

Impact of the COVID-19 on the mental health of the older adults (above 60 years)

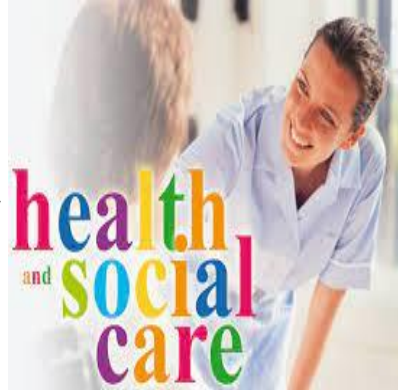
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Introduction

- ▶ The presentation will shed light on healthcare and social care importance in the concern of mental condition of the geriatric people.
- ▶ The discussion will be based on what are the different kinds of mental illness present among the elderly people.
- ▶ The secondary research will be conducted to collect data (Valentine and Shipherd, 2018).
- ▶ The presentation will also provide some recommendations for improvement.



The presentation will highlight the increasing rate of poor mental condition of older people above the age of 60 years.

Topic, Aim and Objectives



- ▶ To determine the different kinds of mental health issues among older people during COVID-19
- ▶ To examine the impact of healthcare and social care on the older age population with mental health issues
- ▶ To determine the barriers and interventions faced while maintaining the mental health problems of people over the age of 60 years residing in the UK
- ▶ To analyse the strategies that can be implemented to improve older people's mental wellbeing using health as well as social care

The aim of the research study is to develop an idea regarding the impact of healthcare and social care on the mental health wellbeing of the population of the United Kingdom that are above the age group of 60. The presentation will discuss the objectives based on healthcare and social care on the mental health of the targeted people (Zhou *et al.*, 2020).

Methods used for conducting the collecting data

- ▶ There are many ways of collecting data or information for a successful research work (Largan and Morris, 2019).
- ▶ The present study has used the secondary research method for collecting data.
- ▶ A good and huge data is required for a successful impact of the study.
- ▶ Methodology has various sections such as: research philosophy, approach, design and so on.



To conduct the present research study in the context of significance of healthcare and social care in the mental health of the elderly population of the United Kingdom that has been impacted by the spread of Covid-19 virus. The secondary method has been used in gathering data or information for the purpose of successful completion of the study (Largan and Morris, 2019).

Methods for gathering data



- ▶ The researcher has used an explanatory research design where all the data have been collected through different author's pieces (Peloquin *et al.*, 2020).
- ▶ The qualitative research method will be used in developing the study.
- ▶ An interpretivism research philosophy will be used in developing the research work.
- ▶ The deductive research approach is used in the present study for conducting the research.

To gather information regarding the impact of Covid-19 on the mental health of the geriatric people (people aging more than 60 years), the researcher must make sure that the contents of the research should be authentic, ethical and transparent (Peloquin *et al.*, 2020). The research work must be conducted in an ethical and lawful manner.

Articles used in the literature review

Theme	Journal / Article	Author
"To determine the different kinds of mental health issues among older people during COVID-19"	"The mental health benefits of physical activity in older adults survive the COVID-19 pandemic"	"Callow, D.D., Arnold-Nedimala, N.A., Jordan, L.S., Pena, G.S., Won, J., Woodard, J.L. and Smith, J.C., 2020"
"To examine the impact of healthcare and social care on the older age population with mental health issues"	"Impact of COVID-19 on loneliness, mental health, and health service utilisation: a prospective cohort study of older adults with multimorbidity in primary care"	"Wong, S.Y.S., Zhang, D., Sit, R.W.S., Yip, B.H.K., Chung, R.Y.N., Wong, C.K.M., Chan, D.C.C., Sun, W., Kwok, K.O. and Mercer, S.W., 2020"
"To determine the barriers and interventions faced while maintaining the mental health problems of people over the age of 60 years residing in the UK"	"Psychological impacts and online interventions of social isolation amongst older adults during COVID-19 pandemic"	"Rodrigues, N.G., Han, C.Q.Y., Su, Y., Klainin-Yobas, P. and Wu, X.V., 2022"
"To analyse the strategies that can be implemented to improve older people's mental wellbeing using health as well as social care"	"When adults don't exercise: Behavioural strategies to increase physical activity in sedentary middle-aged and older adults"	"Lachman, M.E., Lipsitz, L., Lubben, J., Castaneda-Sceppa, C. and Jette, A.M., 2018"

The present study has conducted its research based on four major objectives for a successful and strong impact on the study. Thus, all the four major objectives have been reviewed on the basis of four articles. Through articles it has been found that the mental illness among the elderly population has been increased in the United Kingdom (Hou *et al.*, 2020).

