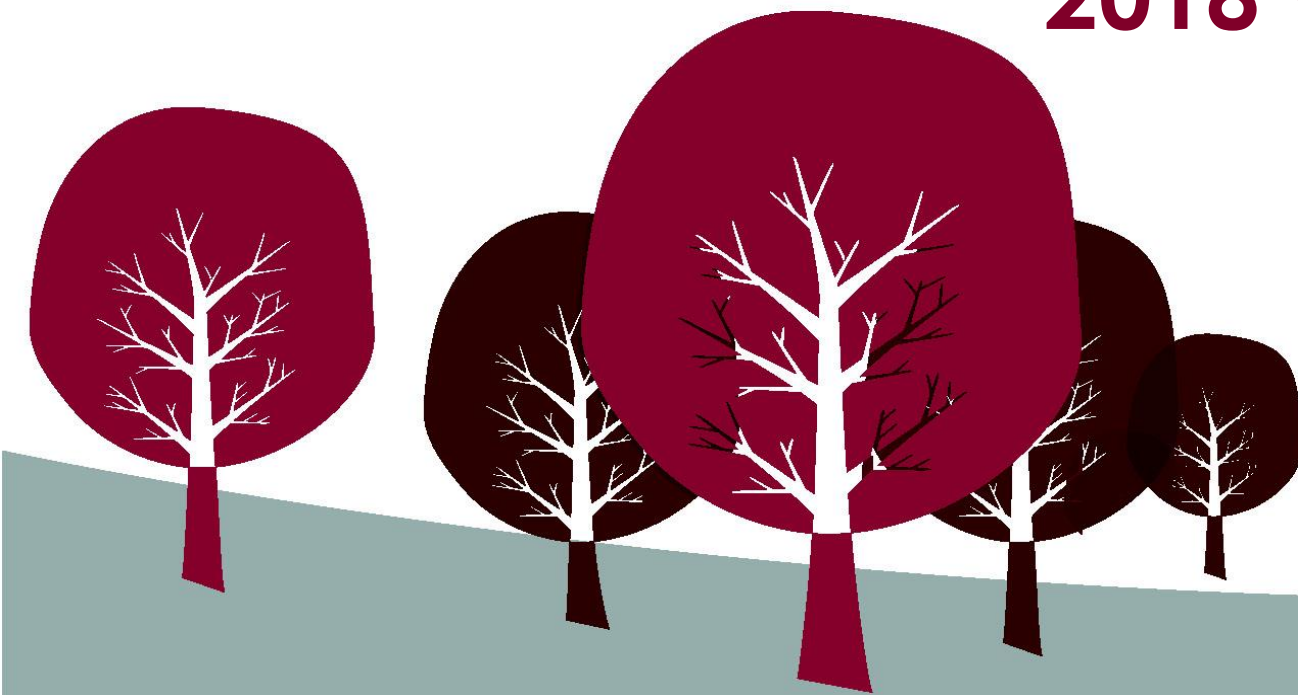


The Impact of Loneliness and Social Isolation on the Health of Older Adults

2018 Wisconsin Healthy Aging Summit

Ellen Rozek, PH.D.

Uw-La Crosse



The discussion is growing!

U.K. Appoints a Minister for Loneliness



Tracey Crouch, left, Britain's under secretary for special government's response to loneliness. Stephen Pond/

By Ceylan Yeginsu

Jan. 17, 2018

LONDON — Since Britain voted to leave the European Union a year ago, Europeans have mockingly referred to the isolated, lonely island nation.

PERSONAL HEALTH

The Surprising Effects of Loneliness on Health



Paul Rogers

By Jane E. Brody

Dec. 11, 2017



Opinion

GRAY MATTER

Is Loneliness a Health Epidemic?

By Eric Klinenberg

Feb. 9, 2018

Leer en español



Jing Wei

Last month, Britain appointed its first “[minister for loneliness](#),” charged with tackling what Prime Minister Theresa May has called the “reality of modern life.”

TheUpshot

HUMAN TOUCH

How Social Isolation Is Killing Us



Social isolation is a growing epidemic, one that's increasingly recognized as having dire physical, mental and emotional consequences. Damon Winter/The New York Times

By Dhruv Khullar

Dec. 22, 2016



My patient and I both knew he was dying.

