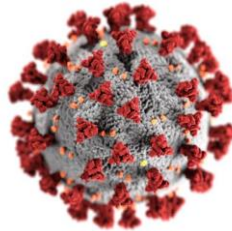


# NEW COVID-19 RESEARCH UNDERWAY IN TAURANGA

**THE PANDEMIC ENVIRONMENT IS: COMPLEX, UNCERTAIN AND PERVASIVE**

## The Impact of Covid-19 on Elders

The project is seeking to gain an understanding of the experience of being older and considered vulnerable in a COVID -19 pandemic environment.



**What do Elders, Whaea and Matua think about the impact of COVID-19 on their lives?**

How are they managing now in an uncertain world?

There is a vital public responsibility, to listen to the lived experience of Elders, according social gerontology specialist Carole Gordon MNZM, given that people over 70 years were isolated for longer than anyone else and that people over 60 made up all of New Zealand's initial 22 deaths. We know that the risk of dying from COVID-19 increases with age and health conditions.

**This research will give voice to a diversity of Elders in the process of comprehensive post COVID-19 response, recovery and reset**

*Policy makers have a major challenge to ensure that community environments enable mature and older people to be well, active and connected. Contagion is occurring at a time when the largest cohort of people ever born in New Zealand is reaching later life in an environment of a known life threatening risk exacerbating social, economic and environmental global uncertainty.*

**Would you like to take part, chat about your experience, or need more information?**

Please contact email - [agefriendly@kiwinz.net](mailto:agefriendly@kiwinz.net) or phone - 027 5716422

**YOUR VIEWS ARE VALUABLE BECAUSE PEOPLE MATTER**

# STAYING SOCIALLY CONNECTED

Social distancing does not mean social isolation. Even a potentially deadly virus should not force us to be alone. Now, more than ever, people can find smart ways to stay connected.

## HERE ARE FIVE WAYS FOR ELDERS TO STAY SOCIALLY CONNECTED.

### 1. Learn the new technology

FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and lots more online options exist to talk with family and friends. And you don't have to be tech-savvy. Doing the basics is easy, and for most people, fun. Ask a neighbour, niece or nephew for help and quick step by step instructions. Use the COVID tracing app at the supermarket or when shopping.

### 2 Get Out Safely.

Use the bus. Register your Super Gold Card for the Bee Card, then you can travel free all day from 9am. Public transport has social distancing and is a safe COVID environment for getting out and going places. Keep health appointments. Wear a mask, keep well.

### 3. Stay active in the community from home

You can remain a part of the community even if the goal is to separate from the community, there's a remote option. Get in touch with your friends and family regularly. Many organizations - social care organisations, political parties, faith-based groups, and voluntary groups rely on volunteers to make phone calls. You can offer to do that activity at home.

### 4. Go on a news diet

Stay informed, know what's going on, but don't get locked into endlessly watching "breaking news" on TV all day long as it can bring needless anxiety.

### 5. Reach out to family, friends and neighbours

Stay in touch with the people close to you, especially those who are social distancing too. Beside your agreed bubble in lockdown times, whanau and communities can create "buddy systems" to make sure people stay connected. This can be done through your church, marae, social group or daily neighbourhood emails. You can be busy checking in on your friends and relatives? Give them a call. Such thoughtfulness is always greatly appreciated.

Acknowledgement to: WHO, WEF. MSD Super Seniors.

This collaborative project will link to Elder wellbeing initiatives, primary health care and wider pandemic planning and health services through the District Health Board, the Western Bay of Plenty Primary Health Organization, Tauranga City Council and regional COVID response systems.

Lead researcher- Carole Gordon MNZM Social gerontologist.