

**“Enhancing Interprofessional  
Collaboration and Learning for  
Strengthening Primary Health Care”**

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## TUFH 2021 ABSTRACTS

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| Title                   | STRATEGY FOR THE PROMOTION OF MENTAL HEALTH IN THE ELDERLY ADULT DURING THE COVID-19 PANDEMIC  |
| Type                    | <b>Oral Presentation</b><br><i>Community-Based Education for Health and Social Care Students</i>   |
| 1st Author              | <b>DANIELA OLAYA</b>   |
| Co-Authors              | <b>LINA AVELLA PÉREZ, LAURA VILLARRAGA, LEIDY PETRO, ISACIO SERNA, JUAN GIRALDO, RAFAEL ALBERTO GALINDO LEGUIZAMÓN</b>   |
| Country                 | <b>COLOMBIA</b>  |
| Abstract N <sup>o</sup> | <b>TUFH548</b>   |
| Content                 | <p>Population aging is an increasingly important worldwide phenomenon given the high impact that elderly care services have on health systems, especially due to chronic pathologies. Additionally, the current public health situation of COVID19 pandemic and confinement have increased the development and prevalence of mental illness and disorders among this population. Given this situation, an intervention for mental care was proposed according to the Community Health Cycle of the Universidad de la Sabana. The target groups were older women between 77-100 years old without cognitive impairment or with mild cognitive impairment, from a religious community in Bogota, Colombia; their caregivers; and adolescent students from Virrey Solis school in Bogotá as part of their community social service. The project allowed to recognize the relevance and need to create cognitive stimulation tools and programs in the elderly during the SAR-CoV2 pandemic through group sessions and cognitive stimulation primers. Additionally, it fostered generational exchange that favored the acquisition of new soft skills in students, and the improvement of the emotional state of both parties. Therefore, it is crucial to adjust future interventions to the technological, physical and neurosensory limitations of older adults and to continue innovating in community care worldwide according to the conditions of each community.</p> |