


# What is loneliness? Social isolation?

**Loneliness:**

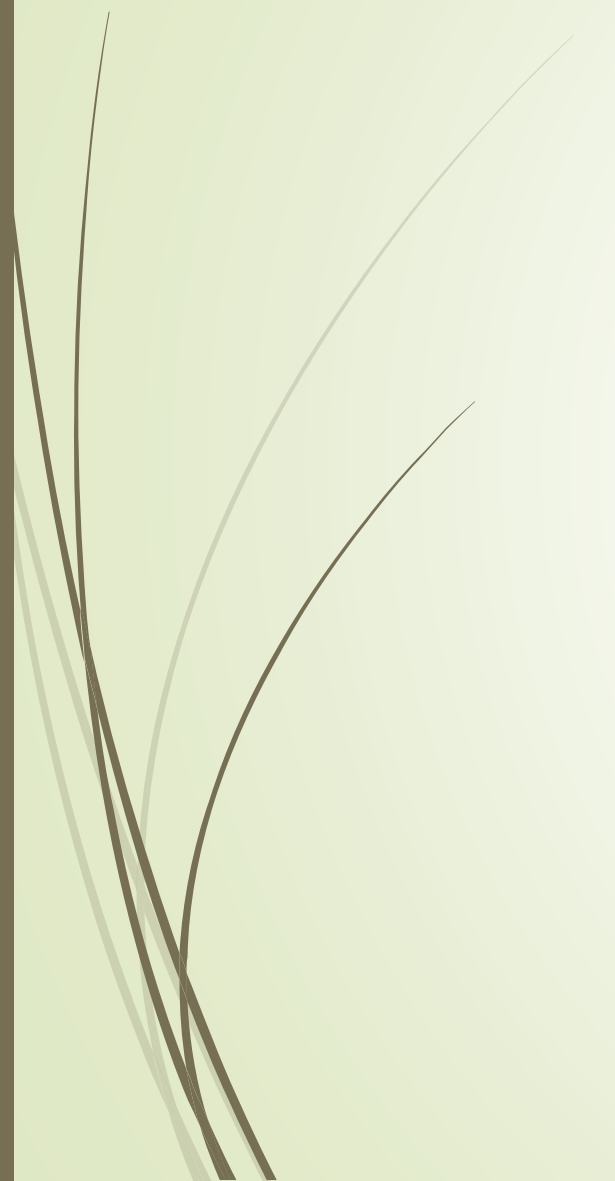








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# Caregiver Profile *continued*







# Impact of Caregiving on Caregiver

Negative reports often outweigh positive

Strain has been reported by up to 80% of caregivers

Negative aspects of caregiving:

Emotional and physical health problems

Financial Security

Quality of life

Loss of self, powerlessness and loss of congruence or shared meaning













# What Can Caregivers Do to Address Loneliness, Social Isolation and Caregiving?

## Self-Care, Self-Care, Self-Care

**You cannot care for someone else if you don't take care of yourself!**

Process caregiver experience, possible loss of self, and role engulfment

Therapeutic writing, coping questions, support groups

Ask yourself:

What is the most stressful about caregiving?

Am I lonely?

What is contributing to my feeling lonely?

When did I last have a physical exam? Am I fatigued, in pain, and/or having trouble sleeping?











# What Should Providers Be Doing?

Adequately treat health issues that limit independent (e.g., chronic pain, sensory impairment, incontinence, foot health, malnutrition, and oral health)

Identify depression and cognition

Integrate such strategies as:

Comprehensive geriatric assessment which can increase by 25% the likelihood that older adult will still be living at home six months after assessment)

Regularly monitoring patient's needs

Promote clear and open communication with older adult and caregiver

Recognize and incorporate caregiver into the treatment process

Engage in “social prescribing” (i.e., making appropriate community referrals)







