



Resilience and Well-being

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Disclosures

- I have no financial interests or relationships to disclose
- This presentation does not represent the Department of Veteran Affairs, nor constitute a recommendation or endorsement by VA.

Abuse

- ▶ Utah
- ▶ Nationally
- ▶ World-wide

Resilience

- ▶ “The human capacity to persist, bounce back from, and flourish in the face of stressors or adversity...”
 - ▶ Consists of both recovery and sustainability...”
 - ▶ Recovery – how quickly and completely
 - ▶ Sustainability – capacity to move forward despite challenges
- ▶ Aging takes strength

Resilience across contexts

- ▶ Individual
- ▶ Caregivers and family
- ▶ Neighbors and community members
- ▶ Health care and social service professionals
- ▶ Stakeholders and policy makers

Individual

- ▶ Financial strain associated with increased risk of abuse
- ▶ Physical distancing – protective
- ▶ Staying busy
- ▶ Seeking social support
- ▶ Positive mindset and emotion-focused coping
- ▶ Maintaining daily routines

Caregivers and Family

- ▶ Seek support, ask for help
- ▶ Caregiver groups
- ▶ Respite
- ▶ Adult Day Centers
- ▶ Ask yourself about “burnout”

Neighbors and Community Members

- ▶ Sense of community as a protective factor
- ▶ Facilitate connections
- ▶ Volunteer opportunities
- ▶ Local organizations
- ▶ Education

Health Care & Social Service Professionals

- ▶ Ask about abuse and neglect
 - ▶ Assess physical, emotional, cognitive, and financial vulnerabilities
- ▶ Educate and combat against ageism
 - ▶ <https://oldschool.info/>
- ▶ Familiarize yourself with resources
- ▶ Recognize variabilities

Stakeholders & Policy Makers

- ▶ Policy priority for local and state government programming
- ▶ Support policies that combat ageism and advocate for recognition of strengths and contributions of older adults
- ▶ Infrastructure and education to support virtual visits and outreach

References & Resources

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Questions, comments?

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