Researchers Confront an Epidemic of Loneliness



He would
Was there

he had a

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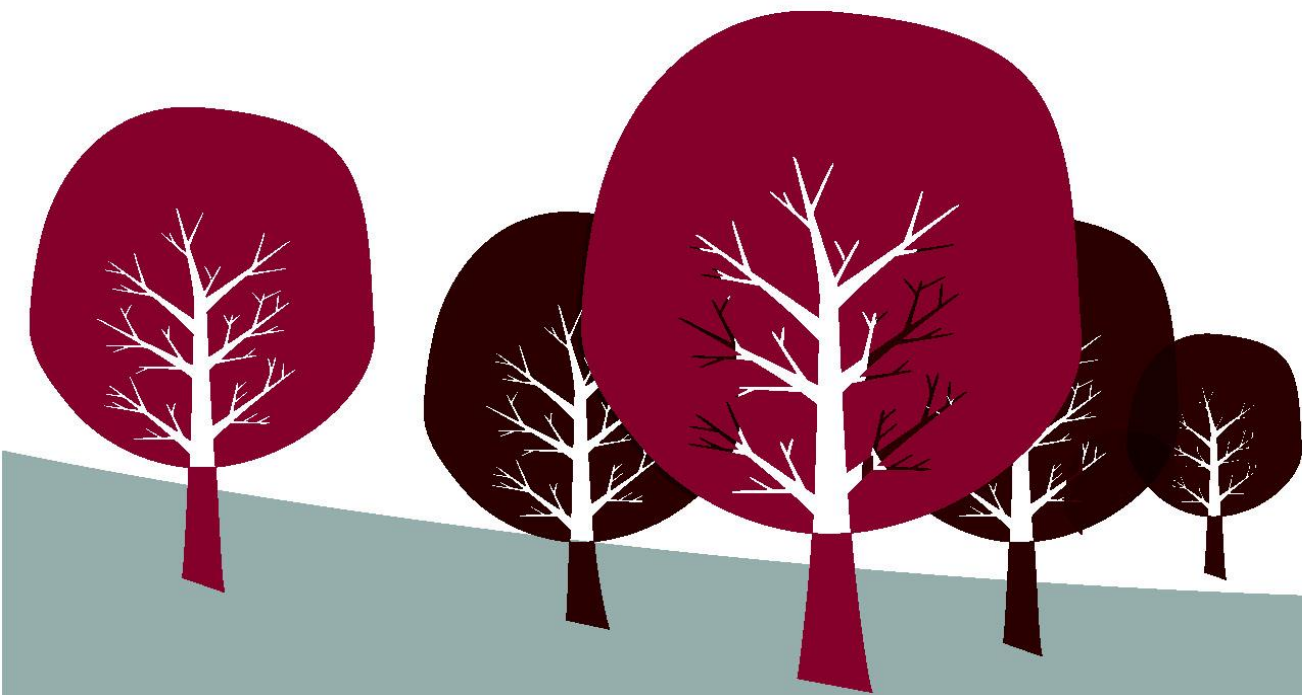
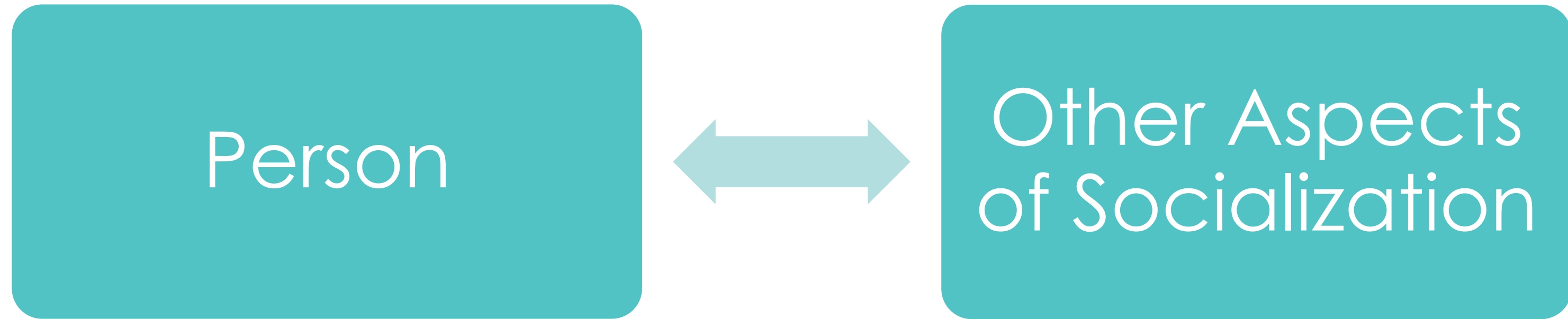


What is socialization?

