

# EFFECTS OF ISOLATION DURING THE COVID-19 PANDEMIC FOR OLDER ADULTS

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## AGENDA & OBJECTIVES

### Pre-COVID-19

Define isolation and loneliness  
Describe basic patterns of isolation and loneliness for older adults before the pandemic and their impacts

### COVID-19

Describe basic patterns of isolation and loneliness for older adults during the pandemic

### Implications

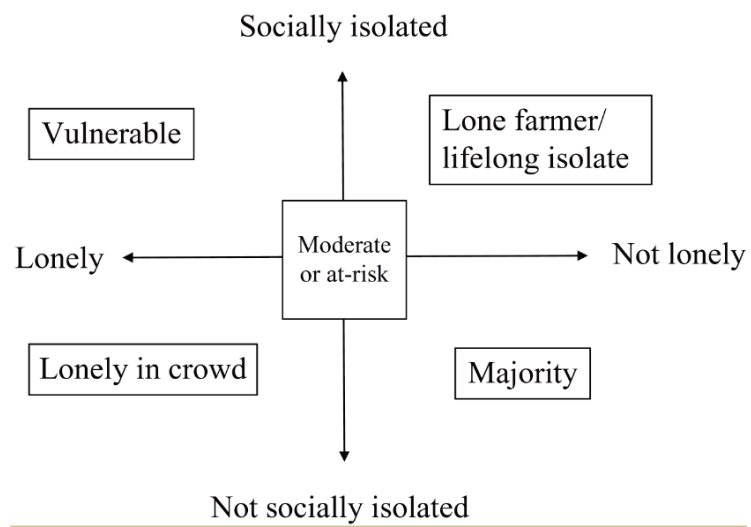
Describe intervention strategies for reducing isolation and loneliness during and after the pandemic

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## PRE-COVID-19

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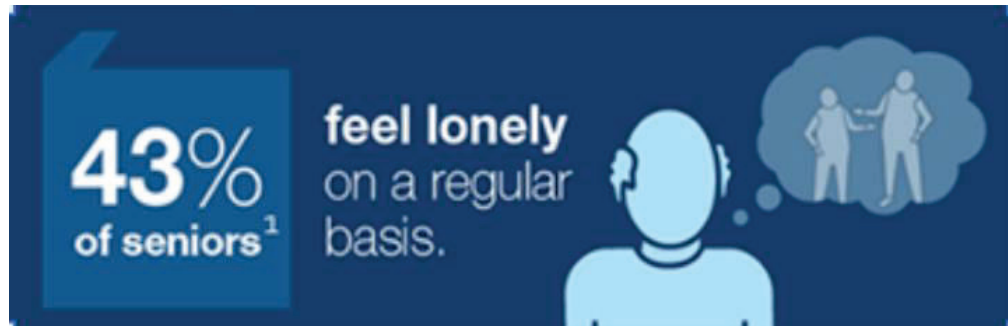
## DEFINITIONS: ISOLATION & LONELINESS



Newall & Menec, 2019

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## PREVALENCE



<https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>  
Holt-Lunstad, 2017

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## RISK FACTORS

- Isolated & lonely:
  - Older
  - Widowed
  - Living alone
  - Poor health
  - Low income
- Lonely:
  - Limited social network
  - Low level of social activity
  - Poor health
  - Depressed
  - Caregivers
  - Negative/toxic relationships
  - High reliance/expectations
  - Institutionalized

Holt-Lunstad, 2017; Dahlberg et al., 2022



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## Title search: Effects of Isolation During the Covid-19 Pandemic for Older Adults

Also available as part of the eCourse

[2022 Special Needs Trusts eConference](#)

First appeared as part of the conference materials for the  
18<sup>th</sup> Annual Changes and Trends Affecting Special Needs Trusts session  
"Effects of Isolation During the Covid-19 Pandemic for Older Adults"