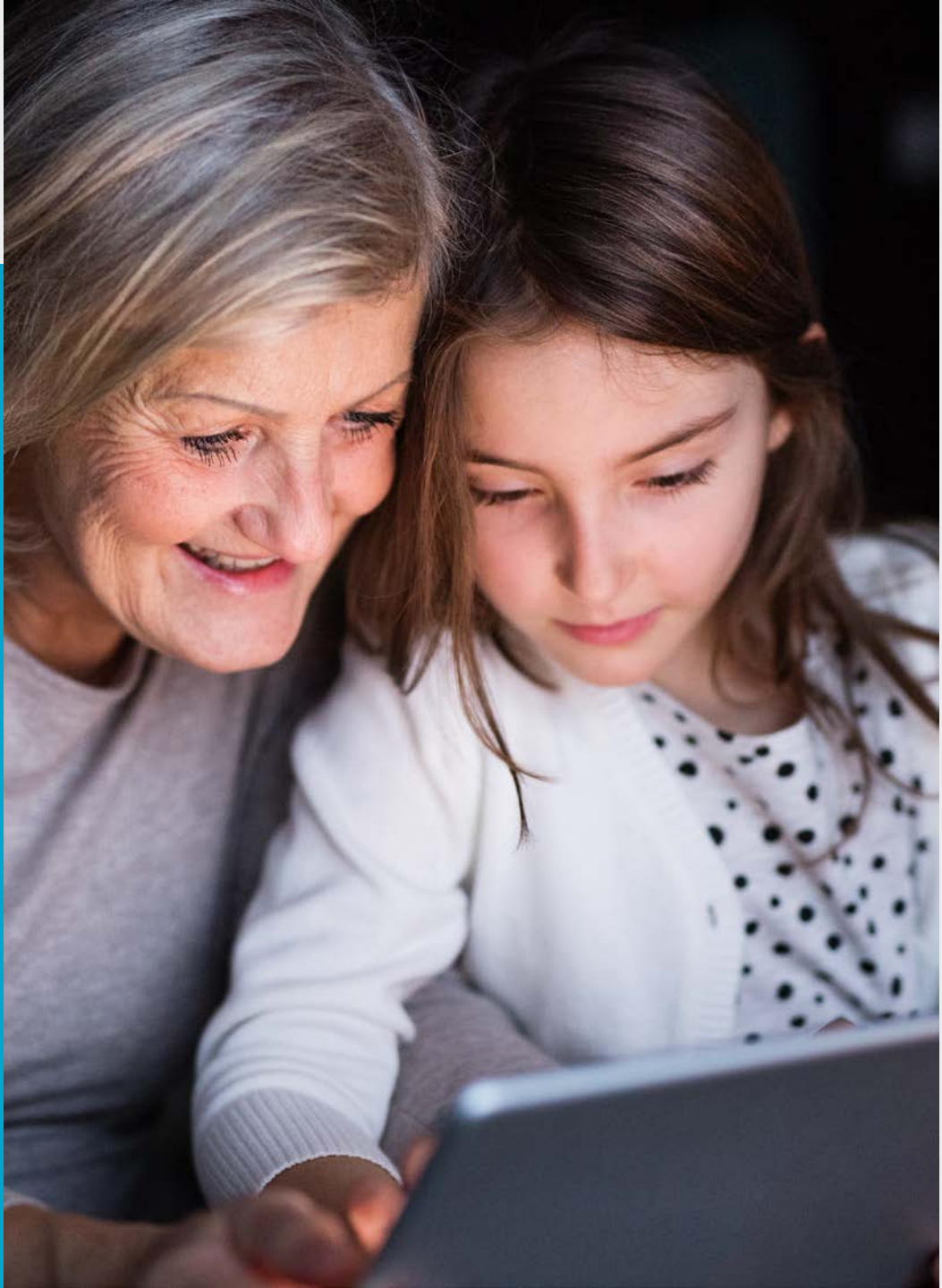


# Risk Factors and Solutions: Social



**Social Network & Capital, Connection**

**Bold Breakthroughs.  
Compassionate Care.  
Revolutionary Results.**





# Older Adults and Psychological Resilience During COVID-19

- Resilience Factors
- Evidence on positive psychology

Bold Breakthroughs.  
Compassionate Care.  
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# Risk and Resilience: How Older Adults Coped During the Pandemic

**Summary:** While we focus on needs of subsets with higher vulnerability, positive psychological and pro-resilience factors might have helped many older people maintain mood health during COVID.



# What Comes Next?



- Mechanisms, New treatments:
  - ❑ Target multiple risk factors
  - ❑ Enhance multiple resilience features
- Biomarkers, behaviors, culture, geography

*Bold Breakthroughs. Compassionate Care. Revolutionary Results.*