

# **A Conversation about the Impact of Covid-19 on Older People in Rotherham and Planning for Recovery**

Rotherham Health & Wellbeing Board 10<sup>th</sup> March 2021

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Older  
People's  
Forum  
Rotherham



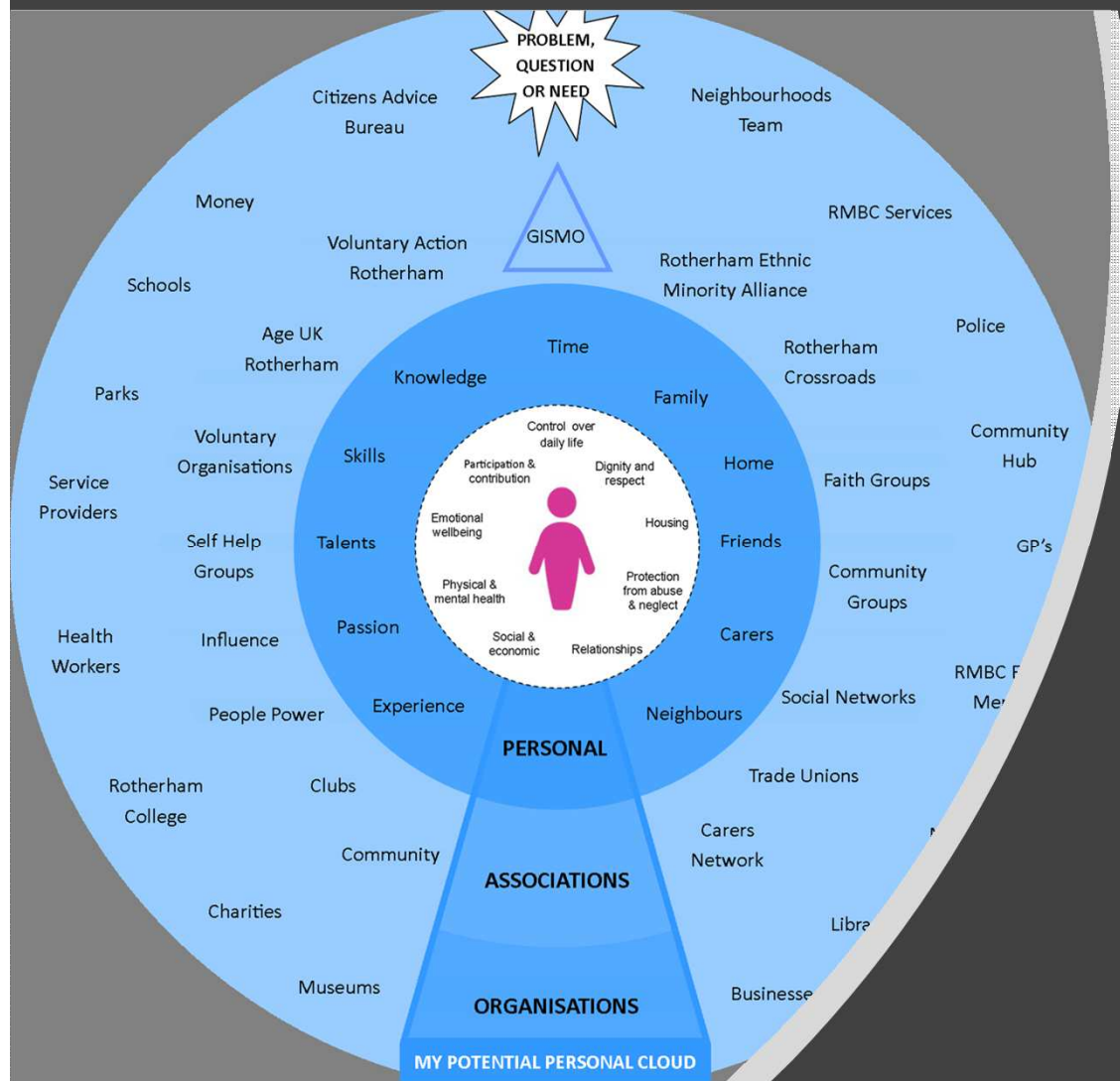
# Why is this Important?

