The COVID-19 Pandemic

JDC-ESHEL's Innovative Response to the Challenges faced by the Elderly Population in Israel

April 30, 2020
## Exposing the Gaps [A Global Comparison]

### Indices of Successful Aging

<table>
<thead>
<tr>
<th>Economic resilience</th>
<th>Meaning</th>
<th>Health</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unforeseen Expenses</strong></td>
<td><strong>Loneliness</strong></td>
<td><strong>Functionality</strong></td>
</tr>
<tr>
<td>46% are unable to cover an expense of NIS 3,000 [$850]</td>
<td>11.5% feel lonely very often</td>
<td>21% have difficulty with ADL</td>
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<tr>
<td></td>
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<td>36% have difficulty with IADL</td>
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</tbody>
</table>

### Predictive Metrics of Successful Aging

<table>
<thead>
<tr>
<th>Economic Readiness</th>
<th>Active Lifestyle</th>
<th>Healthy Lifestyle</th>
<th>Health Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income, Assets, savings, suitable employment</td>
<td>18% employment, 39% participate in social activities</td>
<td>16.9% smoke / 1.9 l alcohol</td>
<td>50% have low health literacy</td>
</tr>
<tr>
<td>Low financial literacy 13.7/21 pts</td>
<td>Networking [Support system: family/friends]</td>
<td>49.1% good BMI</td>
<td>Compliance, persistence</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exercise 60%/40%</td>
<td></td>
</tr>
</tbody>
</table>
Coronavirus – central challenges for the elderly population

Challenges that arose

- Fragility
  - Deconditioning
- Loneliness
- Basic needs
  - Nursing, Food, Shelter, Health
- Saving lives
  - Preventing illness from coronavirus

Scope of Activity
- Institution
- Community
- Hospital

Scope of Solutions
- Ecosystem
- Older adult

Degree of Challenge
- High
- Medium
- Light
- Healthy

Quarantine
The Challenge During Corona

How do we guarantee that the life 'we save' will be 'worth' living?

Isolation | Damage

- Routine
- Fragility
- Loneliness
- Basic needs

Isolation | Benefit

Immediate saving of lives

How do we guarantee that the life 'we save' will be 'worth' living?
6 Key Emergency Assistance Efforts

**Basic Needs – Supporting GOI Local Authorities & Organizations**
- Flexible basket of services for authorities on lowest socio-economic level [supplement to meal distribution initiative]
- Support for Geriatric Institutions
  - Professional guidance
  - Training
  - Knowledge/guidelines
  - Supply Activities Kits

**Virtual Campus for Self-Management**
- Independent Older Adults
  - Financial literacy
  - Digital Literacy
  - Health Literacy
  - Employment skills

**Knowledge Sharing**
- Professionals
  - Webinars
  - Distance learning/training (replacing fixed training centers)
- Elderly, Caregivers, Family Caregivers
  - Training videos
  - Instructional infographics
  - Mentoring material

**Information Dissemination**
- Home Front Command
- Government Ministries

**Remote Rehabilitation**

**Remote Monitoring & Detection of Functional Decline**
The Period of Corona – the Hammer and the Dance

- Do nothing
- Mitigation

Quarantine: 3-7 weeks
- Back to school
- Widespread inoculation

'Year of Corona'

16.3.2020
30.4.2020
Ongoing

Source: Tomas Pueyo

What has changed with the reality of isolation?

Increased level of risk for vulnerable populations

Routine

Severe risk  High risk  Medium risk  Low risk

Present situation

Severe risk  High risk  Medium risk  Low risk
Fundamental Assumptions for Future Planning

01 Future planning – not an emergency but a new and ongoing way of life
Requires planning and preparation for the coming 12-18 months

02 Changing paradigms of familiar life patterns
Life patterns – work, leisure, care, consumerism, learning, family, meaning of money

03 Fast and mutually evolving learning process developing out of a changing and evolving reality
Working in frequently changing and uncertain conditions

04 Many older adults are in full or partial isolation
Existing risk situations will be worsened, new risk situations will develop, emergence of new risk groups

05 Life within the home
Preparing for extended periods within the home and its consequences, including loneliness and lack of access to basic, daily needs
Growing need for skills and capabilities to manage your life and that of your immediate family

Technology will be crucial
It cannot resolve everything; the challenge of connecting populations who are currently "technologically disconnected"

Phenomena and consequences of ageism
Likely to worsen and influence various spheres of life

What good will we derive from this?
Potential and opportunities for leveraging and developing an optimal new reality

Between the short-term and the long-term
Planning and action in the short term with a view to the long-term
Thank you

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