



COVID-19: Where We've Been and Where We Are Going

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“COVID fatigue” is at the top of the list for stressors in 2020. The global pandemic caused by the novel Coronavirus (COVID-19) altered lives, cancelled events and too often became a financial hardship for the American family. Most individuals have been affected in some way by COVID-19, but seniors and older adults have been especially impacted. We will discuss the three main goals of prevention, containment, and treatment and the negative side effect of social isolation. We will also touch on other positive and negative impacts to general health and well-being. Ultimately, we have gained knowledge that will assist with future pandemics and help to minimize adverse reactions.

Following this presentation the participant will be able to:

1. Identify at least three things in life impacted by COVID-19.
2. List two ways in which the older individual was vulnerable to the virus.
3. Describe how COVID-19 has prepared us for future pandemics.
4. List at least effective ways to remain safe and minimize social isolation.
5. List at least three infection control prevention protocols utilized to contain a community outbreak.

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).