

The background features abstract, overlapping green geometric shapes in various shades, including light lime green, medium green, and dark forest green, creating a modern and layered effect.

Treaty 8: NZ AMH MENTAL WELLNESS PRESENTATION
Isolation/Loneliness/Elder Abuse/Dealing with Death &
Loss
Presented at: By Olabisi Olaniyan (OLA) October 15, 2020

Learning Objectives

Participants will:

1. Verbalize differences between social isolation & loneliness
2. Gain knowledge of the correlation between elder abuse & loneliness
3. Obtain knowledge of the health impact of social isolation
4. Acquire knowledge of the protective factors against social isolation

+ Introduction: Key concepts-social isolation, Loneliness, Elder Abuse

Social Isolation-

1. **A matter of the heart**; the heart of the matter is that it is the matter of the heart
2. Social isolation entails having fewer social connection or interactions
3. A state of **low quantity and quality of meaningful contacts** with people that matter to you. It includes ***fewer social contacts, fewer social roles, and lack of mutually rewarding*** relationships (Keefe et al. 2006)

✚ Key concept-Loneliness

1. **Loneliness**- internal, subjective perception of self-rejection, discrepancy between expected and actual levels of connectedness.
2. One can be **in a crowd and yet feel isolated**-no rewarding emotional attachment
3. One can be **physically isolated and not feel alone**-it is the quality but not quantity of connections.
4. **Loneliness** is a clear signal that something vital is missing- sense of belongingness
5. It is like a feeling of thirst or hunger and one is likely to act to get the need met

Key concept: **Elder Abuse**

Painful. It includes action or inaction from a **trusting relationship** which inflicts **harm and distress** to a senior person

Example/forms could be financial, emotional, physical, sexual, social-neglect, etc.

(<http://www.seniors-housing.alberta.ca/seniors/elder-abuse-facts.html>).

Possible Causes

1. **Perception.** The heart of the matter is that it is the matter of the heart-it starts from perception-'nobody likes me here, nobody wants me, I'm different than them, I can't relate with this kind of group, I'm black they are white, I'm poor they are all stinking rich.' The perception paints a gloomy outlook, others will notice and could be scared away from you and this reinforces the negative perception.

2. **Unsettled family discord.**

3. **Unforgiveness.**

4. **Poor relationship skills.**

5. **Personality issue**

6. **Winter blue; nature-borne**

Health Impacts: Social Isolation/Loneliness/Elder Abuse

1.No health without mental health; isolation makes the mind sicker, and the heart sadder

It is insidious, a silent killer, unlike smoking, obesity etc. that can be easily noticed

2.Increases stress hormone. This increase impairs health and wellness which consequently will increase heart rate, risk for Type 2 diabetes, dementia, low immune level and suicide attempt.

3.Increases risk for elder abuse (journeying alone increases mortality for a snake-African proverb). No quality relationships with the closet one and poor quantity of connections with supposed family or friends-

If you notice an elder socially isolated-suspect elder abuse and vice versa. They may not report for fear of reprisal attacks

4.Loneliness increases risk for premature death-i.e. death before time

(<http://www.albertaelderabuse.ca/resources/world=elder-abuse-awareness-day>)

Prevention of Social Isolation/Loneliness/Elder Abuse

1. **Self-identify your perception.** There are good people in life more than you probably think
2. **Verify and change** wrong perception about people around your circle-there are good people in life more than you think (Nigeria-Port Harcourt-Accra experience).
3. **Invest** in your relationship-it wouldn't grow without food & water-you must water the garden you love
4. Retirement community/**nursing home** concepts
5. Optimize community programs-socio-cultural/**religious** or traditional enrichment programs
6. Application of **Socioemotional Selectivity** theory-focus on the few connections remaining in your life, stop brooding on the past you can hardly remember or amend.

Death-a Necessary End

Death, what is it? Shut-down of all body organs-it has process.

Feelings about death-some meet death peacefully and others dread it. Culture, religious belief, experience, personality-all influence feelings and perceptions about death.

Thoughts about death is scary-but why? **Destination**-where are the dead going? **Uncertainties**-what happens there? **Accomplishments**-what about the unfinished assignments and who is to going to oversee the precious things left behind?



Physical Concepts of Death: could be quick, virtually painless e.g. fatal accident unlike terminal illness like cancer etc. Whether gradual or sudden, in death all vital organs shut down.

End-of-Life Care: Address physical discomfort, maximize hospice or palliative care to alleviate the pain and facilitate coping

Care for a Dying Loved One: As body organs shut down, the bowel-bladder control is lost-sights and smell yet the individual deserves a tender loving care.

Social Aspect: When a specific time frame to depart is known

Emotional Aspect of Dying: Everyone's feeling is unique. It is okay to grieve.

Stags of Grieving/Dying

Denial-the immediate reaction is it cannot be me.

Anger-may be inward/outward or both; why? 'But I am not ready yet, I do not deserve to die now'

Bargaining: Religious beliefs may be used-e.g. *God I will be good, stop sinning if you will heal me.* Note 'If only' statements.

Depression:

Acceptance: A feeling of peace with death-takes longer time. **NB** Having authentic family/friends support is required at each stage.

❖ Coping with Fear of Death

People may reflect over life choices, have questions over decisions, may like to attend cultural/religious meetings: the loved ones living also need care

NB: All the physical, emotional, social, and spiritual aspects of dying are distressing and confusing.

Help: If struggling with grief or anxious about end of life services please contact: [E-O-L 780496-1300](tel:7804961300) or [1-855-371-4122](tel:18553714122) for Continuing Care services; Mental Health link-[811](tel:811)

Healthy Ageing with a Peaceful Death is possible

Peaceful death, really? Life is a borrowed commodity.

Body comes from the mother earth

Choose to be happy is a choice

Conclusion /Summary

Questions/Contributions

Thanks

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