

# SENIORS & COVID-19

*Testimony work*

A deliverable from the ORS project

Five partners from four European countries gathered within an Erasmus+ project in order to work on the isolation of seniors.



Co-funded by  
the European Union





# Disclaimer

The European Commission's support for the production of this document does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



**Co-funded by  
the European Union**



# Table of Contents

This document is the result of joint work by the partner structures of the Our Reconnected Seniors project. The aim of this document was to collect the feelings of seniors during the COVID-19 health crisis, particularly in their social connections and use of digital tools.

## Introduction

Presentation of Project	04
Presentation of Partners	05
Introduction	06

## Analyses

Czech analysis	07
French analysis	09
Polish analysis	11
Romanian analysis	13

## Conclusions

Global conclusions	15
Avenues for improvement	16

## Testimonies

Czech testimonies	17
French testimonies	23
Polish testimonies	34
Romanian testimonies	40





Presentation of Project

# Our Reconnected Seniors project

At the end of the COVID-19 health crisis, many territories and stakeholders became aware of the risk of isolation of the elderly. Indeed, confinements and social distancing did affect the social ties of this population already suffering from isolation. Five partners, from the Czech Republic, France, Poland and Romania, decided to work on this subject, in order to study the current situations and develop an action plan with the solutions to be provided. For two years, the partners discovered the good practices put in place by each to maintain the social ties of elderly people.

Several documents were created at the end of the project in order to share its findings with interested stakeholders. A practical guide to good practices put in place by the partners has been created in order to offer a bank of ideas.



Small-scale cooperation partnership project



February 2022 - February 2024



Co-funded by  
the European Union





## Presentation of Partners

### Municipality of Plœuc-L'Hermitage



A rural commune of 4,500 inhabitants, playing a central role in its territory, the municipality of Plœuc-L'Hermitage is involved in European projects in order to respond to the challenges of its territory.

### Municipality of Plédran



Semi-rural commune, Plédran is located in Côtes-d'Armor (Brittany) 9 km south-east of Saint-Brieuc. The elected officials of Plédran attach great importance to the well-being of seniors and are particularly attentive to their needs.

### Municipality of Avrig



Lying on the Olt river, the city of Avrig is situated in the heart of the Transylvanian region. Avrig plays a centrality role in its rural region. Due to the aging of the region's population, the city is seeking to develop new actions to provide assistance.

### LAG of St. John of Nepomuk



The Local Action Group of Saint John of Nepomuk is a non-profit organization bringing together entrepreneurs, municipalities, non-profit organizations and active individuals, who share an interest in rural development.

### Community of Bartoszyce



The community of Bartoszyce is a rural municipality in the region of Warmia-Mazuria. It consists of a hundred villages altogether. Its rural territory encounters a problem with isolation of the elderly.



# Introduction



## *A testimony work to develop an action plan*

The partners wanted to give a voice to seniors in order to know their experiences and their feelings during the COVID-19 health crisis. The partners wanted to know the needs of elderly people as well as their wishes for the years to come.

In order to achieve this objective, the partners decided to carry out a testimony work aimed at questioning the public concerned and analyzing their responses. During the project, questionnaires were created to collect the feelings of elderly people. These questionnaires were mainly a basis for initiating a discussion between the person and the interviewer.

Six seniors per partner were interviewed. As the partners have very different senior populations, the main selection criterion established was age. Seniors had to be over 60 years old. They were questioned about their social connections during the COVID-19 health crisis, as well as their use of new communication channels.

The audiences and territories being varied, the results of the questionnaires provide interesting reflection on the actions to be taken to maintain the socialization of seniors.

Memory work was also carried out in video form, with interviews with seniors.





# Analysis of Spálené Poříčí

## *Who did you interview?*

The respondents are residents of the Spálené Poříčí retirement home and have been there for several years. Each client lives alone in their unit. However, they enjoy visits and help from their families when necessary. This home does not have a 24/7 medical or assistant care. If the family cannot help the seniors themselves, caregivers offer assistance. All residents are 65 or older.

## *How did the interviews go?*

The interviews felt good, maybe because we know all the participants very well. The interviewer has been working with them though her job as a social worker (social advisory, agenda on welfare payments). She often visits the clients and knows the environment where they live. I was not difficult to find people for the interviews. However, a real challenge was getting them to talk for the record. Most of them felt shy. They were even afraid to give their testimony to the camera. Therefore, we decided to show them the questions before the interview itself. This eased their minds and gave them time to prepare the answers. We can identify two groups among the clients: those who could talk about COVID easily and those who do not want to think back about it.

For example, one of the residents of the retirement home will always link the pandemic to the time when he lost his beloved wife.

## *What are the main trends that arise from these interviews?*

As the interviews took place quite a long time after the COVID pandemic, the interviews did not show such a degree of sadness, sorrow or feelings of loneliness. They talk about what they remember, and less about their emotions from that period. Therefore, we don't identify any prevailing emotion in any of the interviewees. We can add that perhaps the clients in the interviews had not felt such loneliness as the "active working population" did. The seniors are used to higher levels of solitude including outside the pandemic and lockdown period. Some of them are unfortunate to suffer from health issues that do not allow them to go shopping or for a walk. They depend on help from their families or caregivers. Actually, during the lockdown, the caregivers would often offer help instead of family members as they were not allowed to visit the premises. The seniors did observe all of the government regulations and did not have any major complaints.



## Analysis of Spálené Poříčí

### *What is the level of digitalization of the interviewees ?*

During the COVID-19 pandemic, the interviewees communicated outside the home through mobile phone. None of them had a smartphone at the time. They used the traditional “button” phone. Because of the time period between the end of the COVID-19 and the interviews period, the situation of the seniors had evolved. Since the pandemic, many of the seniors have improved their digital skills either through courses or from family members. For instance, Mrs Kunešová even ordered a smartphone on Internet. Since COVID-19, she has attended two learning classes. Now she is able to exchange photos and enjoy video calls with her family.

### *What are your main conclusion of these interviews ?*

To sum up, we can say that the residents of the retirement home handled the COVID-19 pandemic well. Some of them even handled the situation with certain ease. They saw all of the regulations as a necessity towards improvement. Indeed, they were aware that the COVID-19 was a complicated situation at the time. They observed the regulations and contacted their families only through the phone. None of the seniors in the interviews wanted the regulations to return. However, they said they would always respect the regulations imposed as they are a necessity to prevent the disease from protecting itself and affecting people at risk.

