



# GET ENGAGED: A Deep Dive into Impactful Efforts to Tackle Social Isolation

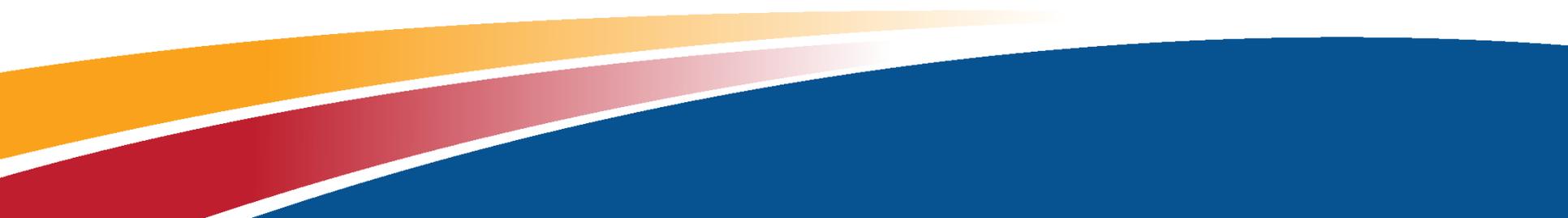
Convened by the Administration for Community Living

## HCBS Virtual Conference

December 2, 2020

# Today's Goal

- Attendees will learn about:
  - A variety of approaches states and communities are taking to address social isolation
  - Federally and nationally coordinated efforts, including a nationwide clearinghouse of solutions
  - How to engage with a nationwide network of local champions
- Plus:
  - Participate in an interactive activity to develop a social isolation action plan!

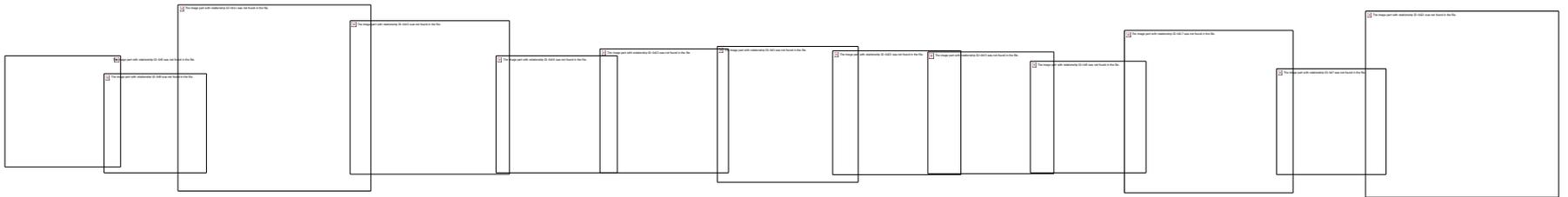


# Symposium Agenda

- Welcome/National Vision
- Actions States and Local Communities are Taking
- Partnership, Technology, and Innovation
- Applying Strategies in Your State/Community

# Administration for Community Living

- Mission: maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers
- Guiding principle: people with disabilities and older adults should be able to live where they choose, with the people they choose, and participate fully in their communities



# What Is Social Isolation?

- Social isolation is the objective physical separation from other people (living alone). It's the result of feeling detached physically or psychologically, or being disconnected from support groups of family, friends, and community.
- Loneliness is the subjective distressed feeling of being alone or separated.
- Impact of social isolation
  - Premature mortality
  - Higher risk for developing dementia, heart failure, and stroke
  - increased risk of hospitalizations
  - Medicare spending analyses revealed an additional \$6.7 billion spent annually on enrollees who are socially isolated.<sup>1</sup>

# Actions Occurring to Connect and Engage People

- Building social engagement and connection into existing programs
- Webinars to increase knowledge and awareness of social isolation and social engagement programs and technologies
- Through CARES Act Funding, increased access to assistive technology and social engagement programs and technologies
- Partnerships across federal government and with national, state, and community organizations