- Everyone has been affected by the impact of Covid-19.
- Some have been affected more than others
- Older people have been disproportionately affected
- It is time for change – a moment to focus on what matters most
- We want older people and the whole community to have the best possible recovery they can have: “Age Friendly”
- As part of this we need to involve older people and support them to have the best possible recovery
- Therefore it is important to listen to what older people are saying and involve them in finding the solutions we need
- Working together on a ‘Year Of Reconditioning’

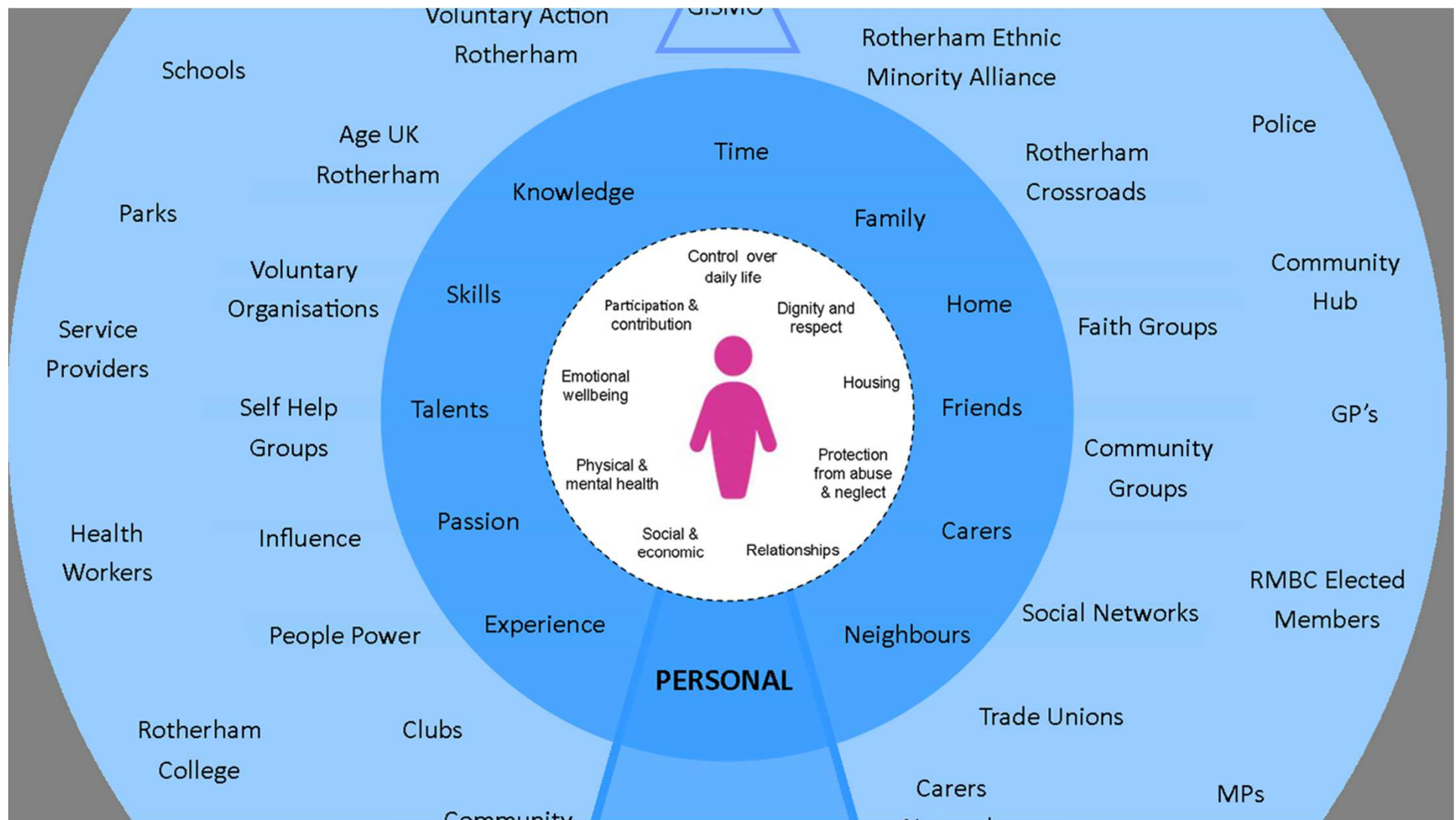
# A journey through Covid-19 through the eyes of older people