### *Thanks to these interviews, what are your prospects for development in this field?*

We have identified that acquiring several tablet computers or laptops which the clients of the retirement home could use would be a good idea. Currently, several seniors from the retirement home have received training in using tablets. If a similar pandemic should appear again, we believe that the residents will be able to help each other. For example, the seniors who have been trained will help those who do not own a smartphone





## Analysis of Plœuc- L'Hermitage and Plédran

### *Who did you interview?*

In Plœuc-L'Hermitage and Plédran, we interviewed residents of the retirement homes in both municipalities. These seniors are dependent elderly people with specific medical needs. However, we also interviewed seniors living in the area who live at home. Indeed, the Municipal Social Action Center of Plœuc-L'Hermitage and Plédran carry out several actions aimed at seniors at home.

### *How did the interviews go?*

Our feelings about the interviews were mixed. Indeed, we didn't have big difficulties to find respondents to our questionnaires, except for the filmed interviews for which seniors were reluctant to appear in front of the camera. We tried to identify a representative panel of seniors from our two municipalities. We tried to collect various experiences and opinions on the COVID-19 crisis and the use of new communication technologies. Although respondents were reluctant to answer, their responses regarding their experience with COVID-19 generally tended towards a general acceptance of the situation. In fact, the seniors surveyed generally said they were satisfied with the responses provided by the authorities to the health crisis. According to the analysis

of professionals who support these seniors throughout the year, these results can be explained by the age and generation of the people interviewed. Indeed, the respondents belong to a generation which does not question authority and who submits to orders given. Likewise, respondents were willing to participate, yet were not very talkative. This could be explained by a desire to no longer talk about COVID-19, which is a traumatic period for them.

### *What are the main trends that arise from these interviews?*

Most seniors said they experienced the health crisis relatively calmly. They say they missed their family and loved ones, yet such longing was reasonable. Indeed, the majority of respondents confirmed that they understood the measures put in place and knew that they made it possible to protect their loved ones. Retirement home residents felt more isolated than seniors living at home, especially during the time they were confined to their rooms. Only a few respondents admitted to negative emotions such as sadness or anger. The majority of respondents accepted the conditions of the health crisis without doubting their effectiveness.



## Analysis of Plœuc- L'Hermitage and Plédran

### *What is the level of digitalization of the interviewees ?*

The majority of seniors surveyed do not master new communication technologies. All use landlines to communicate with their families. Some have cell phones, which are not smartphones, to communicate with their family. Two of the interviewees use tablets to communicate with loved ones. One respondent was taught by her family; another learned through workshops held in the retirement home. A few respondents admitted that they did not want tablets or smartphones. These responses can be explained by the fact that the population surveyed is older compared to that of our partners. As they don't think they need the equipment, they don't see the point in learning how to use it.

### *What are your main conclusion of these interviews ?*

We believe that the general trend in these results can be explained by the age of the respondents. We interviewed relatively elderly people, who had never needed new technologies in their working lives. Learning to use new communication technologies at their age could trouble seniors, some of whom are mentally sensitive, and the benefits they would so acquire are seen as very relative. Indeed, at their age, they prefer the comfort of means of communication that they already know. Their families having adapted to their needs, seniors are not isolated. However, their tempered responses can be explained by a modesty in exposing the difficulties they encountered during this period.

### *Thanks to these interviews, what are your prospects for development in this field?*

These interviews revealed that there is not a strong demand from local seniors for training in new communication technologies. However, the people who support these seniors and who will support new seniors in joining the CCAS systems, note that a demand could develop, with the arrival of a new generation in this age group. For the years to come, retirement homes plan to strengthen workshops for discovering and mastering new technologies, as well as Wi-Fi coverage in buildings. Indeed, if current demand is not addressed, it will strengthen in the years to come.





## Analysis of Bartoszyce

### *Who did you interview?*

Six people were interviewed for this testimony work. The interviews were conducted with seniors who attend daycare activities at the Senior+ Club in Łabędnik and with people who live in the retirement home in Woryny. These people range in age from 62 to 80. The interviews were conducted with 4 women and 2 men.

### *How did the interviews go?*

Generally, it was not difficult to convince people to participate, but during the interview itself it was felt that they did not want to come back and talk about the period of the COVID-19 pandemic. The attitude towards this period, despite the relatively short time that had passed since the end of the pandemic, depended in particular on the personal experiences of a given person, and the extent to which the negative effects of the pandemic affected them (e.g. death of a loved one, severe course of the disease - in the case of illness). The experiences of this period were different for people who lived in their homes and had contact with their families, and for people who stayed permanently in a retirement home.

### *What are the main trends that arise from these interviews?*

The interviewed people were, for obvious reasons, generally not satisfied with the restrictions that were introduced. This was most painful for people staying in retirement homes, because for some time these facilities were completely closed and contact with outside people was limited to the necessary minimum. Restrictions concerned the possibility of visiting and leaving the building. Moreover, all other forms of activities were limited, e.g. trips, participation in classes, etc. In the case of people living in their apartments, these negative effects were less felt, although it depended on the individual situation of the respondent. However, the most negative effects for a given person were caused by being placed in forced quarantine (after falling ill or having contact with an infected person). Then such a person was even more exposed to the negative effects of being alone and also had difficulties in dealing with or carrying out everyday duties.



## Analysis of Bartoszyce



### *What is the level of digitalization of the interviewees ?*

Most seniors primarily use their phones/smartphones to communicate. They don't have any major problems with the technology. They learned to use it themselves or from their relatives. Occasionally, they use a personal computer.

### *What are your main conclusion of these interviews ?*

The attitude of older people towards the pandemic period depended on many factors. The given answers were affected by, for example, their emotional state, life experience, place of residence, character or personality traits and family situation.

### *Thanks to these interviews, what are your prospects for development in this field?*

Currently, no detailed actions are planned to be taken in the event of another possible pandemic, because such actions are largely dependent on and coordinated at the central (government) and regional levels. The COVID-19 pandemic was a new phenomenon, some time was needed to develop appropriate and effective methods of conduct. The experience gained during the fight against the pandemic will certainly be used when a new pandemic occurs. However, the rules of conduct and possible improvements will depend on the type of pandemic, legal regulations and the scope of restrictions.



## Analysis of Avrig

### *Who did you interview?*

To carry out the questionnaires, we contacted elderly people from all the localities of the city of Avrig. For reasons of efficiency, we decided to interview women and men from Avrig and Mârșă. All interviewees are retired, with an average level of education and professional training. The youngest of the people who agreed to participate in this questionnaire is 65 and the oldest is 82. All participants in the activity live in private houses.

### *How did the interviews go?*

We told people about the ORS project and explained to them that carrying out questionnaires related to personal experiences during the COVID-19 pandemic and the ways identified by them to avoid isolation and complete reintegration into society is an assumed requirement of all the partners involved. We also informed people about the use of these questionnaires for the production of printed and filmed materials about the project. After clarifying these informative aspects, the activity was carried out without problems, people collaborated very well. Most participants relived

the period of the COVID-19 health crisis with emotion. For some of them, the pandemic meant the loss of loved ones, and the memories are not necessarily the most pleasant. Since we only talked to people who lived in their own house, in some cases, with part of their nuclear family, we concluded that getting over the serious moments of the Covid-19 pandemic was not extremely difficult. Anyway, it was a tough time for everyone, it was a tough trial with multiple lessons and conclusions. Certainly, the generation that lived through this pandemic understood better the value of simple things, the importance of relationship and closeness with loved ones.

