

Mental Health Milestones: Perspective during Pandemic

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About us

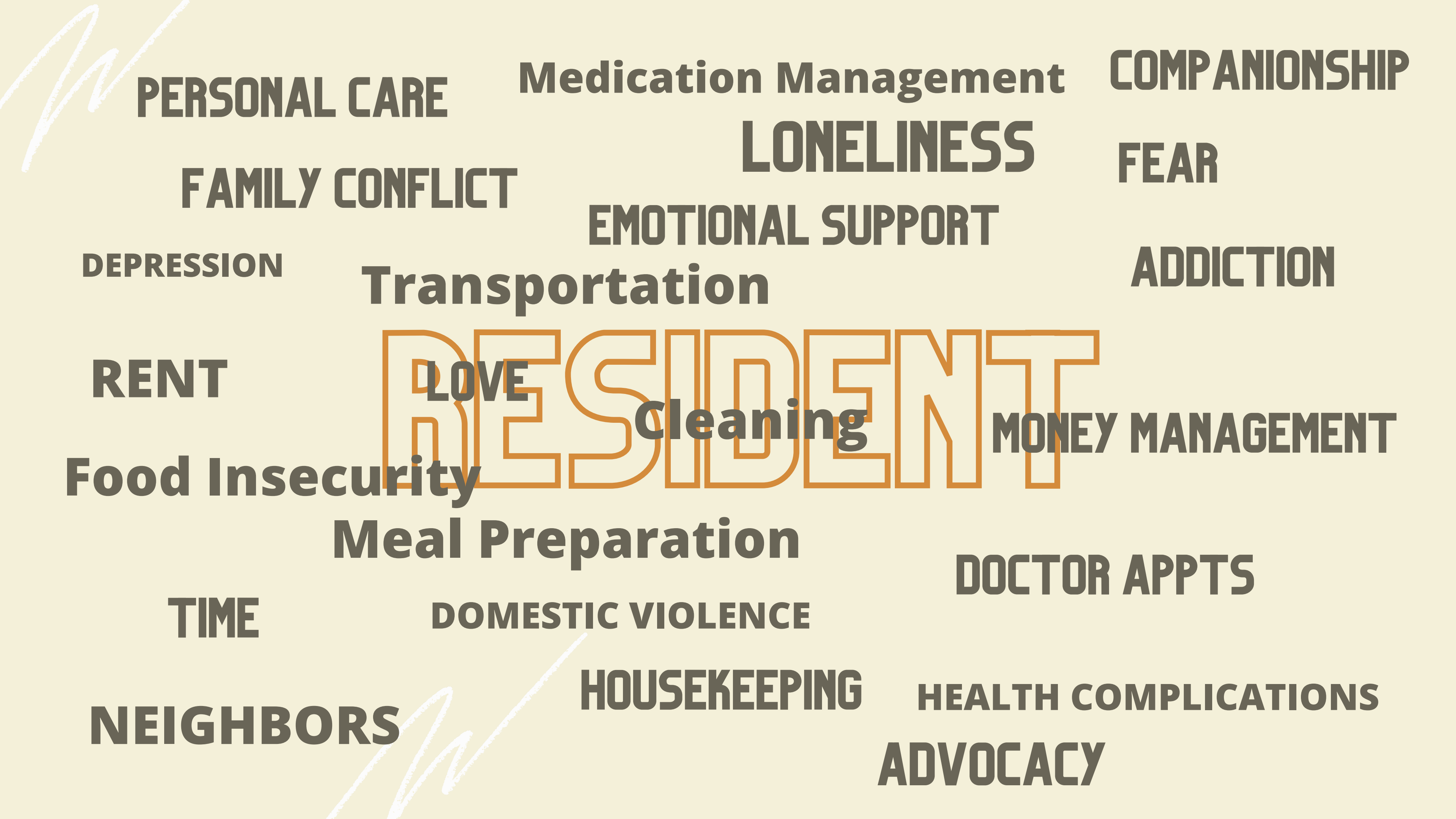
Aging & Amazing, LLC supports Aging & Amazing Adults, Caregivers and Professionals/Companies through innovative workshops, presentations, and strategies. Aging & Amazing is committed to older adults and strengthening the networks that surround them.