... The start of a conversation





# My Personal Cloud



# Covid-19 has disproportionately impacted older people

- Almost 1.8 million people over the age of 50 have been advised to shield\*, while everyone over the age of 70 has been advised to take extra precautions.
- 28% of people 50-69 and 24% of people 70+ say their exercise routine is being affected \*\*
- 26% of people 50-69 and 33% of over 70s say their access to non-Covid related healthcare is being affected
- 42% of adults aged 70+ are reporting high levels of anxiety

\*NHS Digital Shielded Patient List Data Accessed on 19/01//2021

\*\* ONS data Coronavirus and the social impacts on Great Britain Published 15th January

# Physical health

*"I seem to have become less able in many ways. I think the less you use it the more you lose it"*

# Physical deconditioning

- Older people are finding it harder to walk and are more reliant on aids
- They are also finding every day activities around the house harder to complete.
- Reductions in mobility are having a knock-on effect on older people's weight, mood, and energy
- Some older people have told us they are falling more frequently than before

*"Much poorer mobility and weight gain has made it even harder to do normal everyday things like accessing the upper floor of my home, hanging out washing doing a bit of gardening"*  
(Female, 60-64)

*"Weakness in legs more difficult need to use walking stick or pusher. Also balance poor and no energy."*  
(Female, 85-89)

*"Mum used to catch busses to the next town and walk across town and back home on the bus. Now she is struggling to walk down the path."*



# Mental health

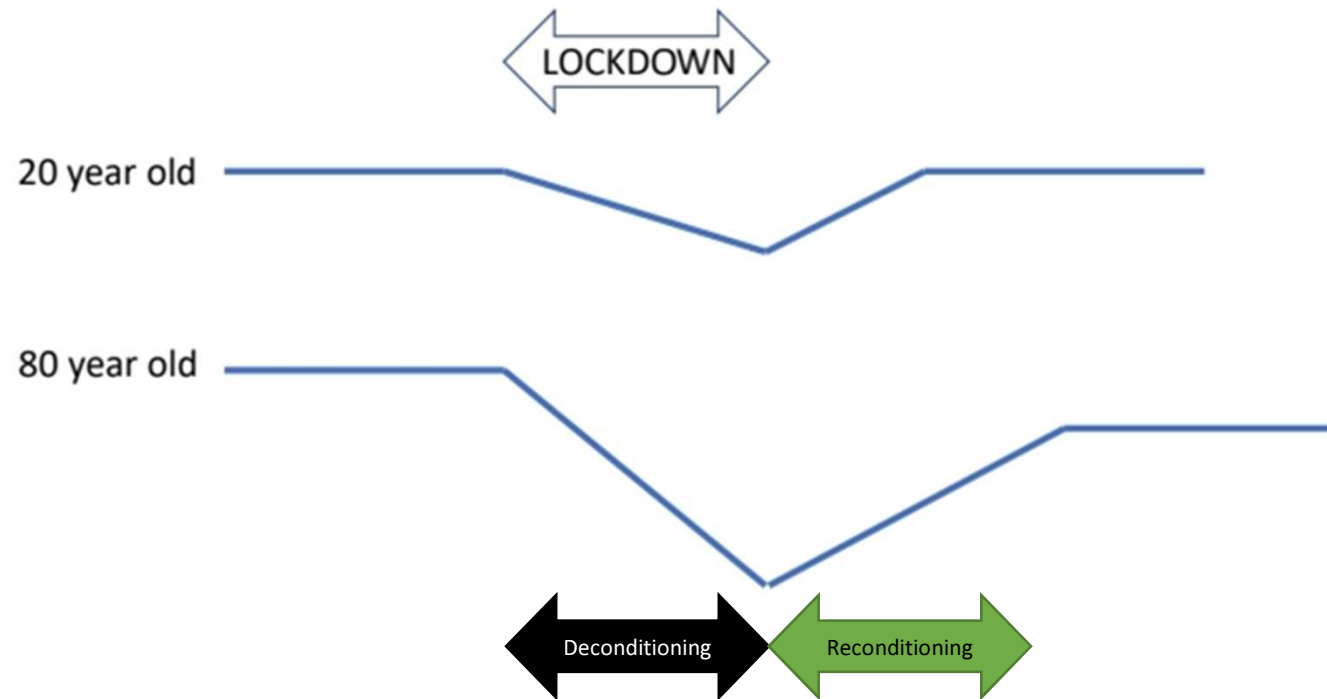
*"I just feel so scared to go out, my depression has a knock on effect on my pain, not being able to go outside means my mind keeps going round in circles making more depressed, no conversations, no laughter, in debt and overweight from take aways, I feel unloved unwanted" (Female, 55-59)*

