

## Covid 19 and my Mom

My mother has been a resident of an assisted living facility for 2.5 years. Before Covid, Mom went for walks with the walking club, played dominoes with groups in her room daily, dined in the dining room with residents, attended social activities just to mention a few. Mom has dementia and takes medication to help her memory. Keeping her mind busy is essential for her good mental health. She's very social.

Covid 19 came and quarantine began March 9, 2020. Her world changed drastically. She has not been able to communicate with fellow residents. Her closest friends children took their mother home. Mom is homesick for her. It has been 5 months in quarantined now and each day brings a new challenge. Mom is not happy as she should be.

Mom has told me numerous times "I feel like a caged rat". Being isolated from everyone, this quarantine has been like solitary confinement for her. Her memory has worsened. She lives in the past most of the time now. She has forgotten how to keep up with what day it is and how to use the phone. She only makes redial calls because she can't remember how to make a call. Mom has become very hateful and angry especially at administration. Hallucinations are our latest challenge.

Teresa French