Findings and themes of literature review

- ▶ Importance of Covid-19's impact in the concern of mental health of the people.
- ▶ The increasing rate of mental illness has been analyzed.
- ▶ There are many strategies that have been suggested to healthcare and social care for improving the mental wellbeing of the elderly people (Lee *et al.*, 2020).
- ▶ Increasing rate of mental illness caused by Covid-19 is the major reason of concern among the population.



All the discussions and findings have helped in finding the reason behind the cause of mental illness, its types and so on. The impact of Covid-19 on the geriatric people suffering from mental illness (Lee *et al.*, 2020). The challenges faced during the interventions were also discussed in detail.

Strengths of the secondary research

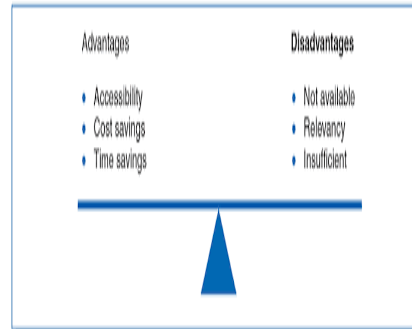
Secondary research	
Advantages	Disadvantages
• Cheap and accessible - especially a University Library • Often the only resource, for example historical documents • Only way to examine large-scale trends	• Lack of consistency of perspective • Biases and inaccuracies can not be checked • Published statistics often raise more questions than they answer

- ▶ It is one of the essential methods of conducting the research process (Yang *et al.*, 2021).
- ▶ In the secondary research method, the researcher analyses data of other authors that are already available.
- ▶ The major advantage of qualitative research is that it is less expensive.
- ▶ It is a cost-effective method as it helps in saving money.

The secondary research is easy to understand, and it saves time. The researcher goes through other articles and research work which provides them an insight of great information due to which they can develop their new ideas and perception (Yang *et al.*, 2021). It even provides a wide variety of data or information.

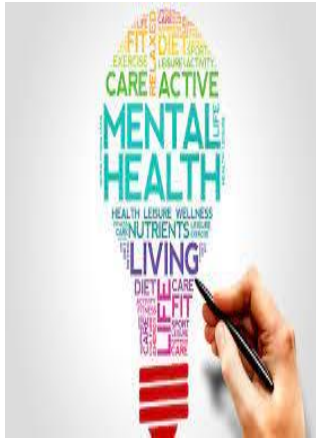
Limitations of the secondary research

- ▶ The research method has certain limitations as well which affects its influence.
- ▶ Secondary research method is not that accurate and specific.
- ▶ There is a lack in maintaining the quality of data or information (Shepard and Frigo, 2021).
- ▶ The gathered data are not accurate in comparison to primary data.



The probability of the data being biased is high in the secondary research method as the researcher can select information as per their personal observation. The gathered data is not an updated version as it has been developed in the past period (Shepard and Frigo, 2021). The collected data carries no authenticity.

Recommendations



- ▶ Healthcare and social care can improve their service quality on the elderly people though adopting various advanced methods and techniques.
- ▶ The care providing services needs to consider the safety regulations of Covid-19.
- ▶ By developing good interaction with each other in the community the rate of depression can be decreased.
- ▶ Through meditation and proper exercise both physical and mental health conditions of the people can be improved (Muscogiuri *et al.*, 2020).

Developing good and healthy habits will help in improving the mental health conditions of the elderly people. It will help them in staying active which will positively influence their mind. The services are needed to follow the certain regulation related to Covid-19 guidelines. It can provide a better and safer care services to the elderly people. The safety of the advanced technologies and techniques can enhance the service quality of the healthcare and social care sectors for geriatric people. Including cognitive behavioural therapy along with exposure therapy and meditation can be recommended to all old age people suffering from psychological issues in the UK. Due to which the people can improve their mental wellbeing and live a better life (Muscogiuri *et al.*, 2020).

Conclusion

- ▶ Healthcare and social care has a great impact on the mental health of the people.
- ▶ In the United Kingdom the rate of mental illness among the Geriatric age group is increasing at a fast pace (Vedavanam *et al.*, 2020).
- ▶ Every next person is suffering from a certain kind of mental pressure from hearing the negative news of the Covid-19 situations, which is affecting their life.
- ▶ The significance of healthcare and social care on the mental wellbeing of the people had been discussed.



The above presentation has discussed the Covid-19's influence on the mental health condition of the United Kingdom geriatric population. The scale of poor mental health conditions is rising at a great speed.

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