

# COVID-19 Impacts on Older Adults

## Greater risks:

- Greater social isolation
- More likely to be dependent on others
- Much more vulnerable to severe consequences of infection
- More likely to be in congregate living settings with greater exposure
- Less internet connectedness and less savvy with internet resources

## Those at greatest risk:

- Long term care
- recently widowed
- dementia caregivers

## Unclear whether mental health impact was greater:

- *Older adults may have adapted better with certain exceptions*