

# Disaster Recovery and Resilience: Lessons from Katrina

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Enhancement Project



## Maine Wisdom Summit

# Thank you

For being here  
For participating  
For all you do

It's good to  
be with you



# Themes

<b>Look around:</b>	No one has been untouched
<b>Look back:</b>	Phases of the journey
<b>Look ahead:</b>	Lessons learned
	Nurturing resilience



**Look around**

**In a word...**

**How are you doing?**

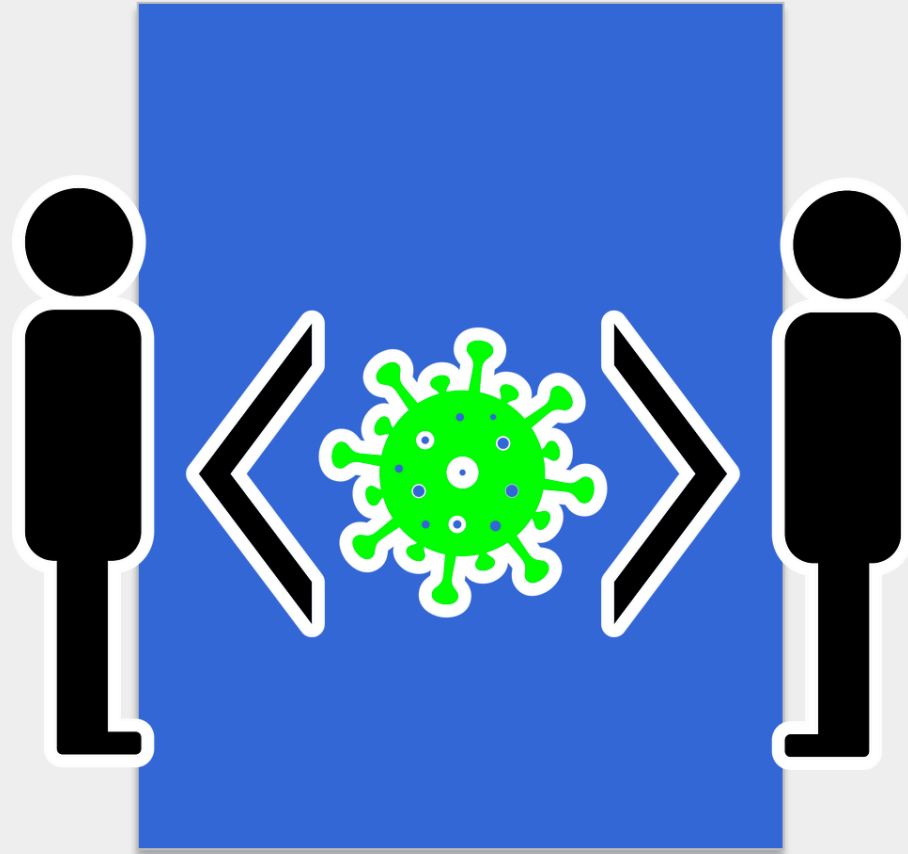
The image features two stylized human figures on the left and right sides, rendered in black with white outlines. They are positioned as if looking towards the center. In the center, there is a large white circle with a black border, which is itself inside a larger white diamond shape with a black border. The text is centered within this diamond.

**Look around**

**What's your COVID  
experience?**

## COVID-19 experience

- ❑ Zero
- ❑ 1-5, still active
- ❑ 1-5, resolved
- ❑ > 5, still active
- ❑ > 5, resolved
- ❑ >10





## Bottom line

No one has been untouched

Collective

Individual

Stressful

Biopsychosocialspiritual

uncertainty

helplessness

loss of control

# Look back

## Shared COVID experience

At home

No longer visiting with friends  
Designated early morning shoppers  
Meals delivered  
Missed milestones  
Staying indoors  
Kids home from school





