



## Social Isolation, Older Adults and COVID-19

Last reviewed July 2020

### 15 Smartphone Apps for Older Adults to Use While in Isolation During the COVID-19 Pandemic

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7234684/pdf/wjem-21-514.pdf>

The authors narratively summarize 15 apps that address physical and cognitive limitations and have the potential to improve older adults' quality of life, especially during social distancing or self-quarantine. (OPEN ACCESS)

### Advocacy for the human rights of older people in the COVID pandemic and beyond: a call to mental health professionals

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7302948/pdf/S1041610220001076a.pdf>

From the perspectives of a geriatric psychiatrist and international human rights scholars, this paper outlines existing and emerging human rights frameworks and the effects of COVID on the background human rights landscape. (OPEN ACCESS)

### A Framework for Aging-Friendly Services and Supports in the Age of COVID-19

<https://www.tandfonline.com/doi/pdf/10.1080/08959420.2020.1771239?needAccess=true>

The authors discuss individual and environmental risk factors magnified during COVID-19 and evaluate opportunities that have arisen for strengthening person-centered services and supports for older adults. (OPEN ACCESS)

### Aging and Feeling Valued Versus Expendable During the COVID-19 Pandemic and Beyond: a Review and Commentary of Why Mattering Is Fundamental to the Health and Well-Being of Older Adults

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7295320/pdf/11469\\_2020\\_Article\\_339.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7295320/pdf/11469_2020_Article_339.pdf)

The authors provide a comprehensive review of past research on individual differences in mattering among older adults, discuss initiatives and interventions that can be modified and enhanced to instill a sense of mattering and highlight key directions for future research. (OPEN ACCESS)

## Social Isolation, Older Adults and COVID-19

### Bereavement in the Time of Coronavirus: Unprecedented Challenges Demand Novel Interventions

<https://www.tandfonline.com/doi/pdf/10.1080/08959420.2020.1764320?needAccess=true>

The paper explores how virtual funeral services, pairing bereaved elders with a telephone companion, remote counseling, and encouraging “continuing bonds” may help older adults adapt to loss in the time of pandemic. (OPEN ACCESS)

### Covid-19: The implications for suicide in older adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7235297/pdf/S1041610220000770a.pdf>

The paper examines the links between suicide in older people and the COVID-19 pandemic, provides the perspectives of psychiatrists from four regions (China, Hong Kong, Italy, and Australia) facing different challenges and sociocultural contexts, and propose solutions to support older people. (OPEN ACCESS)

### Interdisciplinary and Collaborative Approaches Needed to Determine Impact of COVID-19 on Older Adults and Aging: CAG/ACG and CJA/RCV Joint Statement

[https://www.cambridge.org/core/services/aop-cambridge-core/content/view/03B29D0C79593F913A6F9DA46F637008/S0714980820000203a.pdf/interdisciplinary\\_and\\_collaborative\\_approaches\\_needed\\_to\\_determine\\_impact\\_of\\_covid19\\_on\\_older\\_adults\\_and\\_aging\\_cagacg\\_and\\_cjarcv\\_joint\\_statement.pdf](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/03B29D0C79593F913A6F9DA46F637008/S0714980820000203a.pdf/interdisciplinary_and_collaborative_approaches_needed_to_determine_impact_of_covid19_on_older_adults_and_aging_cagacg_and_cjarcv_joint_statement.pdf)

This statement profiles the complex ways that COVID-19 is affecting older adults, from individual to population levels, and advocates for the adoption of multidisciplinary collaborative teams to bring together different perspectives, areas of expertise, and methods of evaluation in the COVID-19 response. (OPEN ACCESS)

### Loneliness and Social Isolation during the COVID-19 Pandemic

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7306546/pdf/S1041610220000988a.pdf>

The paper aims to describe the nature of loneliness and social isolation among older persons, its effect on their health, and ways to cope with loneliness and social isolation during the COVID-19 pandemic. (OPEN ACCESS)

### Recovering from the COVID-19 Pandemic: A Focus on Older Adults

<https://www.tandfonline.com/doi/pdf/10.1080/08959420.2020.1759758?needAccess=true>

The authors explore challenges to be minimized during COVID-19 recovery efforts, including economic setbacks, health and well-being effects, and highlighted ageism, racism, and classism. (OPEN ACCESS)

## Social Isolation, Older Adults and COVID-19

### Social isolation and loneliness among older adults in the context of COVID-19: a global challenge

<https://ghrp.biomedcentral.com/track/pdf/10.1186/s41256-020-00154-3>

The author discusses several approaches that may address the issues of social isolation and loneliness including promoting social connection as public health messaging, mobilizing resources, developing innovative technology-based interventions, and engaging the health care system to begin the process of developing methods to identify social isolation and loneliness in health care settings. (OPEN ACCESS)

### Six Propositions against Ageism in the COVID-19 Pandemic

<https://www.tandfonline.com/doi/pdf/10.1080/08959420.2020.1770032?needAccess=true>

The authors present six propositions against ageism to spur a more adequate response to the current pandemic in which the needs and dignity of older people are respected. (OPEN ACCESS)

### Strategies to Promote Social Connections Among Older Adults During 'Social Distancing' Restrictions

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7233208/pdf/main.pdf>

This paper describe a cognitive-behavioral framework for social connectedness, including evidence-informed strategies clinicians can use to help patients develop a "Connections Plan" to stay connected and promote their social, mental, and physical health during "social distancing" restrictions. (OPEN ACCESS)

### The Unique Impact of COVID-19 on Older Adults in Rural Areas

<https://www.tandfonline.com/doi/pdf/10.1080/08959420.2020.1770036?needAccess=true>

The paper explores how rural/urban inequities, combined with within-rural inequities in health, health care, and financial resources cause particular challenges to health and wellbeing from COVID-19 for some older adults. (OPEN ACCESS)

### When Going Digital Becomes a Necessity: Ensuring Older Adults' Needs for Information, Services, and Social Inclusion During COVID-19

<https://www.tandfonline.com/doi/pdf/10.1080/08959420.2020.1771237?needAccess=true>

The authors explore hybrid solutions that couple online and offline strategies to address health needs, service needs and social isolation of older adults. (OPEN ACCESS)