

# Older Adults & Isolation During COVID-19

## **Older Adults & Isolation During COVID-19**

**Wednesday, March 25**

**2:15 pm ET / 11:15 am PT**

Being an older adult comes with unique challenges. Many face dramatic changes in their relationships and employment, grief over the loss of loved ones, and changes in their physical health. During COVID-19, these concerns can be magnified. Deeper degrees of isolation, fear about one's own health, and concerns about family members are just some of the things they may be experiencing. Older adults may experience fear about being able to meet their basic needs and anxiety over the constant news cycle.

While there are many challenges, there is also hope and opportunities for older adults to support themselves and connect with others. In this webinar, Patrick Hendry will discuss the strengths and weaknesses of traditional behavioral health services in meeting the needs of this population, particularly around social isolation. He will also share information about how peer support and peer-delivered services can make an impact on their wellbeing and sense of connection. Join to explore this issue with others, gain information, and ask questions.

### **Presenter:**

**Patrick Hendry**, NCPS has worked as a mental health advocate for the past twenty-four years. His areas of expertise include peer provided services, self-directed care, recovery-based trainings, organizational development, and management and sustainability. Patrick received MHA's highest honor, the Clifford W. Beers Award in 2012, and a SAMHSA Voice Award and Eli Lilly Reintegration Lifetime Achievement Award in 2014. He is the former Executive Director of the Florida Peer Network and has assisted in the development of numerous peer-run programs and organizations. Patrick is a strong supporter of the inclusion of mental health consumers in all aspects of the behavioral health system.

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