Older adults may struggle with their mental health during the COVID-19 pandemic. With decreased social interaction and physical activity, older people may experience declines in their emotional and cognitive well-being. There is a need for more mental health providers who specialize in geriatrics, according to Jim Messina, a Troy University lecturer and Medicare advocate. Getting professional help may be challenging for this population, especially for those with limited access to resources. Older people may also be reluctant to seek help when they are having a hard time, so it is important for family members and clinicians to notice any changes and take them seriously. “We have to wake people up to the pressing emotional needs of seniors,” said Messina.

**Spark Extra!** Find tips for supporting older adults during COVID-19.

Links within this resource