

How COVID is impacting the elderly

I am a senior at Springfield College in the Health Science major. I am a CNA and just witnessing how this virus is taking its toll on this population. At my job they canceled all activities, no outside visitors, no store, or doctor visits, there's no more eating in their assigned dining rooms. Now everyone has to stay in their apartments to limit exposure. When I go from room to room to check on my residents some of them are confused and some of them are depressed because this is our new normal until this is all over. When I would pick up the trash from their rooms some of the residents would ask me "what do I do now?" and I would just freeze because what else can they do besides sit in their apartment all day and sleep? Others are depressed and aren't eating because they miss their families and they are unable to see them due to this virus that has stopped the entire world. A few others are confused since they can't leave their apartments. They just sit in their apartment in their pajamas all day and are confused on the time, what day it is, and if they ate or not.

The halls are quiet, you don't see residents or staff members walking up and down the hallway, doing their activities in the wellness center, not reading the newspaper in the family living room, or enjoying meals in the dining room. My job has turned into a ghost town because it is so quiet, everyone was used to the hallways being filled, activity rooms being filled with people engaging in exercise and music class but everything has come to a stop for everyone's safety. We have a local television channel at my job where residents can tune in and watch pre-recorded/live activities that the life enrichment staff take part in so the residents aren't bored but it still isn't the same.

It is sad to see the elderly depressed sitting in a room all day not being able to do anything. You can just see it in their face that they are extremely sad because they can't do anything and they are scared as well because their population gets hit the hardest from this virus so everyone at my job is trying their best to keep everyone safe and happy. Wiping down door knobs, counters, railings, meal deliveries, staff and residents wearing masks, and respecting the 6-foot rule. Hopefully, when we come out of this we will come out stronger and our residents will be happy that they can go back to doing the things that make them happy.