



CATOLICA
INSTITUTE
OF HEALTH SCIENCES

LISBOA · PORTO

Contact: gabriellasl@usp.br

Aged. Resilience, Psychological. Spirituality. COVID-19.

Spiritual resources and resilient attitudes in the elderly during times of COVID-19

Gabriella Santos Lima¹; Luciana Kusumota²; Silvia Caldeira³

¹Phd Student. University of São Paulo at Ribeirão Preto College of Nursing

¹Associate Professor. University of São Paulo at Ribeirão Preto College of Nursing

²Assistant Professor. Institute of Health Science, Catholic University of Portugal, Lisbon

EC RSH

EUROPEAN CONFERENCE ON
RELIGION, SPIRITUALITY AND HEALTH

Background

COVID-19 Pandemic

Increase vulnerabilities
of elderly

Resources

Spirituality

Resilience

Objective

To reflect on the usefulness of resources and protective factors present for the elderly in the context of the COVID-19.

Methods

Theoretical-reflective essay, produced from a focus the life-span paradigm, and on spirituality as a promoter of resilient attitudes in the face of the outcomes of the COVID-19.

Results

Dynamic process of developing resilient attitudes throughout life is reinforced by personal attributes (including spirituality). For the elderly in the pandemic scenario, is characterize by the following categories:

- Proper functioning of coping behaviors that suggest a discourse of optimism, hope and satisfaction with life;
- Positive perception and reframe of family/social relationships and interaction;
- Strengthen of life purposes in the face of post-pandemic perspectives.

Conclusion

Despite current perspectives the COVID-19 pandemic, with regard to elderly people configuring themselves in a suffering way, the need to manage spiritual resources, as well as the available social, psychological and family resources, demonstrated by the greater disposition of attitudes resilient.

References

CHEN, L. Older adults and COVID-19 pandemic: Resilience matters. Archives of Gerontology and Geriatrics 89 (2020).

MANNING, L.K. Enduring as Lived Experience: Exploring the Essence of Spiritual Resilience for Women in Late Life. J Relig Health. 2014 April;53(2):352–362.doi:10.1007/s10943-012-9633-6.