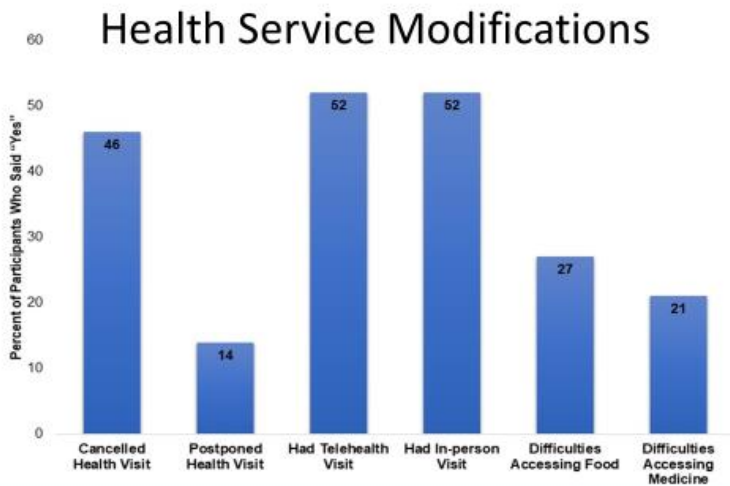


COVID-19 and Age Friendly

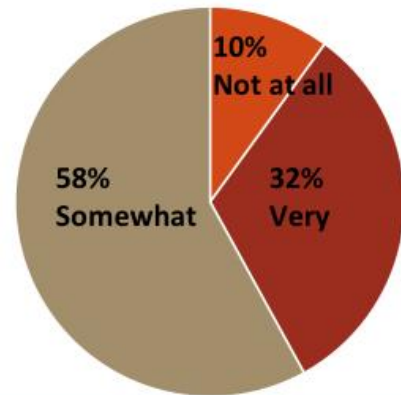
In 2021, we partnered with Dr. Judith Scott, Ph.D., RN, at the University of Colorado, Colorado Springs, to study the effects of older adults at home during the pandemic. We surveyed 366 adults aged 60+ through a Qualtrics survey and 126 phone surveys. N=499

In the following slide, you can see the percentage of those indicating they modified how they received their health services, such as doctor visits or accessing food and medicine. Further, this slide shows those who shared their stress levels had changed during the pandemic.

Results



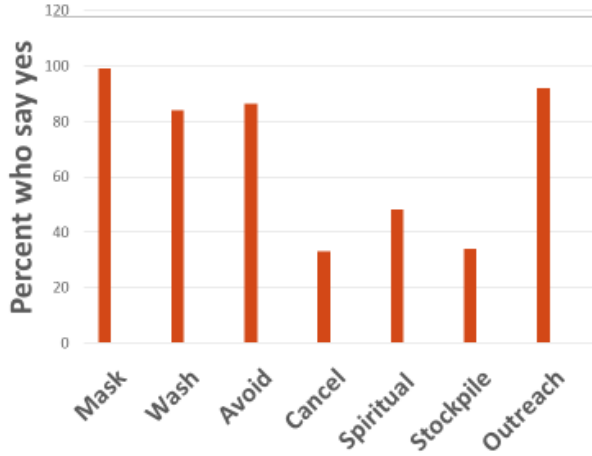
Levels of Stress



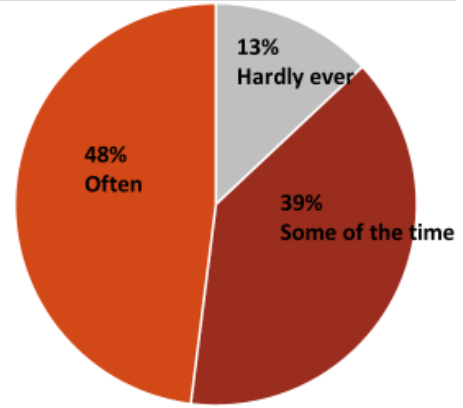
In this slide, you can see those who said yes to participating in coping activities during the pandemic, as well as those who indicated feeling isolated or lonely often during the pandemic

Results

Coping Activities



Feeling Isolated



Technology Equity



Moving forward from the pandemic, our Age Friendly work focuses on community resilience, and engaging in the following areas:

- Access to health care

- Delays in care
- Use of telehealth
- Vision, hearing and cognition
- How they stay in touch and how often
- Sleep, depression, loneliness questions
- Demographic questions

As we began to think about socially and physically isolated adults from the pandemic, we were approached by two community members, Lynne Telford and Pam Shockley Zalabak, who asked us to begin thinking about the linkages between technology and isolation among older adults in our community. Our small group recruited other important thought leaders in this area from our community, and the Seniors Engaged working group was born. Made up of representatives from a number of senior-serving local organizations, this powerhouse group began to address the gaps and challenges surrounding connection and older adults. As the group began to brainstorm what technology equity and access meant to us and our community, our minds drifted to intergenerational engagement. Enter Peak Education.