## Look back

### Shared COVID experience

In residential and long term care

Insufficient PPE

Closed to visitors

Closed to ancillary staff

Quarantined in rooms

Loss of communal experience

Uncertainty, shifting conditions



## We responded

With compassion

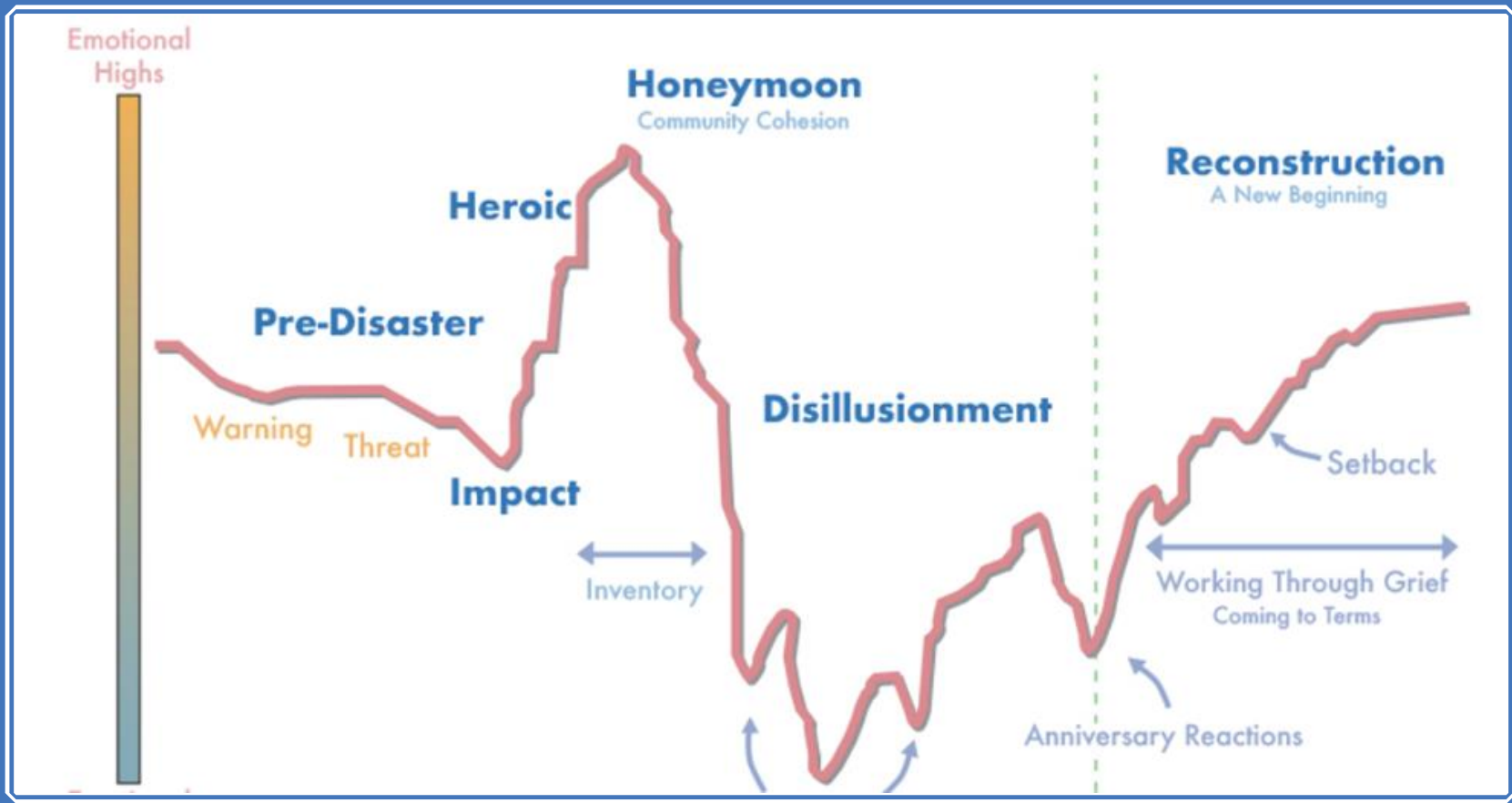
With creativity

With determination

With frustration

Some days were easier than others





# Phases of response and recovery



## Heroic phase

reaction/action  
up to a week(s)

## Honeymoon phase

problem solving, creative bursts  
weeks to months  
relief efforts lift spirits  
stories make meaning

## Disillusionment phase

several months to a year (or more)

## Reconstruction phase

may take several years



## Look ahead

Different needs

Different ways of  
coping

Different ways of  
grieving losses big  
and small





## What we know

Takes time

It's still going on

Living with...





**REFLECT:** Think of one positive lesson or discovery about yourself



# Lessons from Katrina

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From disillusionment to reconstruction:  
Better than Ever

# Psychological

## **Continuum of confidence**

“I can’t do it again” <-----> “We’re ready”

## **Continuum of fear**

“ I’m scared to death and can’t sleep <-----> “I didn’t know I could ever see something like Covid-19; now I know I can cope



**We are remarkably resilient**

## Nurturing resilience is an active process

Building reserves

Maintaining connections

Regaining confidence

Make meaning





# Rebuild reserves

Schedule time for yourself

Sleep

Pray/Meditate

Get physical exercise

Eat well, hydrate

Enjoy nature



# Maintain connections

Connection is crucial -  
keep reaching out

With loved ones  
With each other

Postcards, pen pals

Share information

Solicit ideas, share  
decision-making





## **Regain confidence**

We are not powerless

Abide the five

Wear a mask

Practice distanced  
socializing

Permit grief

Acknowledge loss

Accept limitations

Control what you can



## Make meaning

Tell stories

Talk about what is  
happening  $\neq$  always  
talking about Covid-19

Practice kindness

Self and others

Participate in shaping  
the future: has there  
ever been such a  
moment?







How are you feeling now?

More hopeful or more confident or simply better in some way

About the same

Less hopeful or less confident or more anxious in some way

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# Thanks Please stay in touch Susan Wehry MD

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**Let's Chat**

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