1. Process of Learning Culture
2. Activity Done with Social Partners



Socialization is an Interaction



Socialization Challenges

- Physical Challenges
 - Bodily Changes
 - Setting and Environmental Factors
- Cognitive Changes
- Personality Differences
- Social Experiences



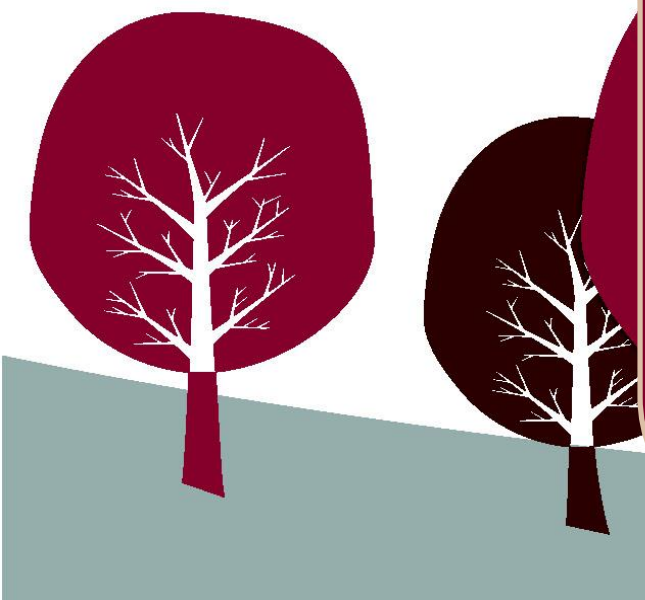
Definition

Measurement

Loneliness

Prevalence

Risk Factors



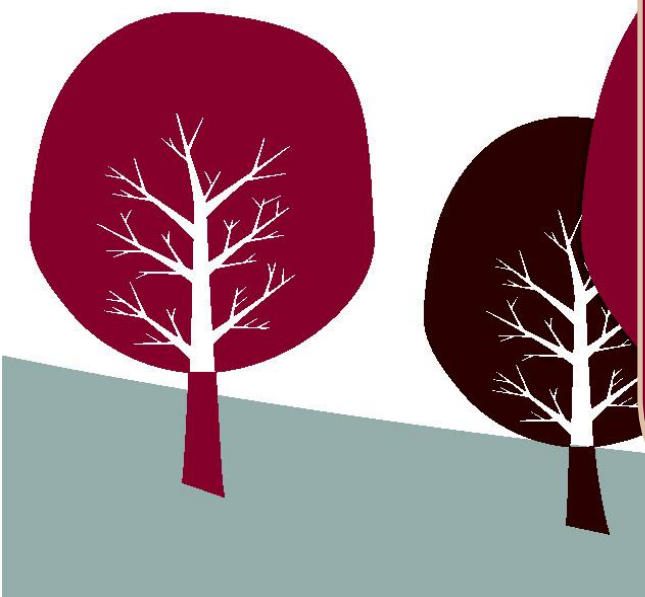
Definition

Measurement

**Social
Isolation**

Prevalence

Risk Factors



How are these distinct? Related?

Loneliness

Depression

Social
Isolation



Influences on Health

Depression



Influences on Health

Loneliness



Influences on Health

**Social
Isolation**



Mortality Risk

- Loneliness and Social Isolation



Interventions for Loneliness

- Improving social skills
- Enhancing social support
- Increasing opportunities for social contact
- Addressing maladaptive social cognition



Reducing Loneliness & Social Isolation

- Examples
 - Volunteering
 - Gardening
 - Technology



Conclusions

- What to do moving forward?

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