RESIDENT





PERSONAL CARE

Medication Management

COMPANIONSHIP

LONELINESS

FEAR

FAMILY CONFLICT

EMOTIONAL SUPPORT

ADDICTION

DEPRESSION

Transportation

RENT

LOVE

Cleaning

MONEY MANAGEMENT

Food Insecurity

Meal Preparation

DOCTOR APPTS

TIME

DOMESTIC VIOLENCE

HOUSEKEEPING

HEALTH COMPLICATIONS

NEIGHBORS

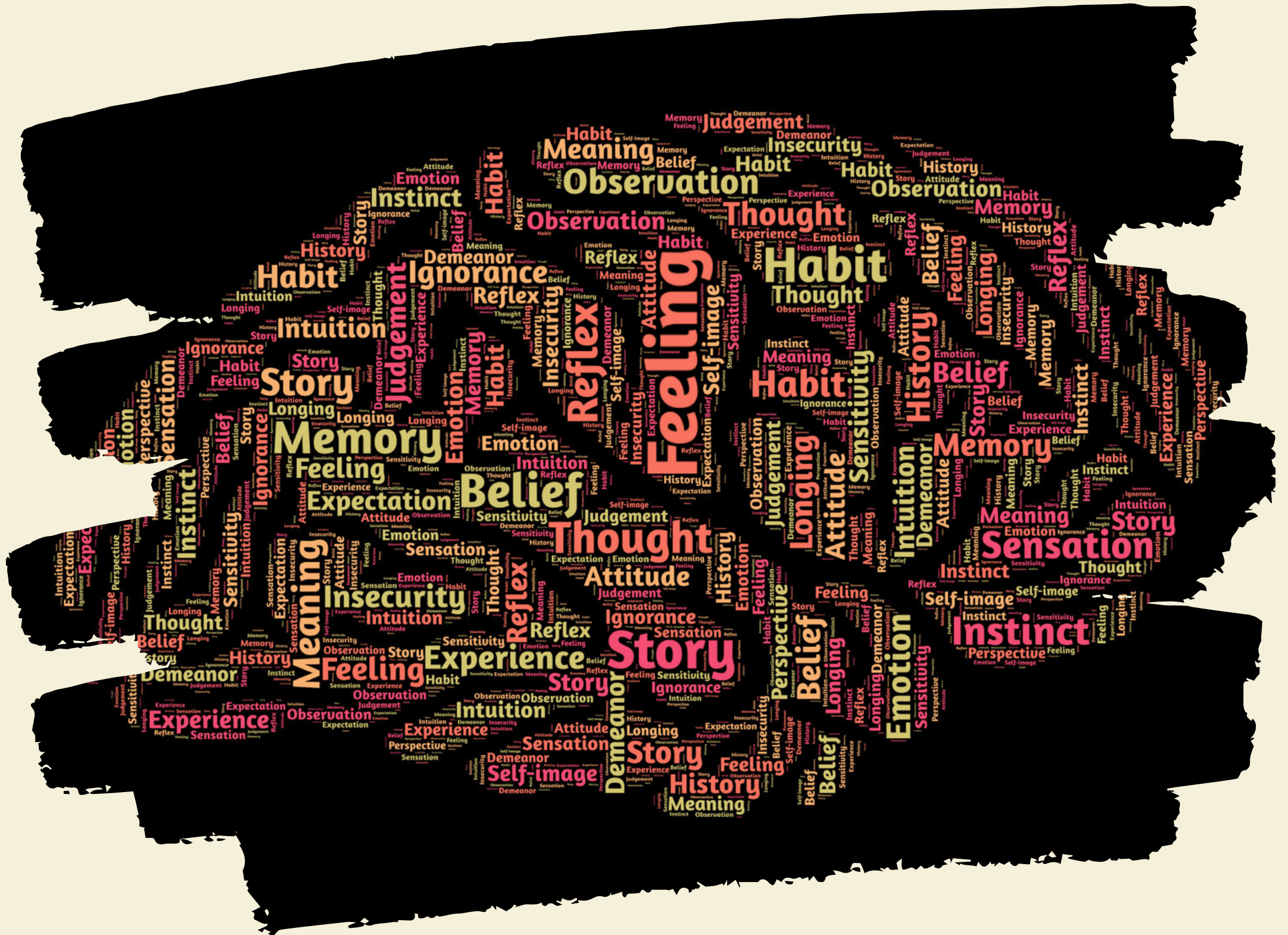
ADVOCACY



STRESS

What is mental space?

- Dreams
- Emotions
- Energy
- Fears
- Goals
- Ideas
- Obligations
- Thoughts



"WE WEAR THE MASK THAT GRINS AND LIES.
IT HIDES OUR CHEEKS AND SHADES OUR EYES,
THIS DEBT WE PAY TO HUMAN GUILF;
WITH TORN AND BLEEDING HEARTS WE SMILE,
AND MOUTH WITH MYRAID SUBTLETIES..."

We wear the mask!

PAUL LAURENCE DUNBAR



Let's Discuss.

Intentional ●
Discussions

What changes have you seen in your communities related to mood since this pandemic?

Perspective in Pandemic



to be best in
point of view.
PTSD is an
posttrauma
stress disor
physical d

to be best in
point of view.
Depression [d
state of being d
sad or despon
mental disord

point
Fear [fi
emotio
expec

Aging & Amazing

Post Traumatic Stress Disorder

- REXPERIENCING THE EVENT
- SENSITIVITY IN AROUSAL
- AVOIDANCE
- FLASHBACKS
- IRRITABILITY
- PANIC ATTACKS
- MOOD SWINGS
- INABILITY TO HANDLE ONE OR MORE CRISIS
- OVERACTING TO COMMON EVENTS

***DSM-5 MORE THAN 1 MONTH



Adjustment Disorder

