



Mental Health in the Time of Corona

Genesis Rehab Services India - Social Services Guidance
April 13, 2020

Preparation

- Prepare signage and communication forms for visitor restriction
- Verify patient and family contact/demographic information
- Educate staff, families and patients about COVID-19 prevention strategies

**ALL
VISITORS
PLEASE**



**FOR THE SAFETY OF OUR
RESIDENTS AND STAFF**

**WE ARE LIMITING
VISITORS AT THIS TIME TO
SPECIAL CIRCUMSTANCES ONLY**

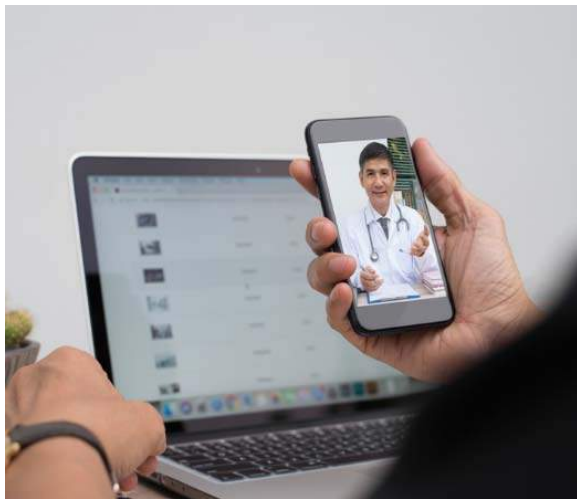
**PLEASE CALL THE FACILITY PRIOR TO VISITING OR CHECK IN
WITH THE RECEPTIONIST TO SEE IF YOU WILL BE ADMITTED**
Your cooperation is greatly appreciated!

Genesis 

genesishcc.com



Preparation



- Prepare talking points for staff and families in case of an outbreak
- Help develop staff contingency plans
- Establish telemedicine capabilities and/or consistent in-house providers (Mental Health & Hospice)

Preparation



Goals of Care

- Physician
- Nursing
- Other providers
- Social Worker

End of Life Preferences

- Update legal documents
- Update Orders

Palliative Care & Hospice

- Talk with Families
- Engage & Initiate Services

Preparation



Gather laptops, tablets and other devices for communication



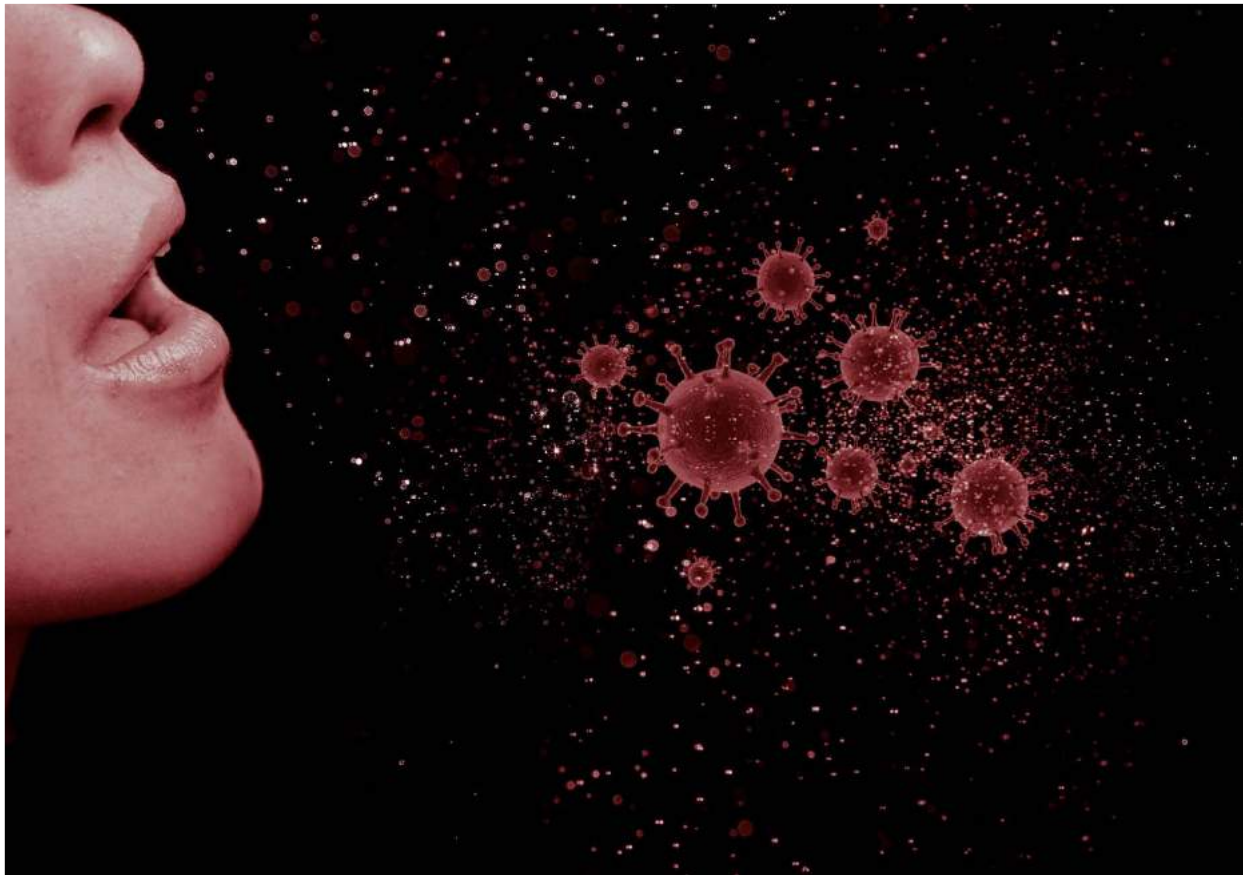
Familiarize staff and families with technology apps for video communication



Infection control protocol and cleaning supplies for electronic devices



During an Outbreak



Psychosocial Well-Being

Fears and Feelings of ...

