



## Covid-19, our Elderly and their Careers: the way forward

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### Abstract

The present COVID-19 pandemic threatens humanity in various ways, especially due to the unpredictable nature of its course and progress. The impact of COVID-19 on mental health varies from place to place, but it is widely felt all over. The impact is more pronounced on vulnerable groups within every population. Research is beginning to show that this reality has both short term and long term impacts, and we need to address it holistically. This pandemic has struck where it really hurts: one of our basic human assumptions, that of a sense of control. Dealing with this fear of the unknown has brought us face to face with our existence and finiteness.

Ongoing data from Malta, gathered from Richmond Foundation, is increasingly suggesting a worrying picture on the mental health status of people across all walks of life, particularly among the elderly. Increased anxiety and stress is quite paramount, together with less trust in the respondents' perception on the handling of the local pandemic situation. Moreover, results point at participants' increase in outward projection and reach, while a decrease in subjects' own self-care. A number of practical suggestions will be discussed, particularly in light of care-giving.

### Biography

Michael Galea has completed his PhD from the University of Loyola, Baltimore, MD, USA. He is a senior Lecturer at the University of Malta. He has published more than 22 papers in reputed journals, has published three books and presently working on two more books. Michael has worked in Africa, Europe and in the USA. Michael is well involved in the social media, where he presents a brief pre-recorded program aired daily in Malta. Moreover, he uploads a regular and brief video on his YouTube channel, 'Psychology Minute with Michael Galea', related to holistic wellness.



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