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## **Covid-19 and Older Adults**

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### **Abstract**

The objective of this review article is to narrate the health considerations of older adults during COVID-19. Soon there will be more elderly people than youth, and more people at an alarming age than ever before. The proportion of older people and the life expectancy are growing worldwide as well. It is expected that the number of people aged 65 or older will rise from an estimated 524 million in 2010 to almost 1.5 billion in 2050, with much of the increase in developing countries. The most vulnerable category to Coronavirus (COVID-19) and those with chronic underlying medical conditions are older adults aged 65 or older. As a result of disruptions to social activities, communication, and assistance, the COVID-19 crisis is likely to have a significant impact on both the mental and physical outlook of older individuals. Since the start of the COVID-19 pandemic and the pressure of lockdown measures, abuse against older adults has increased severely. Recommendation to ensure appropriate nursing care for the elderly based on facts, the demands of an ageing population, transparency, and social welfare, COVID-19 needs to be interpreted as a wakeup call. In order to generate global preparedness and to protect older adults, older people need complicated health care in the form of urgent and joint intervention, often because of several steps, a strong public health response is required. Sometimes, due to numerous morbidities. This increased pressure on health-care delivery systems poses a problem for everyone and can trigger a crisis if not explicitly addressed.

**Keywords:** Older adults , COVID-19, outcomes.

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