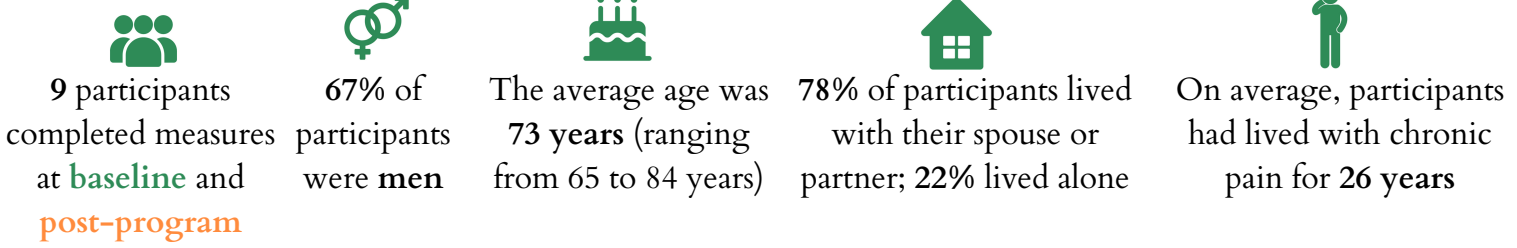


OP-ALMA Social Connection & Pain in Older Adults

A social prescribing program promoting online social connection for older adults in the Yarra Ranges Shire

DEMOGRAPHICS



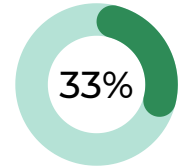
LONELINESS



7 out of 9 participants scored in the range of being at risk for **social isolation**^{1,2}.

On average, there was no difference between the overall **loneliness** score at **baseline** ($M=7.22$) and **post-program** ($M=7.11$)³.

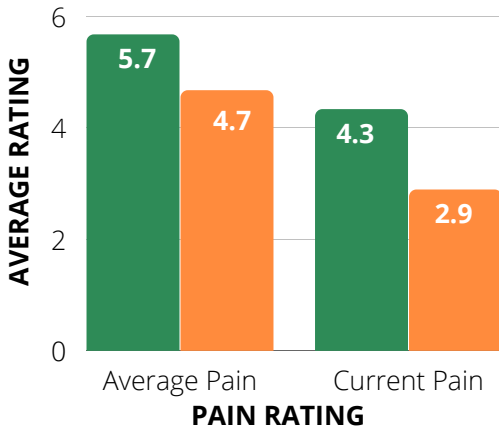
At **baseline**, one-third of participants scored in the 'Moderate' range of loneliness and 44% in the 'Very Severe' range. **Post-program**, only 11% scored in the 'Very Severe' range.



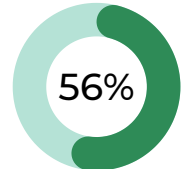
No longer scored in the 'Very Severe' range of loneliness **post-program**

PAIN⁴

Participants were asked to rate their pain on a scale from 0 ('No pain') to 10 ('Pain as bad as you can imagine'). On average, participants rated both their **average** pain and **current** pain (at the time of the interview) as lower **post-program** compared to **baseline**.



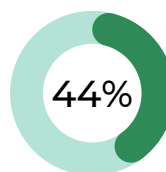
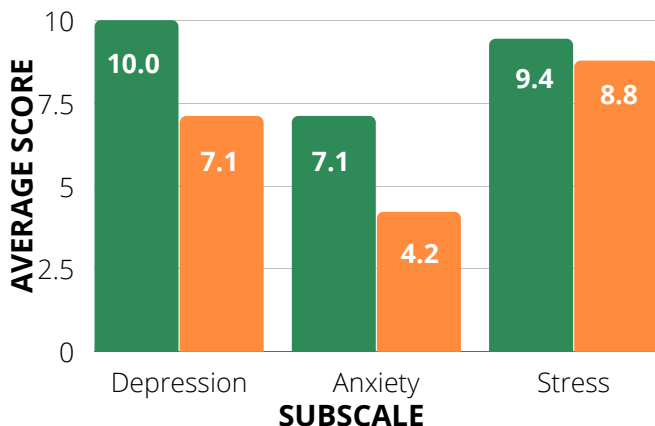
Reported a decrease in **average** self-reported pain **post-program** compared to **baseline**



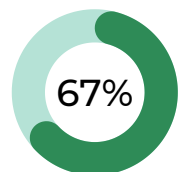
Reported a decrease in **current** self-reported pain **post-program** compared to **baseline**

SYMPTOMS OF DEPRESSION, ANXIETY & STRESS⁵

On average, participants scored lower on the depression, anxiety and stress scales **post-program** compared to **baseline**, indicating an overall reduction in severity of symptoms.



Reported reduced **depression** symptom severity **post-program** compared to **baseline**



Reported reduced **anxiety** symptom severity **post-program** compared to **baseline**

TREATMENT SATISFACTION



Post-program, 6 out of 9 participants rated their satisfaction with the program as 7/10 or higher.

PARTICIPANT FEEDBACK

"I'm perhaps less conscious of pain when I'm out and involved with people." P62

"It's increased my confidence a lot... I feel my quality of life has improved." P62

"I was able to do it (learn how to use the tablet) at my own pace which was pretty calming. It did build my confidence." P70

"My experience of increasing social connections online was fantastic and I am definitely going to continue." P73

"There has been a great improvement in my mental outlook." P71

"I don't feel as lonely since being part of the program. I think that increases my own self worth." P73

"It just changes the day-to-day dynamics when I participate in that Zoom meeting...you are actually talking and communicating with people via this medium." P74

"(The online pain) meetings are very helpful in so much as its a group of people in similar boats to me...I will continue." P75

"There has been some reduction (in pain levels). I am not 100% sure if they have decreased or my tolerance of them has increased." P73

"The program is sensitive to me in trying to understand how I tick." P69

"I'm living in a lot more hope there are so many doors that can open as long as I want to open them." P71

1. Lubben Social Network Scale - 18 (LSNS-18): Lubben, J. E. (1988). Assessing social networks among elderly populations. *Family & Community Health, 11*, 42-52.
2. Lubben, J., & Gironde, M. (2003). Centrality of Social Ties to the Health and Well Being of Older Adults. In B. Berkman & L. Harootyan (Eds.), *Social Work and Health Care in an Aging World* (pp. 319-350). New York, NY: Springer.
3. De Jong Gierveld Loneliness Scale(11-item): de Jong Gierveld, J., & Kamphuis, F. (1985). The development of a RASCH-type loneliness scale. *Applied Psychological Measurement, 9*, 289-299.
4. Brief Pain Inventory: Cleeland C.S., & Ryan K.M. (1994). Pain assessment: global use of the Brief Pain Inventory. *Annals of the Academy of Medicine, Singapore, 23*, 129-138.
5. DASS-21: Lovibond, S.H., & Lovibond, P.F. (1995). *Manual for the depression anxiety stress scales*. Psychology Foundation of Australia.

PROJECT TEAM

Dr Shalini Arunogiri, Dr Angela Simpson,
Sally Brown & Celeste Pinney



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