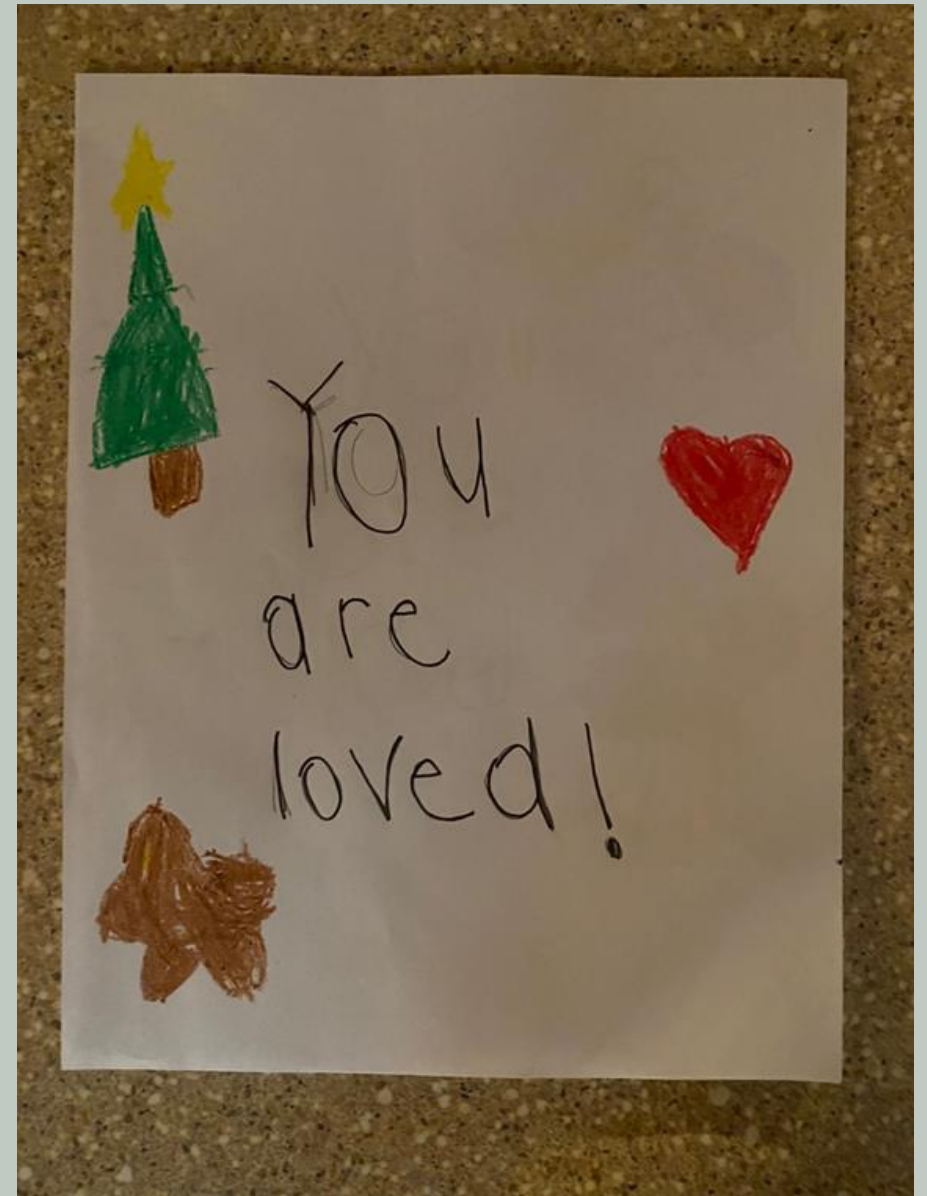

Social Isolation and Loneliness in the Time of COVID and Beyond

O4A Five Star Innovation and Education Summit

June 6, 2022

Marriott Columbus Northwest



Panelists

Michele L. Bates, RN

Vice President

Consumer & Employee Services

Area Agency on Aging Region 9, Inc.

*Initiatives – Companion Pets, Tablets

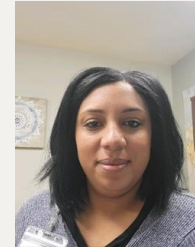


Ciara Harding, MSN, RN

ADRN Special Programs Supervisor

Area Agency on Aging Region 9, Inc.