# MENTAL Health Innovation Challenge

- **Mobilizing and Empowering the Nation and Technology to Address Loneliness and Social Isolation**
- Clearinghouse of social engagement programs/technologies with user interface that:
  - screens for social isolation
  - obtains person's needs, interests, and preferences
  - matches to social engagement programs and technologies
- 38 applications received for Phase 1
  - No Wrong Door Virginia's *Social Health Connector* and United Way Worldwide's *You Connect* selected to advance to Phase 2
- Winner announced in January 2021 at CES trade show

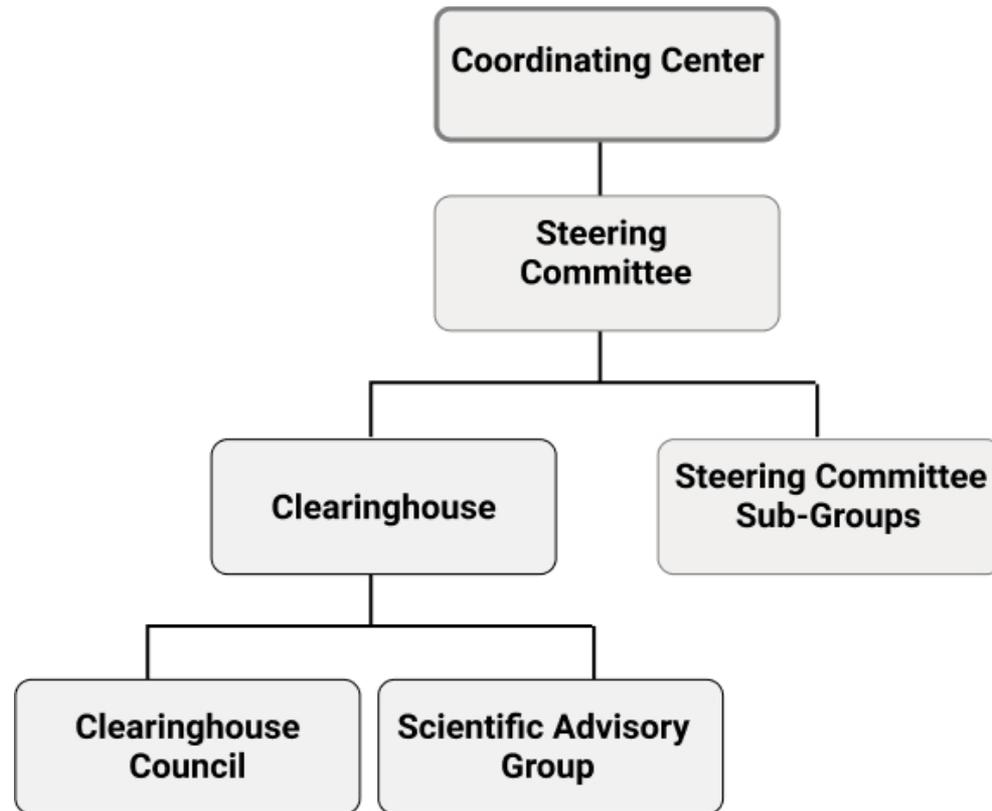
# Overarching Vision

- A public-private partnership targeting those most isolated and disconnected from needed services and supports in order to deliver appropriate, informed solutions to decrease isolation and loneliness among older adults and people with disabilities.
- **Goals:**
  1. Connect/engage 10 million people that are socially isolated
  2. Develop and launch a clearinghouse of solutions to address social isolation
  3. Engage a coalition of relevant organizations to support a public awareness campaign and build a national network of local champions

