



Epoch Bulletin

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Are you struggling to know how to nurture the mental well-being of your elders?

Welcome to the October edition of the Epoch Bulletin! As we embrace the changing seasons, it's an opportune time to reflect on the importance of connection and well-being for our elderly loved ones.

Let's focus on nurturing their mental health, alleviating loneliness, and fostering supportive environments that enhance their quality of life. Together, we can create a community that prioritizes compassion and understanding in caring for our elders.



Be There For Your Elders: Support Their Mental Well-Being

Being there for your elders is key to nurturing their mental well-being, and making them feel valued, loved, and understood.

How can you support the mental well-being of your elders simply by being there for them?

“Supporting your elders is a journey of the heart—it goes beyond physical presence to truly understanding their needs, listen with empathy, and building connections that bring warmth and joy. Learn how small acts of kindness and care can make elders feel valued and emotionally uplifted. Let’s carry forward this spirit, nurturing their well-being with thoughtful gestures that help them feel seen and cherished every day.

[Read the full article here](#)



Need to alleviate loneliness in your elderly loved ones? Here are some quick, practical solutions!

“Addressing loneliness in the elderly requires a comprehensive approach, targeting the myriad of risk factors such as living alone, dealing with significant loss or life changes, and experiencing health-related challenges like hearing, vision, and memory loss. This article aims to provide effective strategies for combating loneliness in seniors, offering insights on promoting social interaction, engaging in meaningful activities, and leveraging technology to foster connections, among other solutions. These elderly loneliness solutions not only aim to enhance the social well-being of older individuals but also contribute to their overall health and longevity”...(Contd.)

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Our Care & Services Mental health Well-being

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Epoch introduces mental health well-being program

The Epoch Mental Health Well-Being Program aims to enhance the mental health of the elderly through a comprehensive, person-centered approach. Key features include: individual assessments, personalized care plans, psychotherapy services, medication management, crisis intervention, family support, well-being promotion, and continuum of care.

By offering a comprehensive array of services and supports, Epoch strives to empower individuals, families, and communities to overcome mental health challenges and thrive.

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Herzindagi.com



How 5 festival activities help seniors stay happy? As per experts.

"Festivals have always played an important part in our lives, bringing us joy, closeness, affection, and togetherness. For the elderly, especially those living with conditions such as dementia, Parkinson's, or Alzheimer's, such festivities attain greater significance as they form a critical link to their memories, rekindling emotions and reviving the sense of enjoyment in the past"...(Contd.)

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How does informal social support impact the mental health of older adults?

"This study, using data from the 2018 China Longitudinal Aging Social Survey (CLASS), explores how informal social support impacts mental health in older adults, with findings showing a significant positive effect, especially among younger, non-agricultural elderly who live with their children. Family assistance stands out as the most beneficial form of support, enhancing mental well-being through improved life satisfaction, medical accessibility, and social participation. The study suggests focusing on creating supportive environments, reforming healthcare for elderly needs, and fostering social engagement to achieve balanced mental and physical care"...(Contd.)

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