### *What are the main trends that arise from these interviews?*

Most of the interviewees felt a fear of getting infected and concern for those close to them. In some moments of the Covid-19 health crisis, some of the participants felt somewhat isolated, but not for a long time. The opinions of the participants are divided. The majority respected the authorities' measures and consider them to be normal.





## Analysis of Avrig



### *What is the level of digitalization of the interviewees ?*

Older people own mobile phones, before the COVID-19 pandemic. Some of them also have personal computers and laptops/tablets. Communication with the help of modern technology was good. Most of them were used to smart technology. During the pandemic, with the help of family members they live

with, acquaintances, or with the help of information obtained through the Internet, they specialized in using the various applications necessary for communication and information. While they did not use the most modern technology, their digital skills are honorable and efficient.

### *What are your main conclusion of these interviews ?*

We talked with the people who experienced the Covid-19 pandemic close to us, in the same communities where we live. The answers that the seniors gave us to the questions in the questionnaires are what we expected. Fortunately, we are all different! We believe that the answers given by the participants correspond to the general impression of the population about this pandemic in our area.

### *Thanks to these interviews, what are your prospects for development in this field?*

We will popularize, through various means, testimonials and their conclusions, so that the population can identify possible means of action in the event of another pandemic or a similar situation. Perhaps, the development of a common, generally valid action plan, which would establish measures and actions to be applied in the event of a crisis, would be appropriate. Through national and local decisions, this plan could be adapted to be most suitable for application.

## Conclusion

### *A common feeling, but different levels of technology use*

First of all, these interviews show us that seniors in partner territories felt similar emotions during the COVID-19 health crisis. Many felt isolation and missed their loved ones, but above all they were worried about their families in the epidemic context. The vast majority of those interviewed respected the health restrictions because they found them relevant to protecting their loved ones. When carrying out the questionnaires, we sense a certain modesty from the interviewees in discussing their feelings during this period. The majority of seniors surveyed did not report extreme feelings as they may have been used to situations of being isolated.

Concerning the use of new means of communication, the results differ greatly between the partner countries. Indeed, in Poland and Romania, the seniors surveyed have the technological means and the knowledge necessary to communicate with their families. Most seniors were able to use this knowledge during the COVID-19 health crisis. In the Czech Republic, seniors mainly used telephones during the health crisis. However, since the pandemic, many have acquired smartphones and taken courses to acquire the skills to use them. In France, most seniors used traditional telephone during the pandemic. However, unlike their European counterparts, they do not express a desire to take advantage of these new means of communication. In fact, they don't feel the need. This can be explained by the higher age of the seniors surveyed in France.



Co-funded by  
the European Union





# Avenues for improvement

The partners thus noted similarities and disparities between their conclusions. At the end of these interviews, all partner organisations noted that the isolation of seniors is a major issue. Indeed, the majority of seniors did not express feelings as strong as we would have imagined regarding the sanitary restrictions of COVID-19. If this can be explained by a certain modesty, and by the fact that our interviews took place several years after the pandemic, it can also be explained by the fact that seniors are a population at risk in terms of social isolation. If the health crisis has not marked any particular resentment, this can be explained by the fact that some are used to the feeling of loneliness. Maintaining social connections among older people is a major challenge. Thanks to this project, the partners discovered good practices for maintaining social ties and created a practical guide on this subject. Each partner will thus be able to draw inspiration from the practices of others.

Thanks to these testimonies, we have discovered that seniors in partner territories possess very different digital practices. These disparities come from a difference in needs between the seniors interviewed. Some people don't feel the need to acquire knowledge around these tools because they don't need them. However, in view of the aging of the population, partner organisations will develop steps to combat digital illiteracy. Indeed, populations expected to age in the years to come are currently using digital tools and have developed needs to which partner structures will have to respond.







## Testimony from Mrs. Hrubá,

87

A woman living in a retirement home

***Did you contract COVID-19 during the health crisis?***

No

***Have your family relationships evolved since COVID-19?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Was maintaining your social ties an argument for your vaccination?***

No

***Where were you living during the COVID-19 crisis?***

I was living in my apartment in Spálené Poříčí.

***Were you satisfied with the authorities' response to the health crisis?***

Yes

***Did you receive help in your daily life during the COVID-19 crisis?***

My family helped me with groceries and medicine.

***Do you think that the restrictions put in place were adequate?***

Yes

***Did you receive medical help during the COVID-19 crisis?***

Yes, I was in the retirement home for three months because of a fracture.

***Did you feel influenced by the media coverage of the health crisis?***

No

***Did you feel lonely during the COVID-19 crisis?***

Yes, I missed my family but I called them.

***Did you use digital/telephone means to communicate?***

Yes, I called them.

***What is your assessment of the COVID-19 period?***

People should have been more considerate.



# Testimony from Mrs. Ficencová, 73

A woman living in a retirement home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in the retirement home in Spálené Poříčí.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, a nursing assistant and staff from the retirement home helped me with groceries, meals and medicine.

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis?***

No

***Did you use digital/telephone means to communicate?***

Yes, I used the phone, just like I did before COVID.

***Have your family relationships evolved since COVID-19?***

No evolution.

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

No

***Do you think that the restrictions put in place were adequate?***

Yes

***Did you feel influenced by the media coverage of the health crisis?***

No

***What is your assessment of the COVID-19 period?***

The illness has not gone away. I hope it won't come back.



## Testimony from Mrs. Kunešová, 86

A woman living in a retirement home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in the retirement home in Spálené Poříčí.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, the nursing assistants helped me with groceries, meals and medicine.

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis?***

Yes, I missed my family, my friends and my neighbours.

***Did you use digital/telephone means to communicate?***

Yes, I called them. But I was used to it before the COVID-19.

***Have your family relationships evolved since COVID-19?***

I didn't feel any difference.

***Was maintaining your social ties an argument for your vaccination?***

Yes

***Were you satisfied with the authorities' response to the health crisis?***

From time to time, I was dissatisfied.

***Do you think that the restrictions put in place were adequate?***

No

***Did you feel influenced by the media coverage of the health crisis?***

Yes, I was influenced by the TV and the radio.

***What is your assessment of the COVID-19 period?***

It was something that should not have happened.





## Testimony from Mrs. Vítková, 81

A woman living in a retirement home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in the retirement home in Spálené Poříčí.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, my family was helping me with groceries, and delivering my medicine.

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis?***

No.

***Did you use digital/telephone means to communicate?***

Yes, I used the phone and a computer.

