

# **Effects of the COVID-19 Pandemic on Individuals, Families, and Community-Based Long-Term Care Centers and Corresponding Measures**

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## **Abstract**

This study examined the effect of the COVID-19 pandemic on individuals and families by using stratified random sampling to perform a telephone survey with Nantou County residents over 20 years of age. The results revealed the impact of the COVID-19 pandemic across multiple dimensions, including leisure and social activities, economic incomes, psychological adaptation, convenience in routine activities, interpersonal interactions, and caregiving burden. To explore how long-term care centers and service users were affected by service suspension following the issuance of the nationwide Level 3 epidemic alert in 2021, in-depth interviews were arranged with institutional workers in Nantou County and Taichung City. The service suspension adversely affected the physiology, psychology, and social participation of service users, as well as increased the caregiving burden on families. These long-term care centers also encountered challenges when attempting to resume their operations. Finally, we propose specific recommendations for subsequent pandemic prevention policies and relief measures.

**Keywords: COVID-19, Long-Term Care, Long-Term Care Centers, Caregiving Burden**