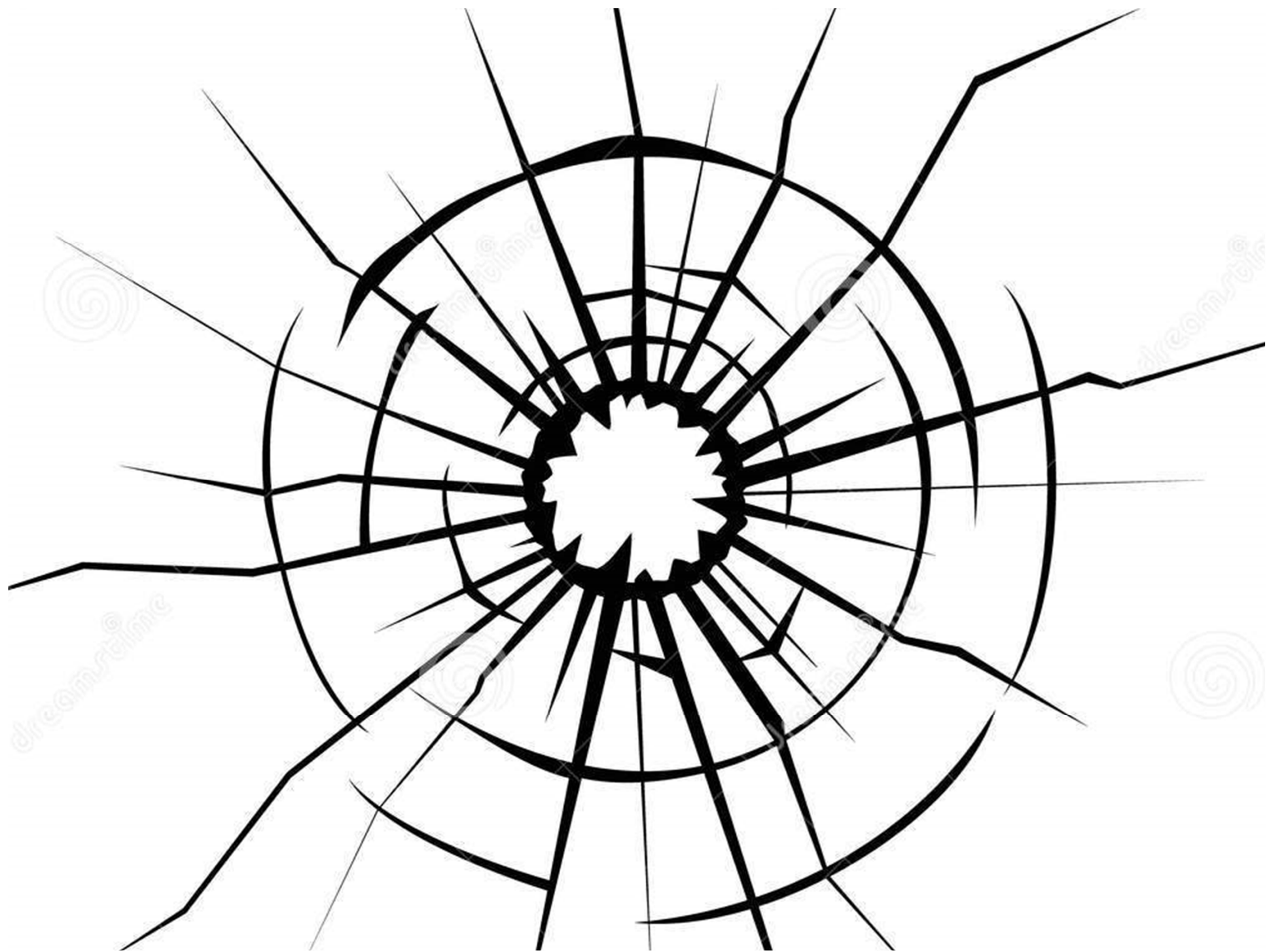
Anxiety

Low Mood  
and lack of  
motivation

Loss of  
Confidence

## Covid-19 has disproportionately impacted older people





# Seeing through the eyes of older people In Rotherham

... What are older people in Rotherham telling us about their journey through Covid-19?