***Have your family relationships evolved since COVID-19?***

No, they have not evolved.

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

Yes

***Do you think that the restrictions put in place were adequate?***

Yes

***Did you feel influenced by the media coverage of the health crisis?***

No

***What is your assessment of the COVID-19 period?***

I am very happy that we survived the epidemic.



## Testimony from Mrs. Illesová, 83

A woman living in a retirement home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in the retirement home in Spálené Poříčí.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, the caregiver and the retirement home's staff helped me with my medicine, my lunches and the groceries.

***Did you receive medical help during the COVID-19 crisis?***

Yes, I saw a doctor.

***Did you feel lonely during the COVID-19 crisis?***

Yes, I missed my family.

***Did you use digital/telephone means to communicate?***

Yes, I called them. I felt anxious and scared.

***Have your family relationships evolved since COVID-19?***

No, any evolution.

***Was maintaining your social ties an argument for your vaccination?***

Yes

***Were you satisfied with the authorities' response to the health crisis?***

There were times when I wasn't satisfied.

***Do you think that the restrictions put in place were adequate?***

No

***Did you feel influenced by the media coverage of the health crisis?***

Yes, by the TV and the radio.

***What is your assessment of the COVID-19 period?***

The epidemic was an evil that should not have existed.



## Testimony from Mrs. Dufková, 81

A woman living in a retirement home

*Did you contract COVID-19 during the health crisis?*

No

*Are you vaccinated?*

Yes, my vaccination schedule is complete.

*Where were you living during the COVID-19 crisis?*

I was living in my house in Hořehledy.

*Did you receive help in your daily life during the COVID-19 crisis?*

No

*Did you receive medical help during the COVID-19 crisis?*

No

*Did you feel lonely during the COVID-19 crisis?*

No

*Did you use digital/telephone means to communicate?*

Yes, but I did just like before.

*Have your family relationships evolved since COVID-19?*

I don't see any change.

*Was maintaining your social ties an argument for your vaccination?*

No

*Were you satisfied with the authorities' response to the health crisis?*

I don't know.

*Do you think that the restrictions put in place were adequate?*

Yes

*Did you feel influenced by the media coverage of the health crisis?*

No

*What is your assessment of the COVID-19 period?*

I am happy that the illness is gone.





## Testimony from Denise Collet, 93

A woman living in a medicalized retirement home

*"For the vaccination, I was going to Loudéac with the little green truck and other seniors. We had a good laugh. I found friends, cousins, people I hadn't seen for a long time, I was happy!"*

### ***Did you contract COVID-19 during the health crisis?***

No

### ***Are you vaccinated?***

Yes, my vaccination schedule is complete.

### ***Where were you living during the COVID-19 crisis?***

I was living in the retirement home of Plœuc-L'Hermitage.

### ***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, the staff from the retirement home helped me with medicine and food.

### ***Did you receive medical help during the COVID-19 crisis?***

Yes, I went to the hospital for another health problem.

### ***Did you feel lonely during the COVID-19 crisis?***

No

### ***Did you use digital/telephone means to communicate?***

Yes, I used the phone, just like I was used to before the COVID-19.

### ***Have your family relationships evolved since COVID-19?***

My daughter doesn't kiss me anymore because she sees a lot of people at work.

### ***Was maintaining your social ties an argument for your vaccination?***

No

### ***Were you satisfied with the authorities' response to the health crisis?***

Yes, face masks are important.

### ***Do you think that the restrictions put in place were adequate?***

Barrier gestures are useful (no physical contact, wearing a mask).

### ***Did you feel influenced by the media coverage of the health crisis?***

No

### ***What is your assessment of the COVID-19 period?***

I don't quite remember it.



## Testimony from Yves & Annick Collin, 89 & 92

A couple living in a retirement home with medical care

***Did you contract COVID-19 during the health crisis?***

Yes

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

We were living in the retirement home of Plœuc-L'Hermitage.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, medicine and food were provided by the staff of the retirement home.

***Did you receive medical help during the COVID-19 crisis?***

Yes, we were helped by the nurses of the retirement home.

***Did you feel lonely during the COVID-19 crisis ?***

Yes, we missed our children.

***Did you use digital/telephone means to communicate?***

No, our children came by the window to see us.

***Have your family relationships evolved since COVID-19?***

Not really.

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

Well, we have no opinion in the matter

***Do you think that the restrictions put in place were adequate?***

We don't really know.

***Did you feel influenced by the media coverage of the health crisis?***

They were talking about the COVID-19 everywhere, but we weren't worried about it.

***What is your assessment of the COVID-19 period?***

The physical aftermath of COVID is difficult to cope with.



## Testimony from Bernard Gorin, 79

A man living in a retirement home with medical care

### *Did you contract COVID-19 during the health crisis?*

Yes

### *Are you vaccinated?*

Yes, my vaccination schedule is complete.

### *Where were you living during the COVID-19 crisis?*

I was living in the retirement home of Plœuc-L'Hermitage.

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received help for food and medicine from the retirement home's staff.

### *Did you receive medical help during the COVID-19 crisis?*

No

### *Did you feel lonely during the COVID-19 crisis ?*

We went through three periods of confinement in my apartment. However, I did not feel lonely during these periods.

### *Did you use digital/telephone means to communicate?*

No, I don't have a cell phone or tablet and I don't feel the need to have one.

### *Have your family relationships evolved since COVID-19?*

No. I only have a nephew that lives in Normandy.

### *Was maintaining your social ties an argument for your vaccination?*

No

### *Were you satisfied with the authorities' response to the health crisis?*

Yes, I didn't worry about it.

### *Do you think that the restrictions put in place were adequate?*

Yes, the obligations must be respected.

### *Did you feel influenced by the media coverage of the health crisis?*

Yes, I watched a lot of TV.

### *What is your assessment of the COVID-19 period?*

It's a past period. If a crisis returns, we will do the vaccination again.



# Testimony from Anne-Marie Gouelibou, 91

A woman living in a retirement home with medical care

### *Did you contract COVID-19 during the health crisis?*

Yes

### *Are you vaccinated?*

Yes, my vaccination schedule is complete.

### *Where were you living during the COVID-19 crisis?*

I was living in the retirement home of Plœuc-L'Hermitage.

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received the same daily help from the retirement home's staff.

### *Did you receive medical help during the COVID-19 crisis?*

No

### *Did you feel lonely during the COVID-19 crisis ?*

No

### *Did you use digital/telephone means to communicate?*

I used the phone to call my family. It was easy because I am used to it.

### *Have your family relationships evolved since COVID-19?*

My family from Plémy have been coming since I am allowed, otherwise I have a lot of contact by phone. My family asked for my permission to visit me before coming.

### *Was maintaining your social ties an argument for your vaccination?*

No, I was vaccinated because it eases the symptoms if you have COVID.

