

ISOLATION AND AGING



WHAT DO LONG TERM CARE OMBUDSMAN DO?

- Address complaints made by or on behalf of residents.
- Provide education regarding residents' rights, good care practices, services, legislative and policy issues, and other related topics.
- Advocate for changes to improve residents' quality of life and care.
- Represent resident interests before governmental agencies.
- Seek legal, administrative, and other remedies to protect residents.
- Ensure residents have regular and timely access to the LTCOP.

SOCIAL ISOLATION

The absence of social contact that can lead to loneliness and more...

Both cause & effect

- **health issues**
- **unemployment**
- **loss of mobility**

IMPORTANT TO /FOR

**What's Important TO the Person
to be satisfied, content, comforted,
fulfilled, and happy**

**What's Important FOR the Person
to be healthy, safe, and valued in
their communities**

IMPORTANT TO

- **People to be with/Relationships**
- **Status and Control**
- **Things to do and Places to Go**
- **Rituals and Routines**
- **Rhythm or pace of life**
- **Things to have**
- **Purpose and Meaning**
- **Culture and Identity**

www.tlcpcp.com

HEALTH RISKS SOCIAL ISOLATION

- **Risk of premature death from all causes (rivaling smoking, obesity, or physical inactivity)**
- **increased risk of dementia**
- **increased risk of heart disease**
- **increased risk of stroke**
- **higher rates of depression, anxiety, and suicide.**

<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

<https://www.nap.edu/catalog/25663/social-isolation-and-loneliness-in-older-adults-opportunities-for-the>

NEGATIVELY INFLUENCES ALL 8 DOMAINS QUALITY OF LIFE

- Person Development
- Self Determination
- *Social Inclusion*
- Rights
- Interpersonal Relationships
- Emotional,
- Physical,
- Material Well being

ISOLATION AT HOME

- **Lack of communication**
Reduced by lack of opportunity or disability
- **Lack of contact/companionship**
- **Retirement or loss of spouse significant other**
- **Self Perception of being alone**
- **Health problems**
- **Transportation**
- ***And now COVID-19***

THE WORRY IS REAL...EVEN MORE SO IN CONGREGATE SETTINGS!

- **Insufficient staffing**
- **Minimal regulatory oversight**
- **Visitor Restrictions**
- **Lack of PPE and knowledge to use it**
- **Decline in emotional and physical health**
- **Loss of control based on their home address.**

“Every day that goes by where people in nursing homes are “kept safe from COVID-19” (isolated) by restricting all visits... is a day where they are at higher risk of other harm.”

REBALANCING IMPORTANT TO IN AN IMPORTANT FOR WORLD

**How are we determining what is important TO
the person?**

**What do people like and admire about the
person? What personal skills and assets to
they have?**

**How are we using that information to connect
and support them?**

DECREASING ISOLATION

It's the humane thing to do!
&
**The path to transform
the health of a community...
ONE PERSON AT A TIME!**

Camille Russell
Region 7 Long Term Care Ombudsman
Office of the State LTC Ombudsman
Phone: (620) 212-0136
Website: Ombudsman.ks.gov
Camille.Russell@ks.gov