

Wizdom Research

1. Nearly one-fourth of adults aged 65 and older are considered to be socially isolated. They may be isolated due to living alone, loss of family or friends, hearing loss, and chronic illness. Additionally, social isolation was associated with a 50% increased risk of dementia.

National Academies of Sciences, Engineering, and Medicine. 2020. Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25663>^{external icon}.

2. Lacking social interaction is as damaging to health as smoking 15 cigarettes a day. Cumulative empirical evidence across 148 independent studies suggests that social relationships significantly predict mortality.

Holt-Lunstad, J., Smith, T., & Layton, J. (2010, July 27). Social relationships and MORTALITY risk: A meta-analytic review. Retrieved from <https://journals.plos.org/plosmedicine/article?id=10.1371%2Fjournal.pmed.1000316>.

3. Qualitative interviews regarding the experience of loneliness and ways to combat this feeling were conducted with 30 older adults, ages 65-92 years. Despite living within a communal setting designed to reduce social isolation, many older adults describe feeling lonely in negative terms. Interviewees, however, cope with loneliness with specific components of wisdom. Therefore, there is an inverse relationship between loneliness and wisdom.

Paredes, A. M., Lee, E., Chik, L., Gupta, S., Palmer, B., Palinkas, L., . . . Jeste, D. (n.d.). Qualitative study of loneliness in a senior housing community: The importance of wisdom and other coping strategies. Retrieved July 18, 2019, from <https://www.tandfonline.com/doi/abs/10.1080/13607863.2019.1699022?journalCode=camh20>.

4. Three electric databases were searched for relevant published interventions for loneliness and social isolation. A total of 33 reviews met the inclusion criteria, evaluating interventions targeted at older people residing in communities. While many interventions have been developed, the individuality of loneliness causes difficulty for a one-size-fits-all approach.

Fakoya, Olujoke, et al. Loneliness and Social Isolation Interventions for Older Adults: a Scoping Review of Reviews, BioMed Central, 1 Jan. 1970, bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-020-8251-6.

5. The researchers created a qualitative approach that consisted of semi-structured interviews and a thematic analysis. Older adults spoke about loss of contact with friends and a supportive community. They described avoiding social opportunities due to fear about engaging in participatory opportunities due to social rejection and/or exploitation.

Goll, Johanna C, et al. "Barriers to Social Participation among Lonely Older Adults: the Influence of Social Fears and Identity." PloS One, Public Library of Science, 23 Feb. 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4338142/.

6. Study examined the benefits of technology use in 591 older adults. Higher social technology use was associated with better self-related health, fewer chronic illnesses, higher subjective well-being, and fewer depressive symptoms. Social technology reduced loneliness.

Chopik, William J. "The Benefits of Social Technology Use Among Older Adults Are Mediated by Reduced Loneliness." Mary Ann Liebert, Inc., Publishers, 1 Sept. 2016, www.liebertpub.com/doi/10.1089/cyber.2016.0151.

7. University of Michigan National Poll on Health Aging asked a national sample of U.S. adults age 50-80 about isolation and health behaviors in June 2020. In June 2020, 35% of older adults said they felt less companionship compared to before March 2020. Older adults reported connecting with family or friends outside their home using social media (70%) and video chat (57%). While social media may be helpful, those who interacted with others in their neighborhood and/or with nature experiences less loneliness.

Piette, John. "Loneliness Among Older Adults Before and During the COVID-19 Pandemic." National Poll on Healthy Aging, 14 Sept. 2020, www.healthyagingpoll.org/report/loneliness-among-older-adults-and-during-covid-19-pandemic.

8. Eighteen older adults who were novice tablet users participated in discussions about their perceptions and barriers to interacting with tablets. In the qualitative analysis that consisted of focus groups, the researchers found that participants were eager to adopt new technology. They were apprehensive, however, about the lack of instructions and support.

Vaportzis, Eleftheria, et al. "Older Adults Perceptions of Technology and Barriers to Interacting with Tablet Computers: A Focus Group Study." *Frontiers in Psychology*, Frontiers Media S.A., 4 Oct. 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5649151/.