*Initiatives – Maria's Place Boxes



Brandi L. Chrzanowski, MBA, LSW

Director of Project Management

Quality Improvement & Provider Relations

Direction Home Akron Canton

*Initiatives – DH Dialers and the Cabin Fever Kits



Jenni Lewis

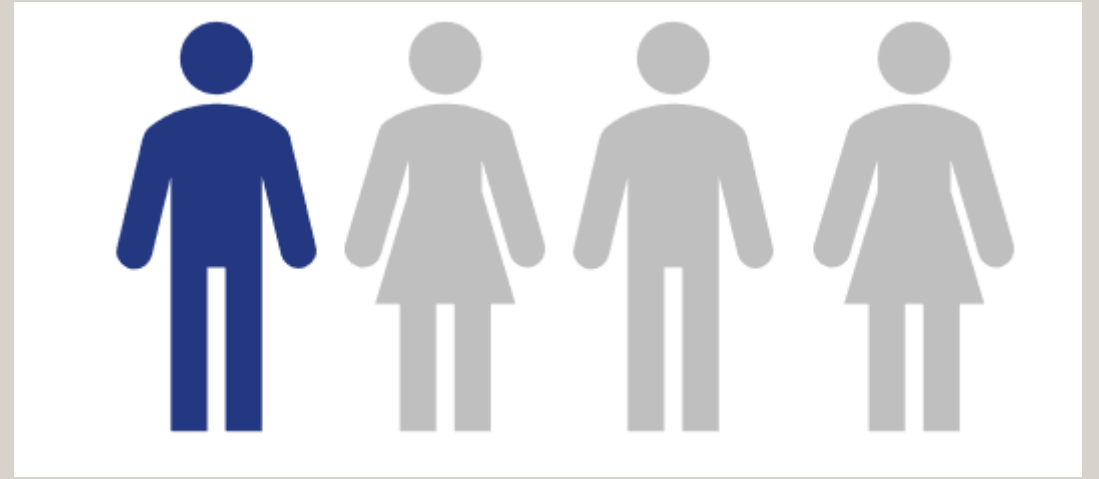
Director of Community Outreach and Training

Area Agency on Aging District 7, Inc.

*Initiatives – Porch Talk



Social Isolation affects nearly 1 in 4 older adults.



- ❖ Even before the coronavirus pandemic, research showed that prolonged social isolation takes a real toll.
- ❖ Older adults, who were at increased risk of social isolation before the pandemic, are the most at-risk group now, as we engage in physical distancing.
- ❖ The 1 in 4 does not include increased levels of social isolation as a result of COVID-19 physical distancing practices.

Social Isolation was a health issue before the current pandemic.

Research shows that the negative health effects of chronic isolation and loneliness, while harmful at any age, are especially dangerous for people over 50.

Social isolation and loneliness affect the health and quality of life in adults aged 50 and older with a greater incidence in those who are:

- low income
- Underserved
- vulnerable populations

Social isolation is as bad for health as smoking **15 cigarettes** a day.

Social isolation and loneliness are associated with:

- Higher blood pressure
- Increased susceptibility to the flu
- Greater risk of heart disease
- Earlier onset of dementia

Social Isolation & Loneliness

Objective

—————→ **Social isolation** typically refers to the objective lack of (or limited) social contact with others and is marked by a person having few social network ties, having infrequent social contact, or, potentially, living alone.

Subjective

—————→ **Loneliness** refers to the perception of social isolation or the subjective feeling of being lonely.

Social Isolation & Loneliness Recap

- ❖ Social isolation and loneliness among older people are widespread
- ❖ Social isolation is objective – physical separation
- ❖ Loneliness is subjective – distressed feeling of being alone or separated
- ❖ It's possible to feel lonely while being with people, and you can be alone but not feel lonely
- ❖ Humans are social by nature, with our connections driving survival and ability to thrive
- ❖ Isolation and loneliness are linked to higher risks of health-related problems
- ❖ Studies show that people engaging in productive and meaningful activities with others maintain wellness, have sense of purpose and live longer
- ❖ Identifying people who are most prone to suffer from social isolation and loneliness and those who would benefit most from interventions should be a priority!