### *Were you satisfied with the authorities' response to the health crisis?*

Yes

### *Do you think that the restrictions put in place were adequate?*

Yes

### *Did you feel influenced by the media coverage of the health crisis?*

Yes, Television mainly informed me .

### *What is your assessment of the COVID-19 period?*

I'm lucky because I wasn't too bothered by the sickness. But I think of those who weren't as lucky as me.





## Testimony from Lucienne Le Feuvre,

91

A woman living in a retirement home with medical care

*"I discovered that I had COVID by chance. I thought I had a cold and the doctor told me that it was COVID !"*

***Did you contract COVID-19 during the health crisis?***

Yes

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living at home in the beginning of the crisis, then I moved in the retirement home.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, a housekeeper came regularly to help me with daily tasks. When I had COVID, my daughter lived with me to help me, because she was also sick.

***Did you receive medical help during the COVID-19 crisis?***

Yes, my family doctor prescribed me some antibiotics.

***Did you feel lonely during the COVID-19 crisis ?***

No because my daughter was here.

***Did you use digital/telephone means to communicate?***

I phoned people when I needed.

***Have your family relationships evolved since COVID-19?***

Not really.

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

Yes

***Do you think that the restrictions put in place were adequate?***

Yes but I don't like to wear a face mask. So I avoided going to places where it was necessary.

***Did you feel influenced by the media coverage of the health crisis?***

No

***What is your assessment of the COVID-19 period?***

Well it went like it did.



## Testimony from Irma Pilorget, 85

A woman living in her home

*“Everyday, my neighbors took my newspaper from my fence to my door, so I didn't need to walk there.”*

### ***Did you contract COVID-19 during the health crisis?***

No

### ***Are you vaccinated?***

Yes, my vaccination schedule is complete.

### ***Where were you living during the COVID-19 crisis?***

I was living in my home.

### ***Did you receive help in your daily life during the COVID-19 crisis?***

I had some help for my medical needs, and also some help with housework. A housekeeper, two hours per week, and a carer, employed by an association, came regularly.

### ***Did you receive medical help during the COVID-19 crisis?***

No

### ***Did you feel lonely during the COVID-19 crisis ?***

Not so much

### ***Did you use digital/telephone means to communicate?***

Yes, I had a lot of phone calls. I know how to use a cellphone since I had lived alone in my house. So it was easy for me.

### ***Have your family relationships evolved since COVID-19?***

My family lives far away, so I learned how to use a tablet.

### ***Was maintaining your social ties an argument for your vaccination?***

We live in a community, so I decided I need to, because it is important.

### ***Were you satisfied with the authorities' response to the health crisis?***

Yes

### ***Do you think that the restrictions put in place were adequate?***

Yes.

### ***Did you feel influenced by the media coverage of the health crisis?***

Not really.

### ***What is your assessment of the COVID-19 period?***

I am a patient person. So, it was not so bad.



## Testimony from Denise Bouvrais, 95

A woman living in her home

***Did you contract COVID-19 during the health crisis?***

Yes

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my home.

***Did you receive help in your daily life during the COVID-19 crisis?***

No

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis ?***

I felt lonely, but I feel lonely everyday. I missed my children a lot.

***Did you use digital/telephone means to communicate?***

Yes, I used the phone to call them. But the phone is part of my daily life, way before COVID-19.

***Have your family relationships evolved since COVID-19?***

Yes, they have been visiting more often.

***Was maintaining your social ties an argument for your vaccination?***

No, it was an obligation so I did it.

***Were you satisfied with the authorities' response to the health crisis?***

I don't quite remember.

***Do you think that the restrictions put in place were adequate?***

Maybe.

***Did you feel influenced by the media coverage of the health crisis?***

No

***What is your assessment of the COVID-19 period?***

I don't really remember.



## Testimony from Yvonne Jouan, 80

A woman living in her home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my home.

***Did you receive help in your daily life during the COVID-19 crisis?***

No

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis ?***

I didn't feel lonely but I missed going to the Senior Club.

***Did you use digital/telephone means to communicate?***

Not really. And the COVID-19 didn't change my habits.

***Have your family relationships evolved since COVID-19?***

I haven't seen any changes.

***Was maintaining your social ties an argument for your vaccination?***

No, I did it because it was strongly recommended for health.

***Were you satisfied with the authorities' response to the health crisis?***

I don't have any opinion on the subject.

***Do you think that the restrictions put in place were adequate?***

They were important and useful.

***Did you feel influenced by the media coverage of the health crisis?***

No

***What is your assessment of the COVID-19 period?***

The health crisis is a sad toll.





## Testimony from Christiane Lorvie,

85

A woman living in her home

*Did you contract COVID-19 during the health crisis?*

Yes

*Are you vaccinated?*

Yes, my vaccination schedule is complete.

*Where were you living during the COVID-19 crisis?*

I was living in my home.

*Did you receive help in your daily life during the COVID-19 crisis?*

No

*Did you receive medical help during the COVID-19 crisis?*

No

*Did you feel lonely during the COVID-19 crisis ?*

Yes I felt lonely and I missed the contact with others.

*Did you use digital/telephone means to communicate?*

Yes, I used the phone quite regularly.

*Have your family relationships evolved since COVID-19?*

No

*Was maintaining your social ties an argument for your vaccination?*

No

*Were you satisfied with the authorities' response to the health crisis?*

Yes

*Do you think that the restrictions put in place were adequate?*

Yes

*Did you feel influenced by the media coverage of the health crisis?*

Not really.

*What is your assessment of the COVID-19 period?*

This health crisis was very long.



## Testimony from Mr. & Mrs. Poisson, 79 & 72

A couple living in their home

***Did you contract COVID-19 during the health crisis?***

Yes

***Are you vaccinated?***

Yes, our vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

We were living in our home.

***Did you receive help in your daily life during the COVID-19 crisis?***

No

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis ?***

Yes, we felt isolated for a long time. We missed contact with others.

***Did you use digital/telephone means to communicate?***

Yes, we used the computer and the phone, just like we had before COVID-19.

***Have your family relationships evolved since COVID-19?***

Nothing changed.

***Was maintaining your social ties an argument for your vaccination?***

Yes, but only a little bit.

***Were you satisfied with the authorities' response to the health crisis?***

Yes

***Do you think that the restrictions put in place were adequate?***

Yes, it was enough.

***Did you feel influenced by the media coverage of the health crisis?***

No

***What is your assessment of the COVID-19 period?***

It was a very sad period.



## Testimony from Thérèse Hervé, 93

A woman living in her home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my home.

***Did you receive help in your daily life during the COVID-19 crisis?***

No

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis ?***

Yes, I felt lonely but it wasn't any change from my life up to that point.

***Did you use digital/telephone means to communicate?***

Yes, I phoned my family. But it is part of my daily life.

***Have your family relationships evolved since COVID-19?***

I don't think so.

