**Title Slide**

**AdvocatesLogo-PNG.png

Advocates logo which includes this text: Care Partners. Creative Solutions. Better Lives.**

**A Moral Imperative: “Investing to Tackle Loneliness”**

Implementation Council  
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**Slide 1**

*Note: “www.Advocates.org” appears as a footer on slides 1-11.*

**Loneliness and Social Isolation**

* Friendships are the heart of living a better life
* More than half of people with disabilities are likely to feel there are barriers that make it difficult for them to make and keep friends
* One in four are likely to experience loneliness on a daily basis
* One study concluded: 30 percent of adults 18 – 44 and 41 percent of those 45 – 54 reported frequent social isolation

**Slide 2**

**Toll Isolation Takes: Impact on Physical and Mental Health**

* Friendship is a health determinant
* Social connections helps people recover when they are ill
* Isolation erodes self-confidence
* Lack of social connections are damaging to health:
  + As damaging as smoking 15 cigarettes a day
  + Comparable to obesity
  + More prone to depression and cognitive decline

**Slide 3**

**Impact of Health (continued)**

* Weakens immune system
* Impairs sleep
* Associated with increased risk of high blood pressure, developing coronary heart disease and stroke
* Contributes to premature death
* Increases the likelihood of mortality by 26 percent

**Slide 4**

**Strategies to Reduce Isolation**

* Recognize the seriousness of problem and that there is a tremendous personal, community and financial cost of isolation
* Create a real focus on friendship and relationships: Overcoming barriers and creating opportunities for friendship needs to be a crucial part of support for people with disabilities
* Prioritize services that tackle loneliness and broaden social opportunities to enable people to fully participate in their community
* Establish outcome measures: Increase in unpaid people as part of the person’s care team (expand informal network)
* Analyze data to see if there is increased use of emergency rooms, calling 911 or seeing their PCP
* Robust Person-Centered Planning Process

**Slide 5**

**Strategy: Robust Person-Centered Planning Process**

* Assistive technology (37 percent of non-elderly adults with disabilities who use AT said it was beneficial)
* Flexible use of dollars
  + Transportation
  + People who actively take part in their community are happier (e.g. faith communities)
  + Pet (as an alternative to the neighborhood wildlife)
  + The power of music
* Ask simple questions:
  + Do you have someone you would call in the middle of the night if there was a problem?
  + Do you have someone you would call if you had good news to share?

**Slide 6**

**Six Steps for Person-Centered Planning**

* Step 1: Knowledge
* Step 2: Create Circle
* Step 3: Dream
* Step 4: Resources
* Step 5: Implement
* Step 6: Evaluate

**Slide 7**

**Circles and Building Community**

1. Circle of INTIMACY
2. Circle of FRIENDSHIP
3. Circle of PARTICIPATION
4. Circle of EXCHANGE
5. Mentors
6. Reconnect

**Slide 8**

*This slide contains and illustration of six concentric circles with the word "ME" in the center circle.*

**Slide 9**

**Person-Centered Tool: Relationships Maps**

*This slide include an illustration of three scenarios of the person-centered relationship maps.*

* The first illustration shows three types of people (friends & neighbors, family, and paid support persons) coming to the individual to make a connection
* The second illustration shows four concentric circles. The center is the individual and an intimate. The next circle includes friends and family. The next includes neighbors and acquaintances and the outer most circle includes paid support persons.
* The third illustration shows the individual reaching out to the community (VFW post, neighborhood, senior center, corner store, church) to make connections.

**Slide 10**

**Outcomes**

* Better health outcomes
* Higher quality of life
* Minimize stigma, segregation and isolation
* Community benefits
* Reduce overall costs

**Slide 11**

**Power to Impact Change**

*This slide includes a photo of the forearms of four ethnically-diverse people holding each other's wrists illustrating a connection to one another.*