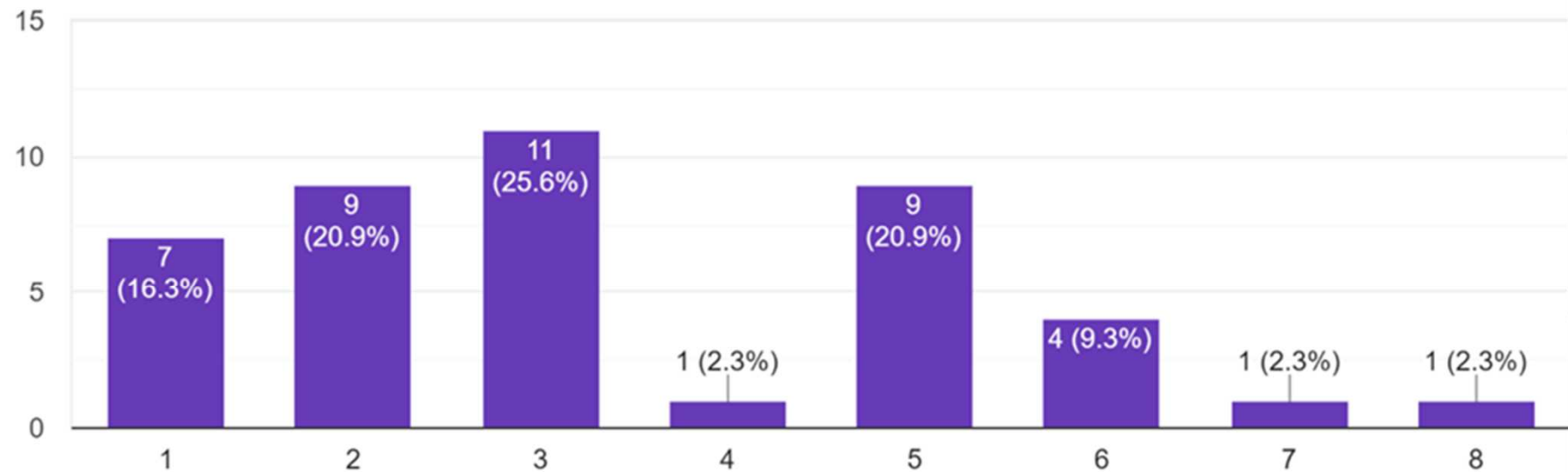


# Positive outcomes during Covid-19

- Digital Inclusion
- Wisdom of age leads to resilience
- Older people are carers too
- Supporting each other informally and through volunteering

# What are the best things YOU have done or are doing to help get through the crisis?

- Sticking to a routine
- Staying in touch with others
- Being active
- Creativity In Later Life
- Mindfulness
- Helping Others

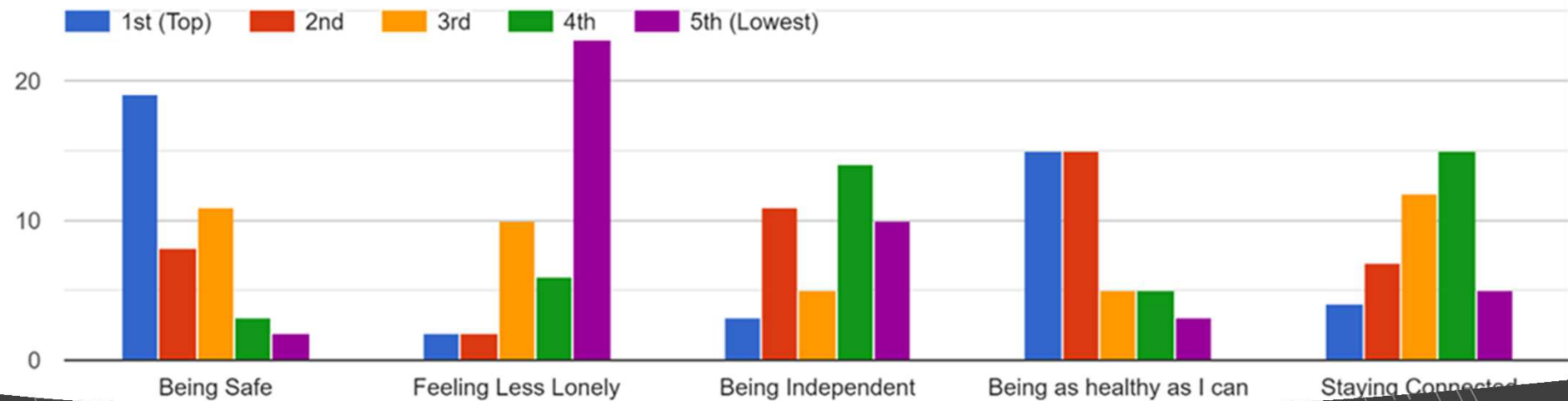


# Local Listening

We asked how are you coping with the impact of Covid

- 2/3 said they were coping okay
- 1/3 not coping
- A few really struggling a lot

