



THE PREVENTION POST

from Centennial Mental Health Center's Prevention Team

Our Aging Populations...

A 60th birthday is celebrated every 2 seconds, and by 2050, more than 1 in 5 individuals will be over 60 years old

15% of older adults are impacted by behavioral health problems &
4.8% of older adults are living with a serious mental illness

There are large disparities in stigma and access to care and quality of treatment for persons of color as compared to aging white populations



Let's look on the bright side...

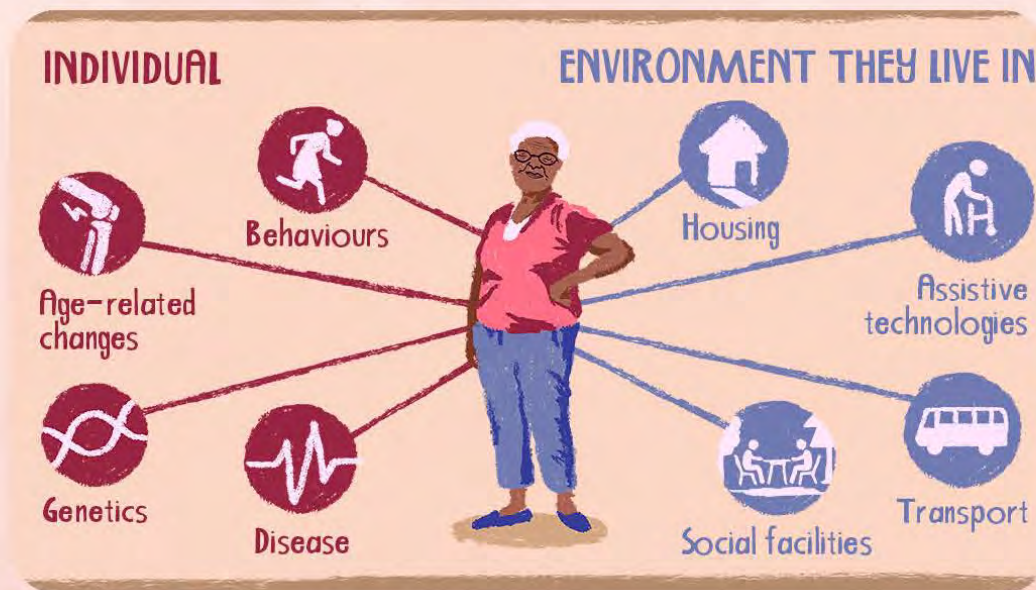
Older employees can contribute experience, provide emotional stability, complex problem-solving skills, nuanced thinking and institutional know-how. Also their talents complement those of younger counterparts, and it been shown that productivity improves when work teams are intergenerational. Older workers can be mentors and serve as role models to younger colleagues.

Studies found that the majority of older adults exhibit high levels of pro-social values and behaviors, such as volunteering, helping and caring for others, caring for nature and the environment

About 2% of children in the US are being raised by their grandparents - A study showed that children being raised by grandparents were more than six times as likely to have experienced three or more traumatic life events, but the grandparents are still helping raise these kids in very difficult circumstances



Factors impacting our aging and/or elderly populations...



Preventing Isolation & Loneliness...

Isolation often increases with age as loved ones pass away and mobility decreases. Even if individuals live independently or with family, challenges with loneliness can occur. Many people feel alone, misunderstood and unheard. These persistent feelings can develop into mental health challenges and severely impact one's ability to take proper care of their physical and mental health.

Give it a try or encourage a loved one to...



Take a class; this offers a way to exercise the mind, meet new people and learn or develop a skill



Set up a regular call schedule - with visitation limitations amongst us, it is important to maintain levels of communication



Find a fitness activity or hobby; this may be new or old to you, but it should keep you moving - motion is lotion and motion is key to retaining mobility



Take care of a plant; this can help provide a sense of purpose and dependency; some plants have been shown to increase mood or confidence levels



**IF YOU NEED ADDITIONAL SUPPORT AT THIS TIME,
REMEMBER THAT OUR TEAM IS HERE FOR YOU.**

**REACH OUT TO CENTENNIAL MENTAL HEALTH CENTER TO SPEAK TO
SOMEONE TODAY. USE OUR COMMUNITY SERVICE LINE**

Cheyenne County

Cheyenne Wells - 719.346.8183

Morgan County

Fort Morgan - 970.867.4924

Elbert County

Elizabeth - 303.646.4519

Phillips County

Holyoke - 970.854.2114

Kit Carson County

Burlington - 719.346.8183

Sedgwick County

Julesburg - 970.474.3769

Lincoln County

Limon - 719.775.2313

Washington County

Akron - 970.345.2254

Logan County

Sterling - 970.522.4392

Yuma County

Wray - 970.332.3133

Yuma - 970.848.5412

**YOU CAN ALSO FIND MORE RESOURCES AT
THE FOLLOWING LINK:**

<https://www.centennialmhc.org/covid-19-communications/>



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