What can we do about it?

Shared Resources

Panel Discussion

Initiatives

Vital role of the Aging Network

- Surveyed all AAA's
- Survey results to be shared with all participants
 - What initiative/strategy has your site implemented to help address social isolation and loneliness
 - Is this social isolation and loneliness initiative / strategy on-going or was it time limited during COVID
 - What funding source/sources was used for the social isolation and loneliness initiative / strategy
 - If the volume is known, how many individuals were served through the social isolation and loneliness initiative / strategy
 - If applicable, what Community Partners did you utilize with the social isolation and loneliness initiative / strategy
 - What is/was the target group? Ex. Community, Nursing Facility, Assisted Living, HCBS

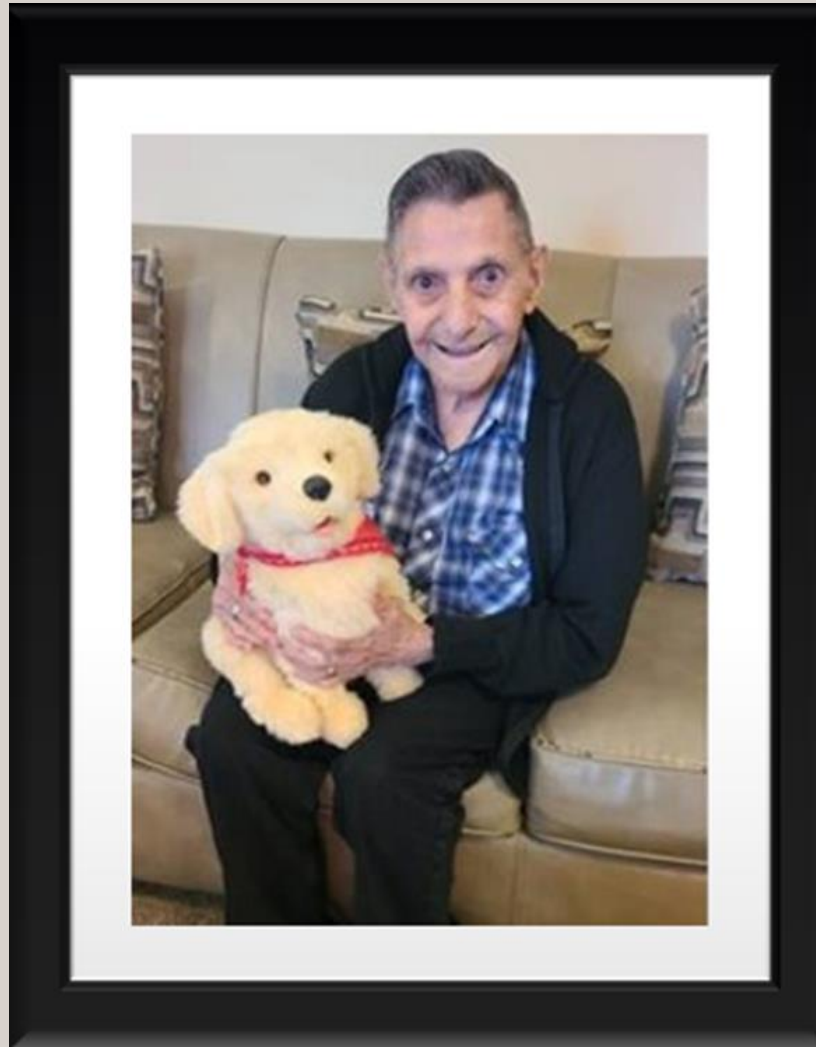
Featured Panelists Initiatives

- Companion Pets, Tablets
- Maria's Place Boxes
- DH Dialers and the Cabin Fever Kits
- Porch Talk



