

Tha, Soe Han

From: Tha, Soe Han
Sent: Wednesday, December 21, 2022 12:02 PM
To: Tha, Soe Han
Subject: December News from COASC

December 2022

Coalition for Older Adults' Social Connectedness

The News



Not to be missed:

- [Fall Prevention Exercise Class](#), City Serve of the Tri-Valley, Dec 29, 11:30 am PST
- [How to Use Your iPhone](#), Jewish Silicon Valley, Jan 11, 11am PST

- [How to Be Less Lonely This Holiday Season](#), article by Julie Pfitzinger
 - [Generations United recognizes 20 exemplary intergenerational programs](#), more below
-

CLINICIAN'S CORNER
with Dr. Carla Perissinotto

This month we review our very own Dr. Kotwal's publication on end-of-life health care use among socially isolated and cognitively impaired older adults. We then explore different technology interventions that exist to address SIL in older adults. We also consider lessons from social distancing experiences for older adults in England.



[Kotwal et al. End-of-life health care use among socially isolated and cognitively impaired older adults.](#)

Key Points: In a nationally-representative cohort of 2380 older adults in the last years of life, the authors examined if patterns of end-of-life health care use differed by level of social isolation or social isolation subscales including lack of household contacts, low social network interaction, and low community engagement. Individuals with fewer household contacts (unmarried, no nearby children, living alone) had less hospice use at the end of life. Cognitively impaired individuals with low social network interaction had fewer end-of-life emergency department visits, intensive care unit stays, and hospitalizations.

Why does this matter? Clinicians should be aware that limited social contact is associated with lower end-of-life health care use among individuals with and without cognitive impairment and ensure access to goal-concordant care through the mobilization of external support services when needed.

[Balki et al. Effectiveness of Technology Interventions in Addressing Social Isolation, Connectedness, and Loneliness in Older Adults: Systematic Umbrella Review.](#)

Key Points: To gauge technologies targeting SIL and their effectiveness, the authors reviewed 24 studies about technology interventions from computers and mobile phones (included in the umbrella term Information and Communication Technology (ICT)) to video games and robots. This study neatly outlines the different kinds of technology interventions that currently exist, but overall, the number of studies continues to be small.

Why does this matter? As more technological interventions are drafted to address SIL in both private and public healthcare realms, it is important for evidence to support implementation. The two main points from the article are: 1) robotics and video gaming may hold potential for addressing SIL for some older adults, though the amount of evidence is low so far and 2) General ICT and videoconferencing were found to be more effective for maintaining existing connections than for building new ones.

[Richardson et al. Impact of COVID-19 policies on perceptions of loneliness in people aged 75 years and over in the cognitive function and aging study \(CFAS II\).](#)

Key Points: In a longitudinal study of 379 community dwelling older adults in England before and during pandemic social distancing restrictions, the authors found that the following factors increased the risk of loneliness: prior loneliness, living alone, female gender, living in an area of higher deprivation, frequent pre-pandemic social contact at community groups, and separation from family during the pandemic.

Why does this matter? Should we be in a social distancing situation again, we must consider different populations of individuals: those who were previously lonely and those who were socially connected. By understanding more about these two populations, the hope is to make outreach efforts more effective.

[Announcing the 2022 Intergenerational Program Certification Designees](#)

Generations United's **Intergenerational Program Certification** designations are based on the criteria that underpin the effectiveness of any intergenerational program and are intended to recognize the rich diversity among programs that involve older and younger generations.



The **Program of Distinction**

designation denotes that the awarded program meets the highest standards of intergenerational effectiveness and provides greater confidence in the program's sustainability and capacity to achieve targeted outcomes. This year, Generations United is thrilled to recognize 11 applicants as Programs of Distinction. These new designees join 23 [renewing](#) organizations:

- [A Little Help for Older Adults](#), Denver, CO
- [AVUS Connect Tech Pals](#), Miami, FL
- Front Porch Communities and Services [Social Call](#), Glendale, CA
- [Grandpas United](#), City of White Plains Youth Bureau, White Plains, NY
- [Hearts and Minds Activity Center](#) Intergenerational Program, San Jose, CA
- [Housing Opportunities & Maintenance for the Elderly \(H.O.M.E\) Intergenerational Housing](#), Chicago, IL
- [Juliette Fowler Communities Generation2Generation](#), Dallas, TX
- [LBFE Boston CitySites](#), Boston, MA
- [Lori's Hands](#), Newark, DE

The **Program of Merit** is a new designation that recognizes programs that meet the minimum standards of intergenerational effectiveness and are actively working towards exemplary status:

- Catholic Charities Archdiocese of San Antonio, Inc. [Adopt-a-Senior Program](#), San Antonio, TX
- [Charles City AmeriCorps Senior Foster Grandparent Program](#), Charles City, IA
- [DreamCatchers Foundation](#), Scottsdale, AZ (Chapters Nationwide)
- [San Diego Oasis](#) Generations Together Summer Camp, San Diego, CA
- [Legacy Letters](#), AgePRIDE at the Goldsen Institute-University of Washington, Seattle, WA
- [Music and Memory](#) at Kavod Senior Life, Denver, CO
- [Partners in Rhyme](#), Cambridge, MA
- Tuskegee Youth Readers [TIHS Class of 1974 ReadtoME Program](#), Macon County, AL
- [Wesley Family Services Foster Grandparent Program](#), Wilkinsburg, PA

- **Pear Suite** Pear Pals (Virtual Platform)
- Seniors in Service of Tampa Bay, Inc. **Health Buddies**, Tampa Bay, FL

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. In 2023, our newsletter will be delivered every 2 months.

Subscribe or unsubscribe [here](#).