# Partner Organizations

- AARP Foundation
- ADvancing States
- AT3
- Consumer Technology Association Foundation
- Foundation for Social Connection
- GA Tech Tools for Life Pass It On Center
- LeadingAge Center for Aging Services Technologies (CAST)
- Meals on Wheels America
- National Association of Area Agencies on Aging (n4a)
- National Council on Aging
- Older Adult Technology Services (OATS)
- University of Colorado Center for Inclusive Design and Engineering

# Governance Structure



# Coordinating Center

- Establish a partnership among organizations dedicated to addressing social isolation and loneliness among older adults and people with disabilities.
  - Includes developing a Nationwide Network of Local Champions and a public awareness campaign
- Work with the winners of the MENTAL Health Challenge on the implementation, ongoing development, sustainability, and nationwide availability of the solution.
- Support the development of a Clearinghouse focused on the dissemination of relevant interventions to address social isolation at community, state, and national levels.
  - Includes establishing and managing a multi-stakeholder council to inform governance and maintenance of the Clearinghouse.

# Steering Committee

- Comprised of representatives from a diverse group of organizations that are dedicated to the goal and related initiatives to reach individuals who are socially isolated.
- The Coordinating Center will play a key role in leadership of and supporting the ongoing work of the Steering Committee.
- The Steering Committee will be comprised of 10-14 organizations from diverse backgrounds in terms of demographics, experience, and organization type.
- ACL will serve as a Federal liaison.

# Steering Committee

## Sub-workgroups

- Sub-committees will inform the larger work of the Steering Committee and broader initiative. Sub-committees will be a blend of standing committees and ad hoc, task-oriented workgroups.
- Immediate sub-committees are:
  - Technology and Digital Inclusion
  - Public Awareness and Community Engagement
  - Evaluation

# Clearinghouse Council

- The Council will advise on the development and implementation of a Clearinghouse following the MENTAL Health Challenge.
- The Council will inform the continued evolution of the Clearinghouse's ability to assess and match needs to accessible, affordable, and easy-to-use resources, as well as long-term sustainability of the Clearinghouse website.

# Scientific Advisory Group

- The charge of the group will be to assess the evidence base to support program and technology solutions and develop a methodology for ranking the evidence on those solutions.
- The Scientific Advisory Group will lead a review of learning and knowledge that catalogs and links the array of technology, apps, and social engagement programming resources.

# National Network of Local Champions

- AARP Foundation will develop and support a community of practice and a nationwide network of local champions and organizations to address social isolation at the local level.
- The national network will enable real-time sharing of successful efforts and help develop a collective understanding of evidence based or evidence informed practices and programs that can be replicated across communities.

# National Network of Local Champions

- As a first step, ACL is seeking the development of an online repository and resource library that will allow submission of information regarding interventions, technologies, and tools specific to social engagement/social connectedness for older adults and adults with disabilities. The resource library will be a free compendium of tools created to provide resources, sample documents, templates, and solutions for individuals and organizations. We need your help in populating this database by using the link below to submit tools and resources from your organization or that you may be aware.
- You may also use the form to sign-up for our listserv of national and local champions.
  - <https://app.smartsheet.com/b/form/0c24b359bbf34971bf0896ef3927293c>

# Action Planning Exercise

- Today we'll be learning about and translating successful strategies into action plans
- MySAP (Social Connection Action Plan)
  - My Social Connection Action Plan (MySAP) is a personal tool for anyone who wants to take action to keep older adults connected. MySAP will help you understand your potential impact and set SMART (Specific, Measurable, Achievable, Relevant and Time bound) goals to reduce social isolation and stay accountable for a year of powerful impact. We encourage you to focus on Education & Awareness, Screening & Referral, Partnership & Collaboration, and Innovation, and how your goals in each area fit in within your community
  - Please click on the link below to access the MySAP template:
    - <https://trello.com/invite/b/itgUGhDd/eea2b4e5b9cdf6a80a0859739297a2ea/my-social-connection-action-plan-mysap>
    - We will be using this tool to complete an interactive action planning session at the event today. Please click the link and create a free account.