



## Psychological tips for elderly in general/isolation/quarantine and their caregivers



Indian Association of Clinical Psychologists

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# Ten Psychological tips for elderly in general/isolation/quarantine



1. Educate yourself about COVID 19 (reactions, recovery rate, precautions) from appropriate source like WHO and other government websites. Few examples;
  - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
  - <https://www.epi-win.com/>
  - <https://www.mygov.in/covid-19>
2. Normal reactions to abnormal situations: Acknowledge and accept that psychological reactions like fear, apprehensions, grief and other are common during this period.

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**3. Stay connected:** Converse with your family members or friends via phone, social networking sites or etc. Video calls are encouraged.

**4. Enhance your responsibility** in your family by taking special care in guiding adults and children's if present. Try to share your past experiences of success stories, pleasant experiences or other stories to kids or other members as applicable.



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5. In response to faced negative thoughts like fear, apprehension and depression one need to counter oneself by asking these questions;

- a) *Is the recovery rate is as poor as I think?*
- b) *Am I overestimating how bad the consequences will be?*
- c) *Am I underestimating my ability to cope?*
- d) *Is it really unavoidable or inevitable?*

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6. If you look/study mentioned appropriate source then you would find these expected fears may be exaggerated in nature. Our feelings are not necessarily fact or evidence. It's just a feeling.

7. In addition in response to negative thoughts you may engage in mental role reversal by thinking in lines that if you were a health provider or elder what you would have advised to others in such situation. Then why this different standard for yourself?

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## 8. Selection-Optimization-Compensation:

- A highly helpful technique. Approach this isolation as a silver lining, you may pick an activity that you always have wished but haven't able to carry out completely or not with full satisfaction. And do your best to fulfil it.
- For example a retired teacher with now poor eye sight who has wished to learn techniques of improving negotiation skills or anything can listen to related YouTube videos of famous persons. Here he also can prepare how he can present his new learning in interesting acceptable way to the young ones in the family. **This can enhance responsibility, control and meaning in life.**

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9. Verbal or written catharsis: Try to record your feelings, fear and experience in written or recorded formats.

10. Avoid doomsday discussion and limit negative media intake: Stay informed about the situation via reliable sources, but limit your news time to once or twice a day to avoid experience of being overwhelmed.

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# Psychological tips for caregivers of elders



# Psychological tips for caregivers of elderly



- ✓ Please read above and ensure in respectable way that they achieve those.
- ✓ Know that elderly people may be more prone to anxious, angry, stressed, agitated, and withdrawn during the outbreak/while in quarantine than others.
- ✓ Assign them the responsibility of sharing experience, teachings, stories, and activities to other members, both young and adults.

# Psychological tips for caregivers of elderly



- ✓ Share facts in simplified manner about the current scenario and give clear information about how to reduce risk of infection.
- ✓ Repeat the information whenever necessary in a clear, concise and respectful manner.
- ✓ Better demonstrate the safety hygiene methods rather verbal instructions only.
- ✓ It may also be helpful for information to be displayed in writing or pictures.
- ✓ Seek additional professional help if necessary; prefer online mode.

# Communication with Elderly



- ❖ The key is communication
- ❖ Technology may be a challenge with elderly
- ❖ Seniors may not have smart phones and they might not speak the main language of the media.
- ❖ Families need to make sure they call on a regular basis to help combat social isolation.

- Stay Home
- Stay Positive
- Take care

