ECIAAA COVID-19 Interesting Readings

Updated July 2, 2020

Social Isolation Readings

- New York Times Article: “I’m Really Isolated Now”

- AARP: How to Fight the Social Isolation of Coronavirus:

- New York Times: Take Steps to Counter the Loneliness of Social Distancing:

- New York Time: Coronavirus and the Isolation Paradox:

- Psychology Today: How to Help Older Adults fight Loneliness During COVID-19

- Medscape: COVID-19: Mitigating Loneliness, Anxiety in Seniors:

- Forbes: Five Tips To Decrease Social Isolation for Older People During COVID-19:
  https://www.forbes.com/sites/naomicahn/2020/03/18/five-tips-to-decrease-social-isolation-for-older-people-during-covid-19/#59b7c2304095
• AFSP: COVID-19: We Must Care for Older Adults’ Mental Health: https://afsp.org/covid-19-we-must-care-for-older-adults-mental-health/
• The Lancet: COVID-19 and the consequences of isolating the elderly (with links to other good articles): https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(20)30061-X/fulltext
• The Conversation: Reaching out to isolated older adults is essential during coronavirus: http://theconversation.com/reaching-out-to-isolated-older-adults-is-essential-during-coronavirus-here-are-7-specific-things-you-can-do-just-for-starters-134221
• Just a chat: Calls offered for older adults staying home: https://www.pantagraph.com/news/national/just-a-chat-calls-offered-for-older-adults-staying-home/article_b30b8ae6-c022-53ec-af8a-7a39ac60f43a.html

Area Agencies on Aging

• To Support Older Adults Amidst The COVID-19 Pandemic, Look to Area Agencies On Aging: https://www.healthaffairs.org/do/10.1377/hblog20200408.928642/full/
• N4A Examples from the Field: https://www.n4a.org/covid19fieldexamples
• WGLT: Want To Be A Hero? Volunteer For Agency Serving Older Adults (interview with Susan Real, Executive Director) https://www.wglt.org/post/want-be-hero-volunteer-agency-serving-older-
Health

- When Will a Second Wave of Coronavirus Hit the U.S.? Here’s What You Can Do to Prepare: https://www.prevention.com/health/a32368635/coronavirus-second-wave/
• You could be spreading the coronavirus without realising you’ve got it

• A Very Millennial Checklist for Surviving a Self-Quarantine

Social Justice

• The pandemic has amplified ageism. ‘It’s open season for discrimination’ against older adults

• Join Us in Lifting up Voices for World Elder Abuse Awareness Day: June 15:

Caregiving & Supporting Seniors

• Pandemic Adds to Challenge of Caring for Loved One With Dementia:
  https://consumer.healthday.com/infectious-disease-information-21/coronavirus-1008/pandemic-adds-to-challenge-of-caring-for-loved-one-with-dementia-756344.html?fbclid=IwAR3SGVRz1wnGEg5clZs8W8QQ1J2VS1posJ5rVo-ejZgg_FpBQP9QaS9j6pA

• Coronavirus pandemic: How to help senior citizens:

• Seniors are the most vulnerable to coronavirus. You can help protect them.

• Our Elderly and COVID-19: What to Know, What to Do and How to Help At-Risk Seniors During the Coronavirus Outbreak:

**Senior Housing**


**Technology**


**COVID-19 Research**

- Duke University: [https://guides.mclibrary.duke.edu/covid19](https://guides.mclibrary.duke.edu/covid19)
• COVID-19 Insights Initiative:  
  https://www.norc.org/About/Departments/Pages/COVID19.aspx

• Here’s How COVID-19 Compares to Past Outbreaks  
  https://www.healthline.com/health-news/how-deadly-is-the-coronavirus-compared-topast-outbreaks

• Intercollegiate Biomathematics Alliance COVID-19 Research Archives:  
  https://lettersinbiomath.journals.publicknowledgeproject.org/index.php/lib/issue/view/23

**Podcasts**

• Intersectionality Matters with Kimberle Crenshaw: Age Against the Machine: The Fatal Intersection of Racism & Ageism In the Time of Coronavirus  

**Webinars**

• Webinar: Social Isolation and Loneliness Among Older Americans during COVID-19:  

• Virtual Learning Hour Special Series: Centering Equity in the Response to COVID-19:  

• Virtual Learning Hour Special Series: COVID-19: The Other Side of the Curve:  
  http://www.ihi.org/resources/Pages/AudioandVideo/COVID-19-the-Other-Side-of-the-Curve.aspx