Senior Loneliness and CareMore’s Togetherness Program

#FirstIntoTheFuture
Loneliness has significant health consequences

43% of seniors feel lonely on a regular basis.

There is a 45% increased risk of mortality in seniors who report feeling lonely.

Loneliness is more dangerous than obesity and as damaging to health as smoking 15 cigarettes a day.

Seniors are looking for more than medicine from their health care providers

27% of seniors would like their health care provider to offer programs to connect them to people or activities in their community to help them stay healthy.4

56% of seniors would like their health care provider to offer specific programs to help manage their health.

4 The survey, titled “More than Medicine: A Survey of Seniors by CareMore,” was conducted by telephone in the U.S. by Harris Poll on behalf of CareMore between September 26 and October 13, 2016 and is weighted to be nationally representative. The research was conducted among 1,005 U.S. adults aged 65+ who have seen a health care provider for a medical appointment (“seniors”). www.caremorehealthsystem.com/seniorsurvey.
CareMore’s Togetherness Program

Our Goals:

- Re-engage in Healthcare
- Connect to Community Based Organizations for Socialization and SDoH
- Increase physical activity

The Togetherness Program’s initial efforts are focused on building **personal connections** with at-risk patients through consistent and positive engagement.
Togetherness Patient Profile

- Lives alone
- Spends majority of the day in isolation
- Average age 74
- 40% Male 60% Female
- Senior caregivers with little support
- No social support
- Self-reported as lonely or isolated
- New widowed with little support
Caregivers
40-70% experience clinical symptoms of clinical depression caused from loneliness and isolation impacted by their caregiver experience
First Year Insights

- 700 referrals to resources and programs
- 11% reduction in acute care costs
- Outpatient emergency room utilization decline 5%
- 53% exercising regularly at Nifty After Fifty
- Over 15,000 Calls
- 22% reduction in depression
- 942 Lives Changed
Barriers

Barriers to Socialization

- Depression: 7.9%
- Medical Issue: 51.7%
- Pain: 18.5%
- Transportation: 6.1%
- Other: 13.3%
- Grief/Loss: 2.5%

Barriers to Program Development

- Invisible population
- How to assess for loneliness
- Lack of education in Healthcare
- Lack of education in community
Togetherness Social Space in our Care Center
What we can all do today

1. Talk about the issue - with friends, family, loved ones, patients, providers
2. Relevance: Help someone connect to their purpose and meaning in life
3. Reach out: There is magic in the power in human connectivity

“You may say I’m a dreamer, but I’m not the only one. I hope someday you’ll join us. And the world will live as one.” ~ John Lennon