

2021 COVID Impact Survey

EXPLORING THE IMPACTS OF THE COVID-19 PANDEMIC THROUGHOUT THE LIFESPAN: A FOCUS ON OLDER ADULTS

QUICK FACTS

- 180 older adults responded to the survey.
- The majority (64%) of older adults were from the Nipissing district.
- 74% of older adults identified as female.



In this report, older adults are defined as individuals aged 65 years and older.

Older adults were most worried about the impact of the COVID-19 pandemic on their social life or that of others in their household. Rates of worry about physical and mental health among older adults were significantly* lower compared to individuals in all other age groups combined.

66%

were worried about their social life or that of others in their household

54%

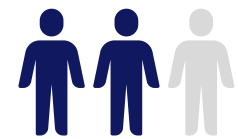
were worried about their physical health or that of others in their household

43%

were worried about their mental health or that of others in their household

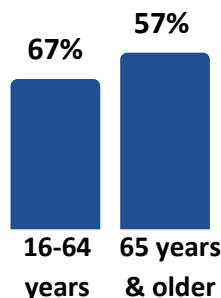
Survey respondents were asked if they experienced any changes since the start of the COVID-19 pandemic.

- 59% of older adults reported increased screen time, while 44% reported experiencing difficulties sleeping more often
- 46% of older adults reported feeling stressed to the point where it had an impact on daily life



Two-thirds (69%) of older adults reported feelings of loneliness or isolation more often since the start of the COVID-19 pandemic.

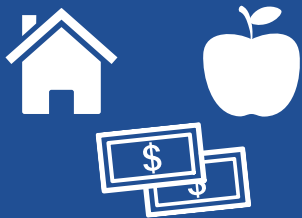
Compared to individuals aged 16-64 years, significantly more older adults reported separation from family since the start of the COVID-19 pandemic.



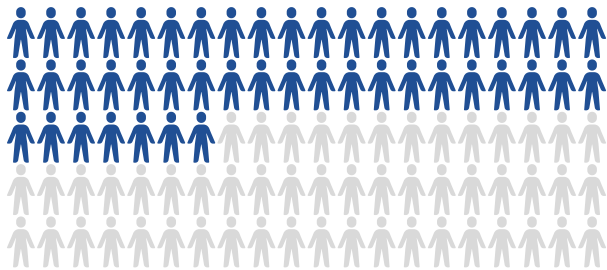
76%

of older adults reported they felt they had a supportive family and/or friends within the 7 days prior to completing the survey.

*The term “significant” is used to describe differences that are statistically meaningful. We can say with certainty that the differences are real, and not simply due to chance. Sampling variability associated with each estimate was determined using 95% confidence intervals.



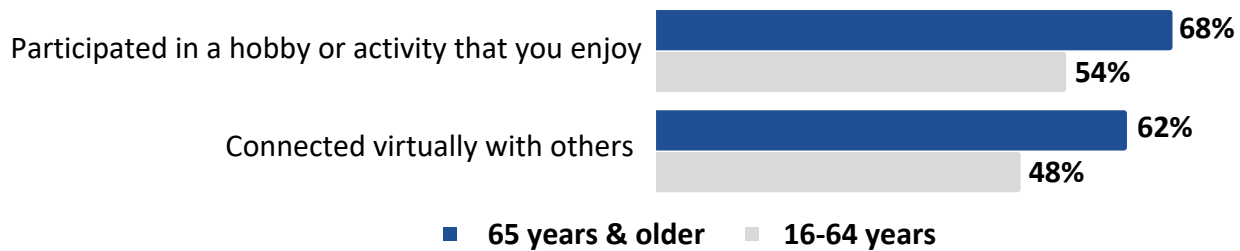
Compared to individuals aged 16-64 years, significantly fewer older adults reported worrying about or having difficulty paying housing costs, paying for food, paying for utilities, paying other expenses, and putting money into savings or other investments as a result of the COVID-19 pandemic.



47% of older adults were worried about the loss of in-person health services.

Rates of worry about the loss of in-person health services were consistent between older adults and those in all other age groups combined.

Compared to individuals aged 16-64 years, significantly more older adults reported connecting virtually with others, and participating in a hobby or activity that they enjoy, within the 7 days prior to completing the survey.



Older adults were also more likely to indicate that they participated in hobbies and activities more often since the start of the pandemic.

Rates of alcohol, cannabis, and nicotine use increase were significantly lower among older adults compared to individuals aged 16 to 64 years.

16%

reported an increase in alcohol use since the start of the COVID-19 pandemic.

3%

reported an increase in cannabis use since the start of the COVID-19 pandemic.

4%

reported an increase in nicotine use since the start of the COVID-19 pandemic.

For more information, visit the report titled: "The Indirect Impacts of the COVID-19 Pandemic on Individuals living in the Nipissing and Parry Sound Districts: A Focus on Individuals Aged 65 and Older".

Authors: Brianne O'Rourke, Research Assistant | Auburn Larose, Epidemiologist

Research@healthunit.ca