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

Yes, I was rather satisfied.

***Do you think that the restrictions put in place were adequate?***

Yes, it was pretty adequate, they did well.

***Did you feel influenced by the media coverage of the health crisis?***

No

***What is your assessment of the COVID-19 period?***

It was a long period.



## Testimony from Zofia Fabricius, 80

A woman living in her home

### *Did you contract COVID-19 during the health crisis?*

No

### *Are you vaccinated?*

Yes, my vaccination schedule is complete.

### *Where were you living during the COVID-19 crisis?*

I was living in my home.

### *Did you receive help in your daily life during the COVID-19 crisis?*

I did not receive any help.

### *Did you receive medical help during the COVID-19 crisis?*

No

### *Did you feel lonely during the COVID-19 crisis?*

Yes, I felt very lonely. I missed my family. For instance, when I was in quarantine, I couldn't see or contact anyone.

### *Did you use digital/telephone means to communicate?*

I only used the phone, to call my son and my daughter.

### *Have your family relationships evolved since COVID-19?*

My family relationships remain the same.

### *Was maintaining your social ties an argument for your vaccination?*

No, it was mainly for health reasons and reasons connected with daily life (e.g. freedom to use health care).

### *Were you satisfied with the authorities' response to the health crisis?*

I wasn't satisfied because no one from the authorities was interested in me when I was in quarantine.

### *Do you think that the restrictions put in place were adequate?*

No

### *Did you feel influenced by the media coverage of the health crisis?*

I felt intimidated because I watched a lot of television.

### *What is your assessment of the COVID-19 period?*

My assessment is mainly negative because of the lack of support from the authorities and limited access to health care.





## Testimony from Danuta Jagielska,

66

A woman living in her home

***Did you contract COVID-19 during the health crisis?***

Yes

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my home.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, I received mainly groceries from my family and friends.

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis ?***

No because my family lives nearby.

***Did you use digital/telephone means to communicate?***

I only used the phone.

***Have your family relationships evolved since COVID-19?***

My family relationships remain the same.

***Was maintaining your social ties an argument for your vaccination?***

No, it was mainly health reasons.

***Were you satisfied with the authorities' response to the health crisis?***

I was satisfied.

***Do you think that the restrictions put in place were adequate?***

I think the restrictions were necessary and adequate.

***Did you feel influenced by the media coverage of the health crisis?***

It was the main topic in the media, I felt overwhelmed by the amount of information, especially from TV.

***What is your assessment of the COVID-19 period?***

My assessment is basically neutral to positive.



## Testimony from Leokadia Waga, 66

A woman living in her home

***Did you contract COVID-19 during the health crisis?***

Yes

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my home.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, I received mainly food from my family.

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis ?***

No. My family lives nearby.

***Did you use digital/telephone means to communicate?***

I only used the phone.

***Have your family relationships evolved since COVID-19?***

My family relationships remain the same.

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

No

***Do you think that the restrictions put in place were adequate?***

Yes

***Did you feel influenced by the media coverage of the health crisis?***

Yes, I felt influenced by the media, mainly by the television and the radio.

***What is your assessment of the COVID-19 period?***

My assessment is positive.



## Testimony from Jacek Wierzbicki, 62

A man living in a retirement home

### *Did you contract COVID-19 during the health crisis?*

Yes

### *Are you vaccinated?*

Yes, my vaccination schedule is complete.

### *Where were you living during the COVID-19 crisis?*

I was living in the retirement home in Woryny.

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received mainly food from the retirement home.

### *Did you receive medical help during the COVID-19 crisis?*

Yes, I had to see my general practitioner.

### *Did you feel lonely during the COVID-19 crisis ?*

No

### *Did you use digital/telephone means to communicate?*

I used only a phone, I spoke with my sister using videocalls. I didn't experience any problems using my phone.

### *Have your family relationships evolved since COVID-19?*

My family relationships remain the same.

### *Was maintaining your social ties an argument for your vaccination?*

Yes

### *Were you satisfied with the authorities' response to the health crisis?*

Yes

### *Do you think that the restrictions put in place were adequate?*

Yes

### *Did you feel influenced by the media coverage of the health crisis?*

Yes, I felt influenced mainly by the television.

### *What is your assessment of the COVID-19 period?*

My assessment is negative.



## Testimony from Stanisław Samsel,

72

A man living in a retirement home

### *Did you contract COVID-19 during the health crisis?*

No

### *Are you vaccinated?*

Yes, my vaccination schedule is complete.

### *Where were you living during the COVID-19 crisis?*

I was living in the retirement home in Woryny.

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received mainly food from the retirement home.

### *Did you receive medical help during the COVID-19 crisis?*

Yes, I had to see my general practitioner. But it was not related to COVID-19.

### *Did you feel lonely during the COVID-19 crisis?*

No

### *Did you use digital/telephone means to communicate?*

No

### *Have your family relationships evolved since COVID-19?*

My family relationships remain the same. My daughter is visiting me.

### *Was maintaining your social ties an argument for your vaccination?*

No, it was mainly health related.

### *Were you satisfied with the authorities' response to the health crisis?*

Yes

### *Do you think that the restrictions put in place were adequate?*

Yes

### *Did you feel influenced by the media coverage of the health crisis?*

Yes, I felt influenced mainly by the television.

### *What is your assessment of the COVID-19 period?*

My assessment is negative. There were many restrictions regarding social distancing, you were not allowed to leave the facility.





## Testimony from Danuta Jarosz, 76

A woman living in a retirement home

### *Did you contract COVID-19 during the health crisis?*

No

### *Are you vaccinated?*

Yes, my vaccination schedule is complete.

### *Where were you living during the COVID-19 crisis?*

I was living at home.

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received mainly food from my family

### *Did you receive medical help during the COVID-19 crisis?*

No

### *Did you feel lonely during the COVID-19 crisis?*

Yes because the social contacts were limited. I missed mainly my family, during the period of pandemic I couldn't see them often, in addition to that they live far from my home town.

### *Did you use digital/telephone means to communicate?*

I used only a phone.

### *Have your family relationships evolved since COVID-19?*

My family relationships remain the same.

### *Was maintaining your social ties an argument for your vaccination?*

No, it was mainly for health reasons.

### *Were you satisfied with the authorities' response to the health crisis?*

I have no complaints, everything seemed to work. There were problems with gg to the doctor, although I did not experience any problems directly.

### *Do you think that the restrictions put in place were adequate?*

Yes, they prevented the spread of infection.

### *Did you feel influenced by the media coverage of the health crisis?*

Yes, I felt influenced mainly by the television.

### *What is your assessment of the COVID-19 period?*

It was a rather difficult time for everyone.



## Testimony from Ana Buiciuc, 76

A woman living at home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living at home.

