

## Understanding everyday life during the pandemic

### Introduction

Chapters 4 to 7 provided an overview of the range of experiences of everyday life under COVID-19 reported among our various groups of participants. This chapter reflects upon some of the *cross-cutting themes* which arose across the study, summarising the range of findings and observations which emerged from the interviews both with older people and community organisations. Chapter 9 builds on this overview and outlines a number of recommendations in relation to developing a 'community-centred approach' in responding to future variants of COVID-19, as well as making suggestions for how to create a post-pandemic neighbourhood.

A first observation is that, in many respects, older adults were no different from other age groups during the pandemic, managing as best they could, given the limits imposed on physical and social relationships. The interviews highlight the various ways in which older people tried to maintain their usual routines, in some cases, developing new interests and hobbies. Many participants were highly adaptable in their routines, whether through rediscovering interests in poetry, writing, arts and crafts, or befriending others via the medium of the telephone or online platforms. Some reflected on unexpected positive aspects of lockdown, such as being able to spend more time with their family, having the opportunity to focus on prayer or religious practice, or developing new digital skills. In this regard, our participants demonstrated a strong sense of agency, autonomy and creativity in managing what was an undoubted crisis affecting their daily lives (see also Fancourt et al, 2022).

The interviews with the community organisations also emphasised their inventiveness and adaptability. Existing services were frozen, and new types of support, such as telephone welfare checks and emergency food parcels offered, providing a much-needed emergency response to the pandemic. Over time, new services emerged, including online support groups, chair-based exercise sessions and well-being classes. Organisations also developed activities to cater for people unable to leave their homes and who had no means of engaging remotely. These included posting craft packs and telephone befriending. The age-friendly network developed in the region also provided a vital means of support and coordination for much of the work across GM.

# Understanding Everyday Life

**SJ Ball**



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