

EFFECTS OF ISOLATION DURING THE COVID-19 PANDEMIC FOR OLDER ADULTS

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AGENDA & OBJECTIVES

Pre-COVID-19

Define isolation and loneliness
Describe basic patterns of isolation and loneliness for older adults before the pandemic and their impacts

COVID-19

Describe basic patterns of isolation and loneliness for older adults during the pandemic

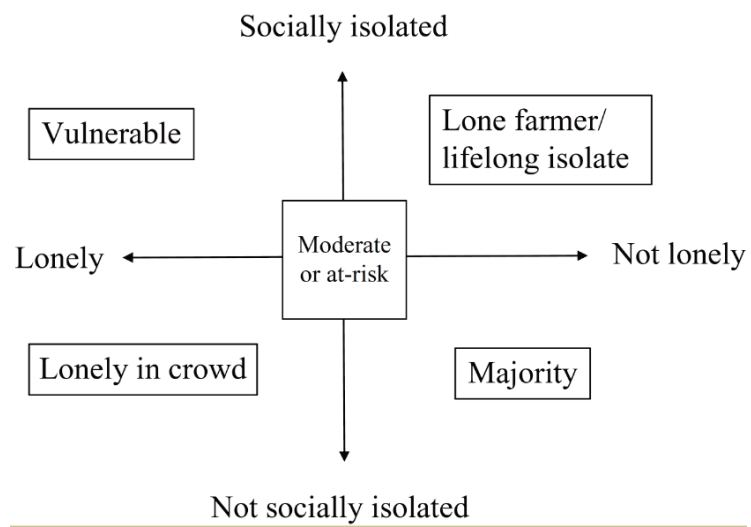
Implications

Describe intervention strategies for reducing isolation and loneliness during and after the pandemic

PRE-COVID-19

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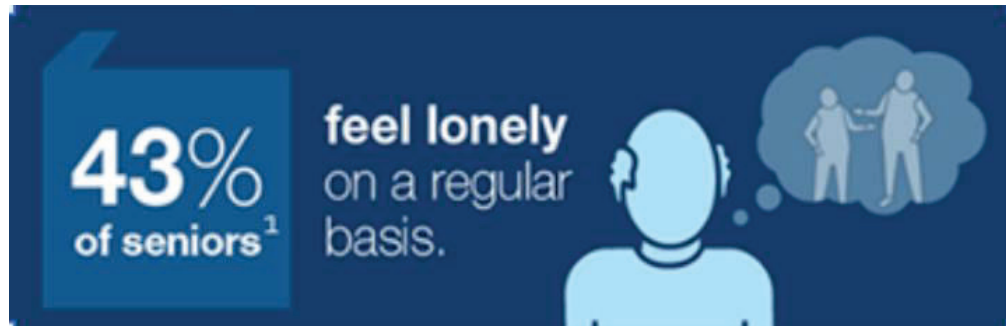
DEFINITIONS: ISOLATION & LONELINESS



Newall & Menec, 2019

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PREVALENCE



<https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>
Holt-Lunstad, 2017

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RISK FACTORS

- Isolated & lonely:
 - Older
 - Widowed
 - Living alone
 - Poor health
 - Low income
- Lonely:
 - Limited social network
 - Low level of social activity
 - Poor health
 - Depressed
 - Caregivers
 - Negative/toxic relationships
 - High reliance/expectations
 - Institutionalized

Holt-Lunstad, 2017; Dahlberg et al., 2022



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Title search: Effects of Isolation During the Covid-19 Pandemic for Older Adults

Also available as part of the eCourse

[2022 Special Needs Trusts eConference](#)

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"Effects of Isolation During the Covid-19 Pandemic for Older Adults"