***Did you receive help in your daily life during the COVID-19 crisis?***

No

***Did you receive medical help during the COVID-19 crisis?***

Yes, I received a medical treatment and followed medical consultations.

***Did you feel lonely during the COVID-19 crisis ?***

Yes, I missed my children. I read many books to keep myself busy.

***Did you use digital/telephone means to communicate?***

Yes, my nieces helped me to understand it.

***Have your family relationships evolved since COVID-19?***

Yes

***Was maintaining your social ties an argument for your vaccination?***

Yes, to keep close my family, I had to receive the vaccination

***Were you satisfied with the authorities' response to the health crisis?***

I think they have done better

***Do you think that the restrictions put in place were adequate?***

Yes

***Did you feel influenced by the media coverage of the health crisis?***

No, I wasn't.

***What is your assessment of the COVID-19 period?***

I don't have a good feeling about the COVID crisis.



# Testimony from Floare Schwuggart, 83

A woman living at home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my residence.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, I received medical and food help from my family and friends.

***Did you receive medical help during the COVID-19 crisis?***

Yes, I received a medical treatment and followed medical consultations.

***Did you feel lonely during the COVID-19 crisis?***

Yes, I missed my children and the fact that I couldn't speak to people.

***Did you use digital/telephone means to communicate?***

I tried to maintain the relations by phone. My children and my friends helped me to use it.

***Have your family relationships evolved since COVID-19?***

Yes

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

No, not at all.

***Do you think that the restrictions put in place were adequate?***

Yes

***Did you feel influenced by the media coverage of the health crisis?***

No, I did not.

***What is your assessment of the COVID-19 period?***

I think it was a very hard period.



## Testimony from Florica Ispas, 70

A woman living at home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my home.

***Did you receive help in your daily life during the COVID-19 crisis?***

No

***Did you receive medical help during the COVID-19 crisis?***

Yes, I had a medical consultation.

***Did you feel lonely during the COVID-19 crisis ?***

No

***Did you use digital/telephone means to communicate?***

Yes, I used the phone to call my children and my nephews.

***Have your family relationships evolved since COVID-19?***

Yes, we are closer.

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

No

***Do you think that the restrictions put in place were adequate?***

No

***Did you feel influenced by the media coverage of the health crisis?***

Yes, I felt influenced by the TV.

***What is your assessment of the COVID-19 period?***

I think it was a strange and hard period. It was sad to be isolated from the people I love and know





## Testimony from Galina Frâncu, 80

A woman living at home

### *Did you contract COVID-19 during the health crisis?*

Yes

### *Are you vaccinated?*

Yes, my vaccination schedule is partially complete.

### *Where were you living during the COVID-19 crisis?*

I was living at my personal residence, in the village of Mârșa, the town of Avrig.

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received medical, nutritional and psychological help from my children.

### *Did you receive medical help during the COVID-19 crisis?*

Yes, I needed a medical consultation at home and had medical treatment. I was visited by the family doctor and a nurse.

### *Did you feel lonely during the COVID-19 crisis?*

Sometimes. I missed interactions with the people I know. I tried to continue being active but also to respect the restrictions.

### *Did you use digital/telephone means to communicate?*

No

### *Have your family relationships evolved since COVID-19?*

Yes

### *Was maintaining your social ties an argument for your vaccination?*

Yes, but this aspect was not the only one to be important

### *Were you satisfied with the authorities' response to the health crisis?*

Yes

### *Do you think that the restrictions put in place were adequate?*

Yes, in majority of the situations.

### *Did you feel influenced by the media coverage of the health crisis?*

No

### *What is your assessment of the COVID-19 period?*

It was a hard time, a real trial for all of the world. Now, I am more reserved when interacting with people who are not part of the family.



## Testimony from Tudor Marioara, 72

A woman living at home

***Did you contract COVID-19 during the health crisis?***

Yes

***Are you vaccinated?***

Yes, my vaccination schedule is complete.

***Where were you living during the COVID-19 crisis?***

I was living in my home.

***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, I received medical and food help from my family.

***Did you receive medical help during the COVID-19 crisis?***

Yes, I had a medical treatment.

***Did you feel lonely during the COVID-19 crisis ?***

No

***Did you use digital/telephone means to communicate?***

Yes, I learned how to use them with my children.

***Have your family relationships evolved since COVID-19?***

Yes

***Was maintaining your social ties an argument for your vaccination?***

Yes it was.

***Were you satisfied with the authorities' response to the health crisis?***

I was very satisfied about the measures taken by the authorities

***Do you think that the restrictions put in place were adequate?***

Yes

***Did you feel influenced by the media coverage of the health crisis?***

No, I didn't.

***What is your assessment of the COVID-19 period?***

I don't have a good feeling about the COVID crisis, I think it was a disaster.



## Testimony from Anicuta Ucean, 65

A woman living at home

***Did you contract COVID-19 during the health crisis?***

No

***Are you vaccinated?***

No

***Where were you living during the COVID-19 crisis?***

I was living in my home, in the village of Mârşa.

***Did you receive help in your daily life during the COVID-19 crisis?***

No

***Did you receive medical help during the COVID-19 crisis?***

No

***Did you feel lonely during the COVID-19 crisis ?***

I wasn't so lonely. I lived with my husband and my daughter. I did stay away from other members of my family, but we did manage.

***Did you use digital/telephone means to communicate?***

Yes, I have a mobile phone which is more modern. I learned from my daughter and grandchildren. As I got used to it, I also learned on my own.

***Have your family relationships evolved since COVID-19?***

No

***Was maintaining your social ties an argument for your vaccination?***

No

***Were you satisfied with the authorities' response to the health crisis?***

No

***Do you think that the restrictions put in place were adequate?***

No

***Did you feel influenced by the media coverage of the health crisis?***

Not at all.

***What is your assessment of the COVID-19 period?***

I do believe that it was a health crisis, but I do not want to say anything else. I was not ill, I did not feel anything.



## Testimony from Letiția Tuță, 69

A woman living at home

*"When I was in isolation, we had to answer the call of the authorities, and every day when I was wanted at home by the police, I had to appear at my apartment window, wave and say if I was okay. There were funny moments, sometimes."*

### ***Did you contract COVID-19 during the health crisis?***

No

### ***Are you vaccinated?***

Yes, my vaccination scheme is partially complete.

### ***Where were you living during the COVID-19 crisis?***

I was living in my home, in the village of Mârșă.

### ***Did you receive help in your daily life during the COVID-19 crisis?***

I didn't need to.

### ***Did you receive medical help during the COVID-19 crisis?***

No

### ***Did you feel lonely during the COVID-19 crisis?***

There were times when I felt alone, but I can't say I was isolated, even if I missed my children, grandchildren, loved ones, family members, friends...

### ***Did you use digital/telephone means to communicate?***

I contacted my loved ones on the phone, video called them, found ways to keep in touch, as much as possible. I have modern equipment. We are in the age of technology... My children helped me, I learned by myself, and also from television...

