**Pilot UCLA 3-Item Loneliness Scale Overview**

Background:

Loneliness and social isolation are on the rise in the U.S. and are responsible for very real physical, emotional and psychological impacts – especially in older adults and people with disabilities. The Wisconsin Coalition to End Social Isolation & Loneliness uses a collective impact approach that brings together public and private entities, service providers, and individuals, we’re organizing to identify and deploy meaningful responses to the negative health impacts of social isolation and loneliness among older adults and people with disabilities in Wisconsin.

Access and Detection Work Group:

One of the goals of the Access and Detection Work Group is to detect or identify adults who are socially isolated and/or lonely, thus at a greater risk of negative health and safety outcomes. One strategy is to pilot the UCLA 3-Item Loneliness Scale in existing processes in Wisconsin Aging Units and Aging and Disability Resource Centers. The goal is for five to seven Aging Units/ADRCs across Wisconsin to participate in the pilot by giving the UCLA 3-Items Loneliness Scale to 10-15 adults during a three-month period.

Purpose of Pilot:

The purpose of piloting the UCLA 3-Item Loneliness Scale is not to evaluate the selected tool itself, but rather gather learnings where the tool can be best implemented among Aging Units/ADRCs services. The goal of helping individuals be more aware of their level of connectedness, how it affects their lives, and help facilitate changes through actionable next steps when appropriate and desired. We will be evaluating the following measures,

* Percent of pilot organizations who were able to implement the scale into an existing process.
* Number of clients who accepted or declined to participate.
* Number of referrals made by screener to their agency or other organizations. (i.e. Home-Delivered Meals, Evidence-based health promotion services, friendly caller program, etc.)

**Why was the UCLA 3-Item Loneliness Scale chosen over others?**

Several screening tools were evaluated by the Access and Detection Work Group members, and the UCLA 3-Item Loneliness Scale was chosen because of its brevity, easy scoring, and it is widely used and researched; therefore, the results from a small sample size can be compared to a national sample.

**More about the UCLA 3-Item Loneliness Scale**

The UCLA 3-Item Loneliness Scale asks these three questions:

1. How often do you feel that you lack companionship?
2. How often do you feel left out?
3. How often do you feel isolated from others?

The scale uses three response categories: Hardly Ever, Some of the Time, Often

The scores for each individual question can be added together to give you a range of scores from 3 to 9. Researchers have grouped people who score 3-5 as “not lonely” and people with the score 6-9 as “lonely”.

**Follow-Up to Score Results**

Although we are measuring if the screening would integrate into existing processes at Aging Units and ADRCs, not the validity of the tool itself, we will provide the interviewer with responses and resources to move the participant towards their desired level of social connection.