Infection and possibly dying

Socially isolated and/or excluded

Powerless in protecting loved ones

Death of loved ones

Helplessness, boredom, and loneliness

Reliving a previous crisis or trauma

Awareness/sensitivity of other health problems - mistaken for COVID-19

During an Outbreak

Patient Psychosocial Well-Being

- Engage mental health/behavioral services via telemedicine
- Offer alternative communication
- Individualize care plan interventions



During an Outbreak

Social Work Interventions



Observe

- Changes in patient mood and/or behavior
- Update individualized patient care plans

Avoid

- Patients excessive exposure to media updates
- Can increase anxiety

Collaborate & Empower

- Collaborate with Recreation Department
- Engagement in self-directed activity
- Patient choice and autonomy

During an Outbreak

Validate/ Reassure

- Patient and loved ones fears
- Actively listen and support
- Measures are in place for safety of patients, staff and families

Stay Informed

- Credible sources to obtain information
- World Health Organization
- Centers for Disease Control and Prevention
- PPE – when/why utilized

Communicate

- Regular updates to patients and families
- Clearly written information about COVID-19
- Language translation when needed

Social Work Interventions



Caring for Residents with Dementia During a COVID-19 Outbreak

There are no easy answers, but a few suggestions that may help



Strategies for Memory Care

Basic Communication

Be sure name tags/ pictures of staff are visible

Greeting upon approach

Using preferred name

Introduction of self and what we are there to assist with

Use of “Life Story” in conversation



Strategies for Memory Care



Basic Communication

Be aware of Non-Verbal communication

Keep the “Care” in our Care interactions

Consider Using Simulated Presence

Consistency is key

Validate the individual’s emotions



Remember....

Communication is **KEY** for **EVERYONE**
in these rapidly changing times



Social Workers

- Critical to support chronic illness, physical disability, mental health and loss
- Help residents and their families cope





Mental Health of Seniors During Corona



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Increased Susceptibility of Seniors

- Greater risk for COVID 19
 - Immunity decreases with age
 - Greater likelihood of risk factors, e.g., diabetes, heart disease
- Vulnerability to mental health related issues

Seniors and the Lockdown

Living with
family

Living alone



Caught unaware

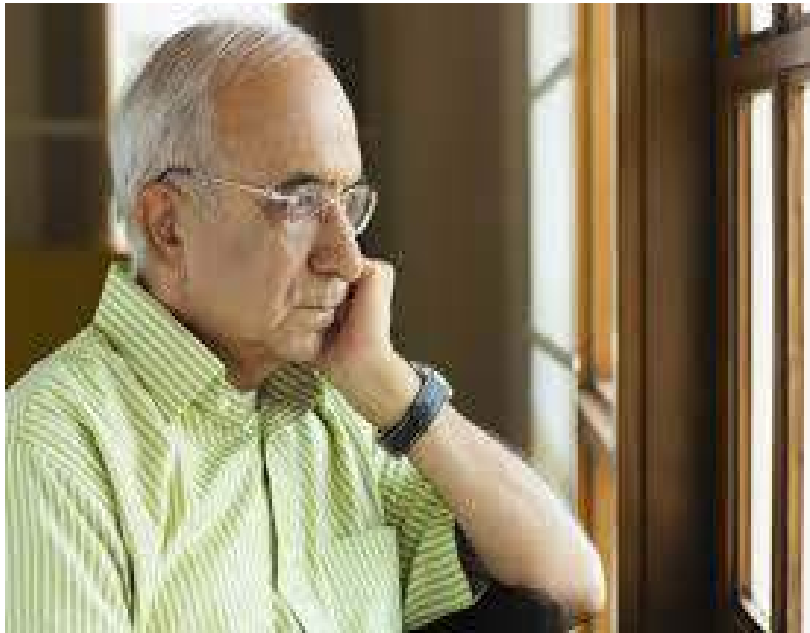
Institutional
care

Struggles to Manage Daily Routine



- Daily needs
- Exercise
- Sleep

Impact on Mental Health



- Increased social isolation
- Feelings of loneliness and helplessness

Impact on mental health

- Anxiety and panic
- Fears about COVID
- Fears about death



Impact on seniors with mental illness

- Relapse
- Worsening of symptoms
- Undiagnosed mental illness
- Relationship between immune system and anxiety



Mental Health of Caregivers



Family caregivers

Difficulty
managing
care & daily
routine

Burnout

Vulnerability
to mental
illness

Professional Caregivers

- Feeling trapped by the situation
- Fears about the future
- Guilt about not providing care for their own family members



Supporting Mental Health During Corona



Mental Health of Seniors



Remain connected



Follow a routine



Sleep hygiene



Exercise and diet

Family Caregivers



Share caregiving duties, take breaks



Prepare for contingencies



Recognize signs of stress



Seek professional support

Professional Care Attendants



Acknowledge support being provided



Keep in touch with family



Provide reassurance and support



COVID-19 SUPPORT FOR ELDERLY

We are here for your parents



Free Services:

- Online Counselling
- Telemedicine consultation
- Eldercare support for medicine and grocery delivery

samvednacare.org

WhatsApp/Call 9810887895

Samvedna Home Care services:

- Personal care services
- Dementia care
- Emergency support
- Counselling & therapy



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