

Tha, Soe Han

From: Tha, Soe Han
Sent: Wednesday, April 26, 2023 12:00 PM
To: Tha, Soe Han
Subject: April News from COASC

April 2023

Coalition for Older Adults' Social Connectedness

The News



Recent and Upcoming Events:

- Less Ageism: More Health by Dr. Anna Chodos, JCCSF, May 9 @ 1pm PT, register [here](#)
- Senior-Friendly Pathways Walks (recurring event), Los Altos Hills, May 25 @ 10am PT, register [here](#)

- 7th Annual UnLonely Film Festival Virtual Launch Event, Jun 4 @ 4pm PT, registration and additional info below

CLINICIAN'S CORNER
with Dr. Carla Perissinotto

This month we review an article senior-authored by our very own Dr. Ashwin Kotwal, whose team took a look at the association of gait speed and self-reported difficulty walking with social isolation. We also explore the implications of the use of Internet Communication and Technologies (ICTs) among older adults.



Kuang et al. The association of gait speed and self-reported difficulty walking with social isolation: A nationally-representative study

Key Points: In a nationally-representative cohort of 2640 community-dwelling adults ≥ 65 years old, self-reported difficulty walking one block was strongly associated with social isolation, loneliness, and low involvement in specific social activities such as socializing with family or friends, volunteering, attending community groups, and attending religious services. The association of self-reported difficulty walking and social isolation was stronger at older ages.

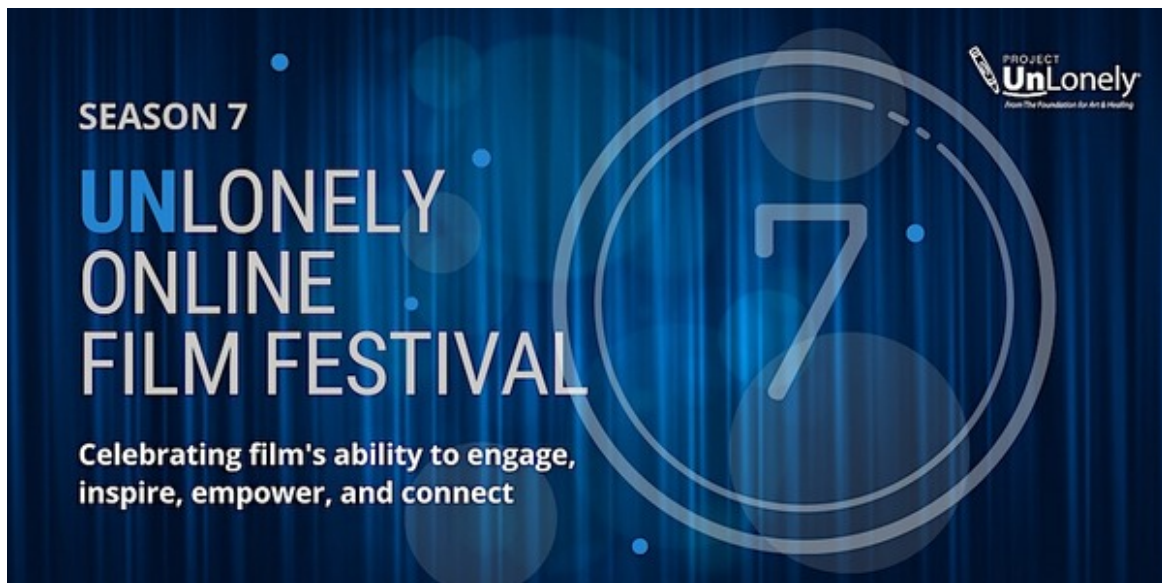
Why does this matter? Mobility difficulty as identified by simple, routine clinical assessments is associated with social isolation, loneliness and reduced social activity among older adults; consequently, addressing mobility is a potentially modifiable clinical factor for improving social connection.



Petersen et al. The association between information and communication technologies, loneliness and social connectedness: A scoping review

Key Points: The authors examined 54 articles about the use of Internet Communication and Technologies (ICTs) among older adults and identified 3 themes within the literature: (1) ICTs were associated with a reduction in loneliness and increase in wellbeing. (2) ICTs promoted social connectedness by facilitating conversations. (3) Factors such as training, self-efficacy, self-esteem, autonomy, and the design/features, or affordances, of ICTs contribute toward the associations between ICT use and wellbeing.

Why does this matter? Because older adults are at a higher risk of the complications of loneliness compared to other age groups, it is important to explore how ICTs may play a role in mitigating loneliness and increasing social connectedness among older adults.



The 7th Annual UnLonely Film Festival Launch Event will kick-off our 7th season featuring 30+ new, powerful short films focused on loneliness from a diversity of perspectives. All films will be available to stream all year long on our website. We invite you to join the virtual launch event at 7pm on June 4th, where the winners of the Festival will be announced. Register [here](#).

Thanks to the [Joseph & Vera Long Foundation](#) for their support of the **Coalition for Older Adults' Social Connectedness**.

This newsletter is intended for individuals who want to stay informed on social isolation, loneliness, and social connectedness efforts in Northern CA. **Please share your feedback about our newsletter by replying to this email.**

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