- EMOTIONAL WITHDRAWAL
- LOW MOOD
- RESTLESSNESS
- ANGER
- LOW SELF ESTEEM
- HOPELESSNESS
- ISOLATION
- ANXIETY

****DSM-5 WITHIN 3 MONTHS TYPICALLY SUBSIDES IN 6 MONTHS

Perspective in Pandemic



Hoarding

Obsessive Compulsive Disorder

- COUNTING
- CHECKING
- CLEANING

DSM-5

RECURRENT URGES THAT CAUSE ANXIETY OR STRESS MORE THAN 1 HOUR

PERSISTENT DIFFICULTY RIDDING OF ITEMS
DISTRESS CAUSED WHEN ITEMS ARE TOUCHED OR REMOVED
URGES TO SAVE

DSM-5 PERSISTENT BEHAVIOR



Maslow's Hierarchy of Needs



Let's Discuss.

Intentional ●
Discussions

What creative measures has your community integrated to meet the psychosocial and mental health needs of residents since the pandemic ?



FAITH

- Prayer groups, Classes
- Scripture Memorization
- Online Religious Materials
- Quiet Time



THERAPY

- Objective Viewpoint
- Proven Strategies
- Individualized Care
- Support for Deep Concerns



GROUPS

- Resident Council
- Classes
- Support Groups
- Webinars
- Workshops



RESPITE

- Home Health Aide
- Group Home or Facility
- Friend, Family Member
- Personal Retreats



HOBBIES

- Art
- Exercise
- Reading

- Dance
- Music
- Writing

Inspirational Quote

People will forget what you said, people will forget what you did, but ppl will never forget how you made them feel.

Maya Angelou

Inspiration

Contact Us



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Thank You!