Companion Pets

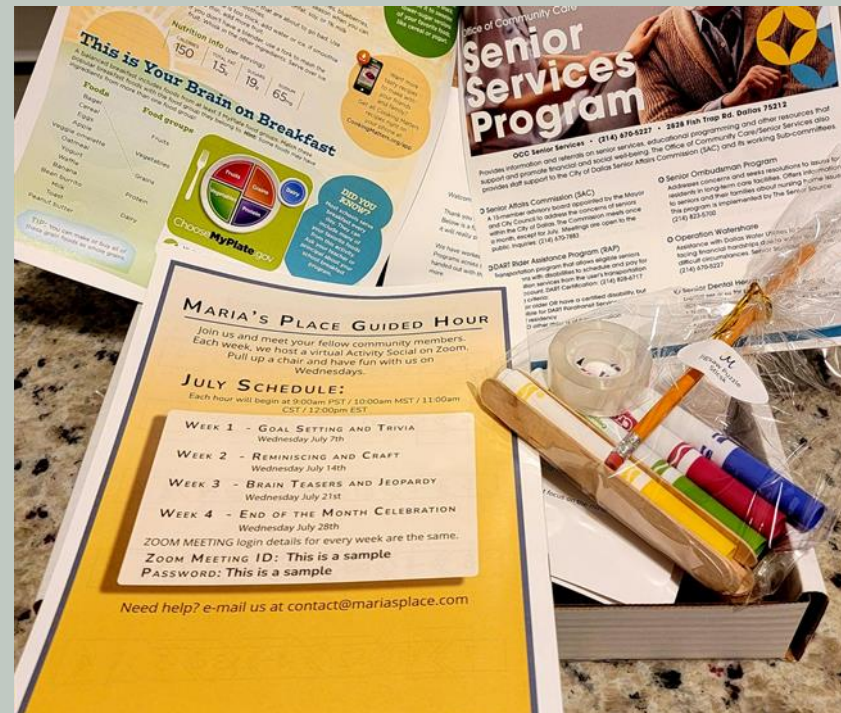
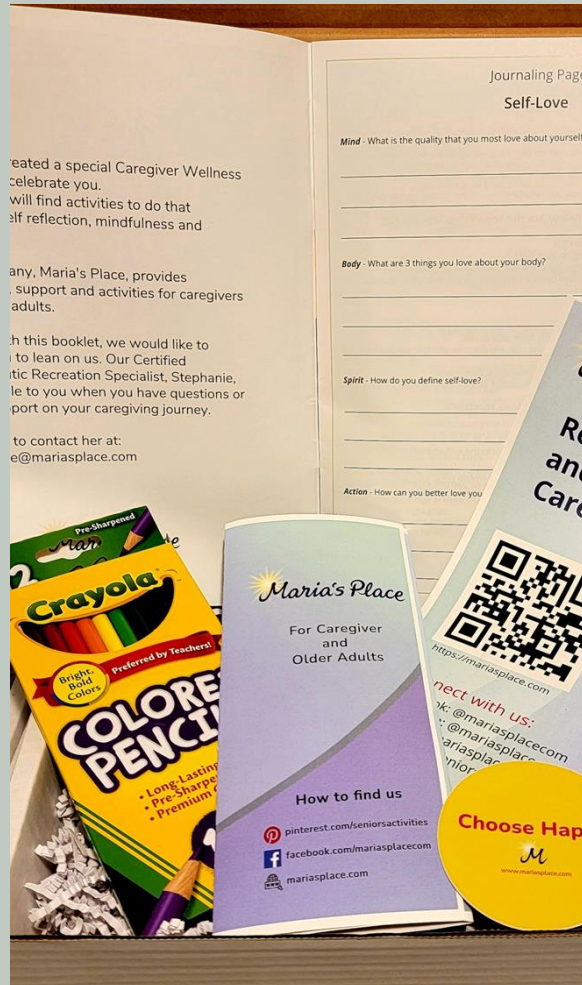
Companion Pets