### ***Have your family relationships evolved since COVID-19?***

Clearly ! The pandemic has not managed to break the relationship with the family. We used the phone, the internet and kept in touch, even if at a distance.

### ***Was maintaining your social ties an argument for your vaccination?***

Yes and no. I wasn't sick but when I had to and it was necessary, I got the vaccine.

### ***Were you satisfied with the authorities' response to the health crisis?***

I think the pandemic was real, but the situation was deliberately exaggerated.

### ***Do you think that the restrictions put in place were adequate?***

They were necessary, but I don't think all the measures were appropriate. We had to fill in all kinds of documents, when we left home, when we went shopping, etc.

### ***Did you feel influenced by the media coverage of the health crisis?***

Yes. It was an explosion of information, which stabilized us and we didn't really know what was worth remembering.

### ***What is your assessment of the COVID-19 period?***

It was a difficult situation, a lot of people died and the virus was something serious, I thank God that I survived this period well.



## Testimony from Gheorghe Mihalache, 79

A man living at home

### *Did you contract COVID-19 during the health crisis?*

No

### *Are you vaccinated?*

Yes, my vaccination schedule is complete

### *Where were you living during the COVID-19 crisis?*

I was living in my home, with all my family.

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received extended help from extended family members.

### *Did you receive medical help during the COVID-19 crisis?*

Yes, I had a medical check and medical prescriptions.

### *Did you feel lonely during the COVID-19 crisis?*

It was a hard situation but because I have lived with my family, I can not say that I felt so lonely. But, I missed some of the family members, the work colleagues.

### *Did you use digital/telephone means to communicate?*

Yes, we had more calls and tried to speak on the phone or videochats as much as possible. I have a smartphone that I learned how to use from my daughter.

### *Have your family relationships evolved since COVID-19?*

Of course. I was never separated from them.

### *Was maintaining your social ties an argument for your vaccination?*

I am convinced that the vaccine is the solution to the problem. The vaccination allowed me to stay with all my loved ones.

### *Were you satisfied with the authorities' response to the health crisis?*

Yes

### *Do you think that the restrictions put in place were adequate?*

Some of the restrictions were a little too strict.

### *Did you feel influenced by the media coverage of the health crisis?*

No

### *What is your assessment of the COVID-19 period?*

It was a really hard period, with a lot of humanitarian problems. For me was the time when I decided to quit my job, forced by the conditions, of course. Some members of my family contracted COVID-19 and we were very worried about them.





# Testimony from Sîmbotin Neculai, 66

A man living at home

*“At the beginning of the COVID-19 pandemic period, the heads of the churches tell to all the Romanians that it was better not to go to churches, and that everyone have to stay at home and watch TV to see the religious broadcastings. After the crisis, the priests told us that we do not have to watch tv and it is necessary to go to the church...”*

### ***Did you contract COVID-19 during the health crisis?***

No

### ***Are you vaccinated?***

Yes, my vaccination schedule is partially complete.

### ***Where were you living during the COVID-19 crisis?***

I was living in my home, in Mârșa village..

### ***Did you receive help in your daily life during the COVID-19 crisis?***

Yes, I received food and other stuff I needed from my daughters and sons.

### ***Did you receive medical help during the COVID-19 crisis?***

Yes, I received help from my family doctor.

### ***Did you feel lonely during the COVID-19 crisis ?***

I felt so alone! But, because I lived with my wife, I was not so bad. We found a way to live through that. I missed my children, my grandchildren, my mother...

### ***Did you use digital/telephone means to communicate?***

I kept the connection by phone, by WhatsApp, by computer. We are connected by technology. My grandson helped me to use the modern technology. He was the best teacher !

### ***Have your family relationships evolved since COVID-19?***

That period brought us closer and care more about the people we know.

### ***Was maintaining your social ties an argument for your vaccination?***

Not so much ! I decided to be vaccinated because I really believed that it is good for me.

### ***Were you satisfied with the authorities' response to the health crisis?***

I am satisfied and I think the authorities did a good job.

### ***Do you think that the restrictions put in place were adequate?***

I think that the COVID-19 restrictions were too hard and inadequate for the majority of the population.

### ***Did you feel influenced by the media coverage of the health crisis?***

Yes, but in a good way. Because of the information that I obtained from the media and doctors, I decided to get vaccinated.

### ***What is your assessment of the COVID-19 period?***

It was a real pandemic period, hard but not as hard as the general information from the authorities said.



## Testimony from Trif Iuliana, 76

A woman living at home

### *Did you contract COVID-19 during the health crisis?*

Yes

### *Are you vaccinated?*

No

### *Where were you living during the COVID-19 crisis?*

I was living in my home, in the village of Mârșă

### *Did you receive help in your daily life during the COVID-19 crisis?*

Yes, I received food, and medical treatments from my neighbours and the medical staff.

### *Did you receive medical help during the COVID-19 crisis?*

Yes, I had a medical check and medical prescriptions.

### *Did you feel lonely during the COVID-19 crisis ?*

It wasn't so hard, because I lived with my husband. I missed my daughter and my grandchildren.

### *Did you use digital/telephone means to communicate?*

Yes, I have a smartphone. My daughter helped me with it

### *Have your family relationships evolved since COVID-19?*

The family relationship changed a little, but not necessarily in a bad way.

### *Were you satisfied with the authorities' response to the health crisis?*

I do not think that the authorities did a very good job. I do not think that forcing people to stay in their houses was a very good thing.

### *Do you think that the restrictions put in place were adequate?*

Some of the restrictions were too strict.

### *Did you feel influenced by the media coverage of the health crisis?*

I do not think that mass media influenced me about COVID-19. I already knew about COVID-19.

### *What is your assessment of the COVID-19 period?*

It was a very aggressive flu, very different from others. I think that the COVID-19 health crisis was a period so bad in our lives that I do not have any funny memories from that period.



# Special Thanks

We would like to thank all those involved who made the production of this document possible. First, we warmly thank all organisations that agreed to be visited by the project, always with interest and kindness. We also thank all seniors and their families who welcomed us and answered our questionnaires. A special thank-you goes to all the volunteers who facilitated our stays during the mobilities. The directors of the organisations who created and conducted this project also deserve our most profound thanks. We also thank all participants for taking their personal time to discover activities and best practices. Thank you to the coordinators of the organisations who organized all of the project activities. Thank you to the French Agency ERASMUS+ which accompanied us through the realisation of this project, and who responded to all our questions

Lastl but not leasy, thank you to all actor involved in the project.



**Co-funded by  
the European Union**





## Contact

Phone: +33.7.71.45.80.59.

Mail:

[europe@ploeuclhermitage.bzh](mailto:europe@ploeuclhermitage.bzh)



**Co-funded by  
the European Union**