

**Tha, Soe Han**

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**From:** Tha, Soe Han  
**Sent:** Tuesday, October 18, 2022 12:03 PM  
**To:** Tha, Soe Han  
**Subject:** October News from COASC

October 2022

**Coalition for Older Adults' Social Connectedness**

The News





## Not to be missed

- [Loneliness measurement explored](#), Campaign to End Loneliness, 10/20, 6-8am PT, more info below
- [Art with Elders, 30th Annual Exhibit Online Opening Events](#), 10/23, 2-4pm PT
- [Bay Area Older Adults, Roaming Around Alum Rock Park](#), 10/26, 10am-2pm PT

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## CLINICIAN'S CORNER with Dr. Carla Perissinotto

This month we review the connections between memory and the combination of social isolation and loneliness. We also look at the eight most commonly used measurement tools to assess loneliness, and the authors even share tips on what to avoid when measuring. We then take a look at social prescribing and older adults' wellbeing.



### [Examining the Combined Effects of Social Isolation and Loneliness on Memory: A Systematic Review](#)

**Key Points:** After reviewing articles focusing on the impact of social isolation and loneliness on memory for those 45 and older, the authors found that higher levels

of social isolation and loneliness were linked to lower memory performance. The interaction between social isolation and loneliness had the largest adverse association on memory, followed by social isolation alone and then loneliness alone.

**Why does this matter?** Though there are advantages to differentiating social isolation and loneliness from each other, many individuals struggle with both. By understanding the combined impact, interventions might be more effective.

[Maes et al. How \(Not\) to Measure Loneliness: A Review of the Eight Most Commonly Used Scales](#)

**Key Points:** Many questionnaires have been developed to assess loneliness, and each one has their own strengths and weaknesses. This paper did miss some commonly used scales in adults but the point remains that there is no single “best choice,” and the best choice depends on the research purpose, or the clinical or programmatic purpose. To measure loneliness among children and adolescents, the authors point to the CLS, LACA, RPLQ, and PNDLS, and to measure loneliness among adults, the UCLA, RTLS, SELSA, and DLS can be used.

**Why does this matter?** With a flurry of measurement tools for loneliness, knowing which one to use plays an important role in accurate assessment and being able to show if our programs are working.

[Percival et al. Systematic review of social prescribing and older adults: where to from here?](#)

**Key Points:** The authors reviewed seven studies, all but one were conducted in the UK. Studies included 12–159 participants (baseline), most of whom were women. There were some positive links between social prescribing and physical and psychosocial outcomes (eg, social participation, well-being).

**Why does this matter?** Social prescribing is gaining traction in the US, and this systematic review adds to the growing body of investigation about social prescribing. There is still much to learn, but as we build evidence for our

programs, this means we can envision clinicians writing prescriptions for our programs in the future.

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## **Loneliness measurement explored: future directions in loneliness measurement**

**Date: Thursday 20 October**

**Time: 6-8am PT (online)**

Come and join us to explore the latest academic and research directions for improving our understanding of loneliness measurement and evaluation.

This session will hear from leading academic and researchers who will present:

- an update on how we measure loneliness across the life course and the need to better understand how questions assessing level of loneliness are understood by different age groups.
- how measurement can lead to better understanding of transient versus chronic loneliness.
- latest learning on how we develop measures which capture our relationship to self and place as well as to other people.

**Register**

## Speakers



**Professor Jennifer Lau** is professor of Youth Resilience and Co-Director of the Youth Resilience Unit at Queen Mary University of London. Professor Lau will talk about measurement of loneliness across the life course and the need for more accurate measures to capture loneliness rates in the general population or in specific groups; and loneliness-related changes in response to interventions.



**Dr Timothy Matthews** is a British Academy Postdoctoral Fellow at King's College, London. Dr Matthews will talk about measurement with a view to better understanding of transient versus chronic loneliness and discuss approaches to measuring different temporal profiles of loneliness.



**Professor Fuschia Sirois** is a social/health/personality psychologist at the University of Durham. Professor Sirois is interested in the factors that create risk or resilience for health and wellbeing. She will talk about new directions in conceptualizing and measuring loneliness in terms of meaningful relationships to place, self and others.

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.

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