Older people have told us over several years what matters to them most. Please rank the priorities that currently matter most to you



**What matters most to you during the Covid19 pandemic?**



## Being Safe

*“Staying safe and **keeping others safe**”*

*“Making sure that my immediate family are all well and safe”*

*“Being safe and knowing my disabled daughter is safe”*

*“Keeping my family safe by not going out unless absolutely necessary & keeping apart, wearing a mask & continually washing our hands, plus using antibacterial wipes on anything I purchase & bring home”*

## Being a healthy as I

*“Remaining healthy for myself and so **that I can support my family** and older friends/relatives. I have little confidence that the statutory bodies have the capacity to reach all of those in need.”*

*“safety and health, particularly mental health are probably joint first priority”*

*“**managing my mental health** and stress levels”*

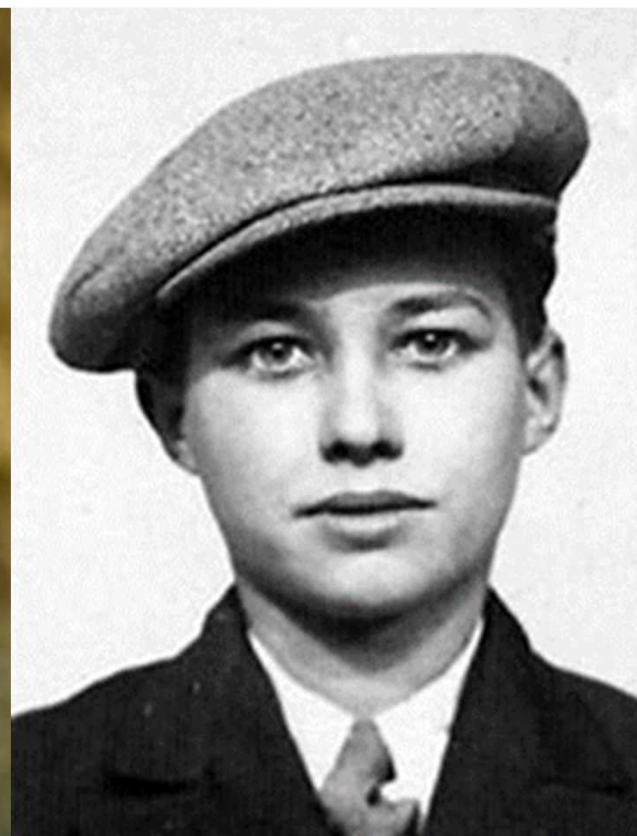
*“Staying well and **keeping in touch** with people”*

# Our Needs in Later Life



Abraham Maslow's theory about a human 'Hierarchy of Needs' gives us a way of understanding the motivations of people in later life and many of the things older people have been saying to us can be understood in this way.

**If our most basic needs are not met, we are motivated to fill those needs and focus on the unmet needs before we move to the next set of needs.**