Maria's Place Boxes



Maria's Place Boxes



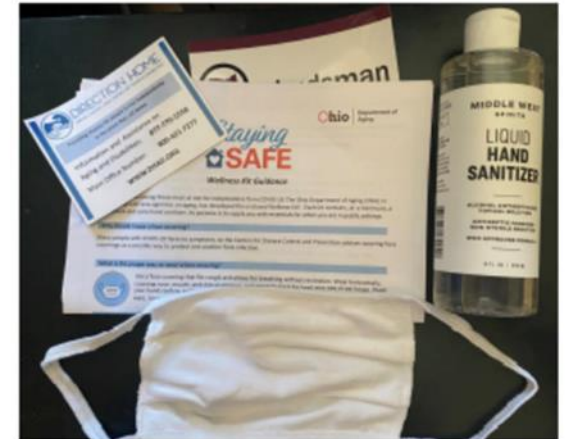
Cabin Fever and Wellness Kits



Mental Health & Rx Safety Info & Giveaways



COVID-19 PPE & Safety Info



Have you or someone you know felt more lonely or isolated during the pandemic and would like to chat with someone on the phone for some company and conversation?

“Porch Talk”

Person-to-Person Telephone Contact Program



Through the Area Agency on Aging District 7

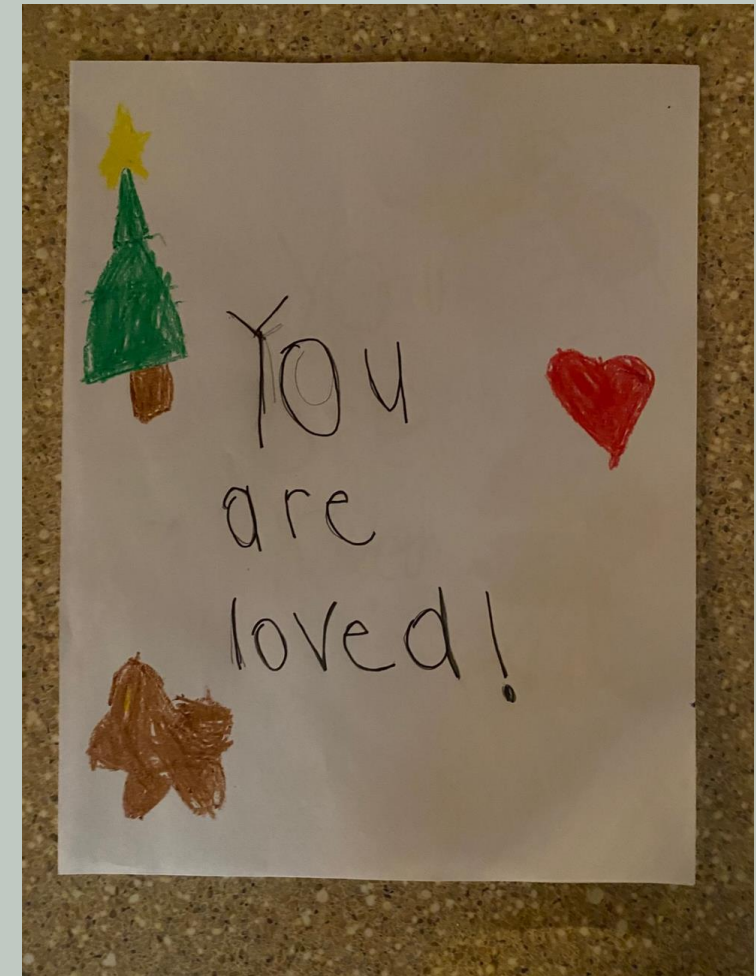
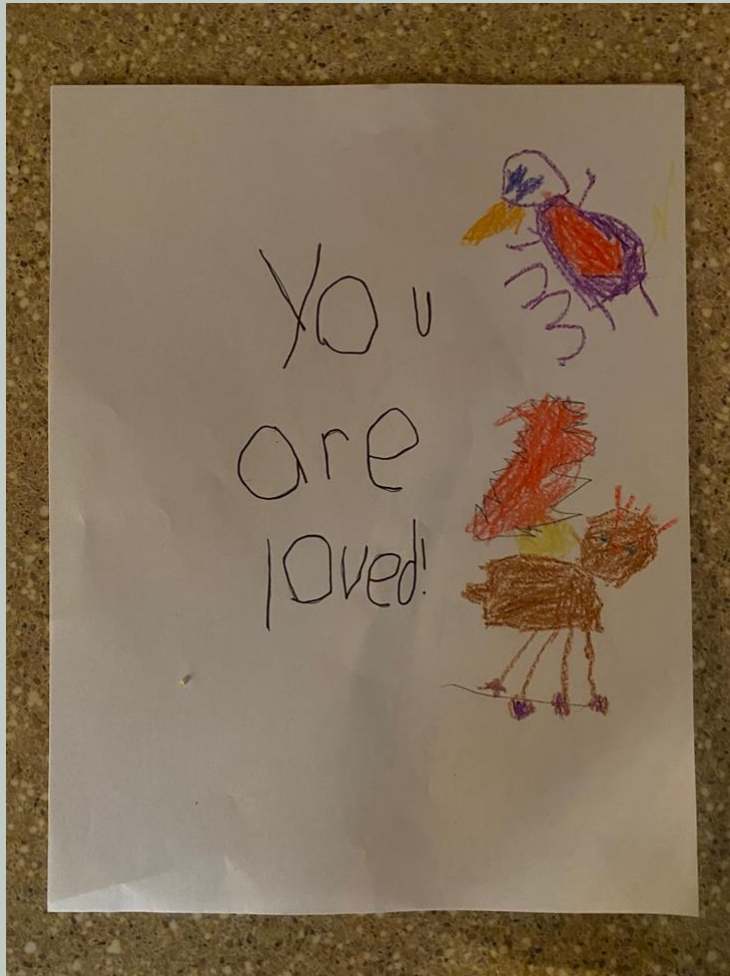
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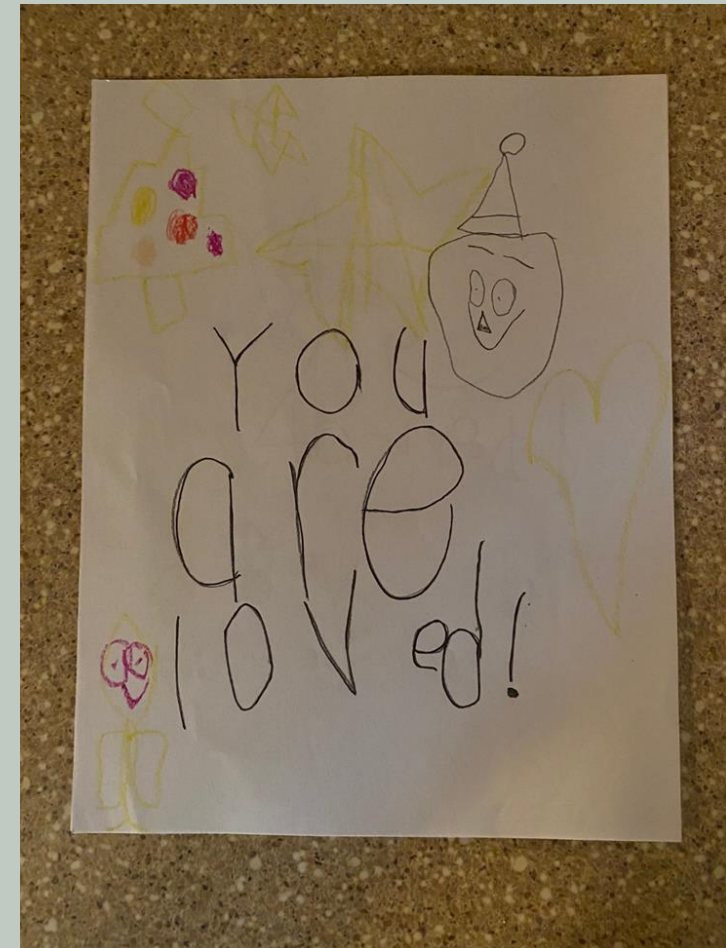
Call us Monday through Friday from 8:00 am - 4:30 pm and ask for our “Resource Center” to request a telephone call for you or a loved one to touch base and check-in. During the call, we can also provide more information on resources in your community that can help provide services you may need in your home. You can also e-mail info@aaa7.org to request a personal call.

Please note that all information shared will be kept confidential. The AAA7 cannot provide medical advice over the telephone. Medical questions need to be directed to your primary care physician or local healthcare facility.

Kindergarten Art Sent to Porch Talk Participants.



Kindergarten Art Sent to Porch Talk Participants.



Thank You

Questions?