COVID-19 WEBINAR SERIES

Policy Research @ HKIAPS | Hong Kong Institute of Asia-Pacific Studies
The Chinese University of Hong Kong

Older Adults in the COVID-19 Pandemic

PROGRAMME

18 December 2020, 11:00 AM–12:15 PM (GMT+8)

11:00–11:05 AM

Welcoming Remark

Prof. Fanny M. CHEUNG

Senior Advisor,
Faculty of Social Science &
Hong Kong Institute of Asia-Pacific Studies, CUHK

11:05–11:25 AM

Paper Presentation

Prof. Helene H. L. FUNG

Chairperson & Professor,
Department of Psychology, CUHK

Stereotypes about age have intensified during the COVID-19 pandemic, but older adults may actually be faring better than predicted. This talk reports on three studies that examined the experience of older adults (relative to their younger counterparts) during the COVID-19 pandemic, in terms of their social interactions (online vs. offline), their activities, their information-seeking patterns and their relationships with those who live with them. Findings suggest that some of our beliefs about older adults may not be true. Older adults may adjust better to social distancing and the other challenges of the pandemic, and even provide more support to others than young adults.

11:25–11:45 AM

Paper Presentation

Prof. Linda C. W. LAM

Professor,
Department of Psychiatry, CUHK

Mental health problems are more prevalent during the COVID-19 pandemic. In a recently conducted online survey of 1,030 individuals in Hong Kong, 166 (16.1%) participants scored above the cutoff for significant depression and anxiety. A younger age, higher educational attainment and poorer physical health were risk factors for mood problems during the COVID-19 pandemic. Moreover, these people were less likely to stop social distancing when local COVID-19 outbreaks subside and showed lower confidence towards recommendations about infection control measures to prevent the spread of COVID-19. Mental health problems may affect behavioral adaptations during the pandemic and should be considered in public health strategies in the community.

11:45 AM–12:00 PM

Prof. Jean WOO

Director, CUHK Jockey Club Institute of Ageing

12:00–12:15 PM

Q&A Session