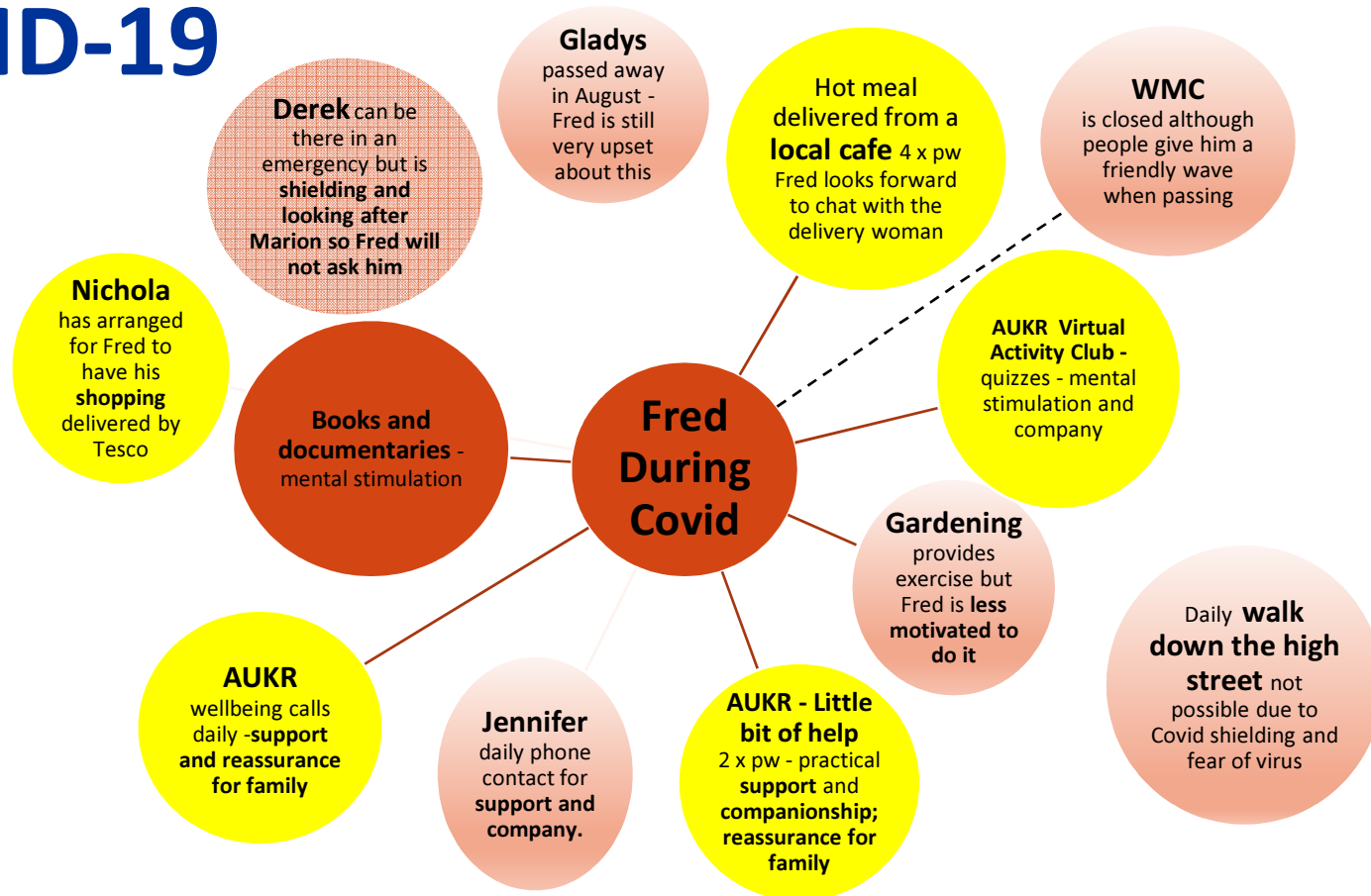


# Fred's Journey through Covid

# FRED BEFORE COVID-19



# FRED DURING COVID-19



# What are the best things OTHER PEOPLE OR ORGANISATIONS have done or are doing to help you?

- Mostly not services
- Practical help from family and neighbours
- Local people, organisations, churches, other faith groups and community hubs
- Health Services

## Thinking about “the next 6 months”, what aren’t you able to manage? What feels impossible to deal with?

- Separation from family and friends
- The unrelenting demands on unpaid family carers
- Anxiety, worry about the world
- Solitary grief
- Coping with loss – of all kinds





## **'RECONDITIONING' POST COVID-19: WHAT NEXT FOR FRED?**





# POST COVID-19 'RECONDITIONING' WHAT NEXT FOR **FRED?**

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# FRED 'NEW NORMAL'



# Summary

Covid has affected everybody but how well you have weathered the storm depends on 'the boat' you were in.



Create the environment to encourage people to create solutions

# Discussion

**How must we continue, and develop our support for older people so they can make the best possible recovery from the impact of Covid-19?**

- How will it happen?
- Where will the conversations happen?
- Who are the right people to involve?
- Where will the ACTIONS be planned?
- Who will make sure they are implemented?
- How will they be monitored and evaluated?
- What already works?
- What is the structure for partnership?
- Where are the resources?

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Full Age UK report on the Impact of Covid19 on older people's physical  
and mental health can be found [here](#).

