



Terry Fulmer, PhD, RN, FAAN

President and CEO

The John A. Hartford Foundation

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The John A. Hartford Foundation

Dedicated to Improving the Care of Older Adults

*Protecting Older Adults from the Harms of Social Isolation
and Providing a Continuum of Care During COVID-19*

Trust for America's Health Webinar

April 15, 2020

Terry Fulmer PhD, RN, FAAN, President

Marcus Escobedo, MPA, VP of Communications & Sr. Program Officer

The John A. Hartford Foundation

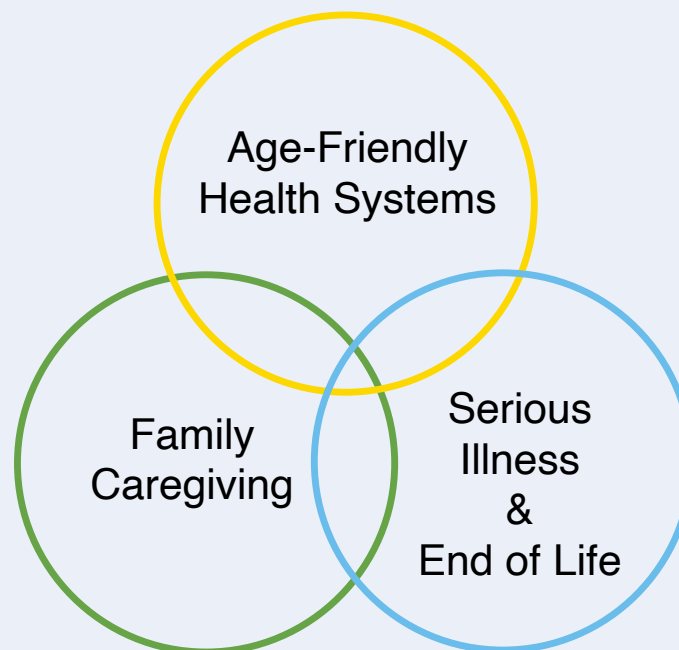
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Mission and Priorities

Dedicated to Improving the Care of Older Adults

Priority Areas:

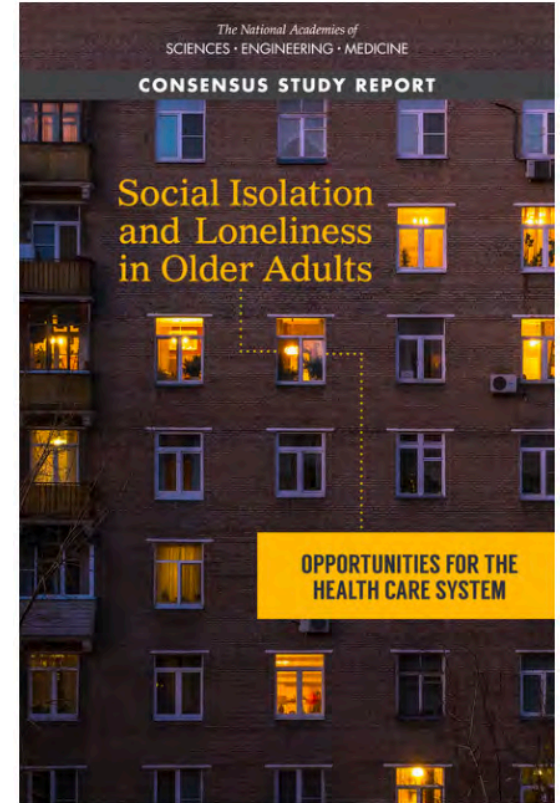
- Building the field of aging experts
- Over \$625 million in grants since 1982
- Testing & replicating innovation



NASEM Report: *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System (2020)*

Aim: Examine how social isolation and loneliness impact health outcomes in older adults aged 50 and older, particularly among low income, underserved, and vulnerable populations.

- Committee Chair: **Dan Blazer (Duke University)**
- Study Director: **Tracy Lustig (NASEM)**
- Study Sponsor: **AARP Foundation**



NASEM Report: *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System (2020)*

Social isolation: objective state of having few relationships or infrequent social contact

- 24% of U.S. community-dwelling adults age 65+ are socially isolated

Harms include:

- Associated with increased risk of premature mortality from all causes
- Associated with approx 50% increased risk of developing dementia

Loneliness: subjective feeling of being isolated

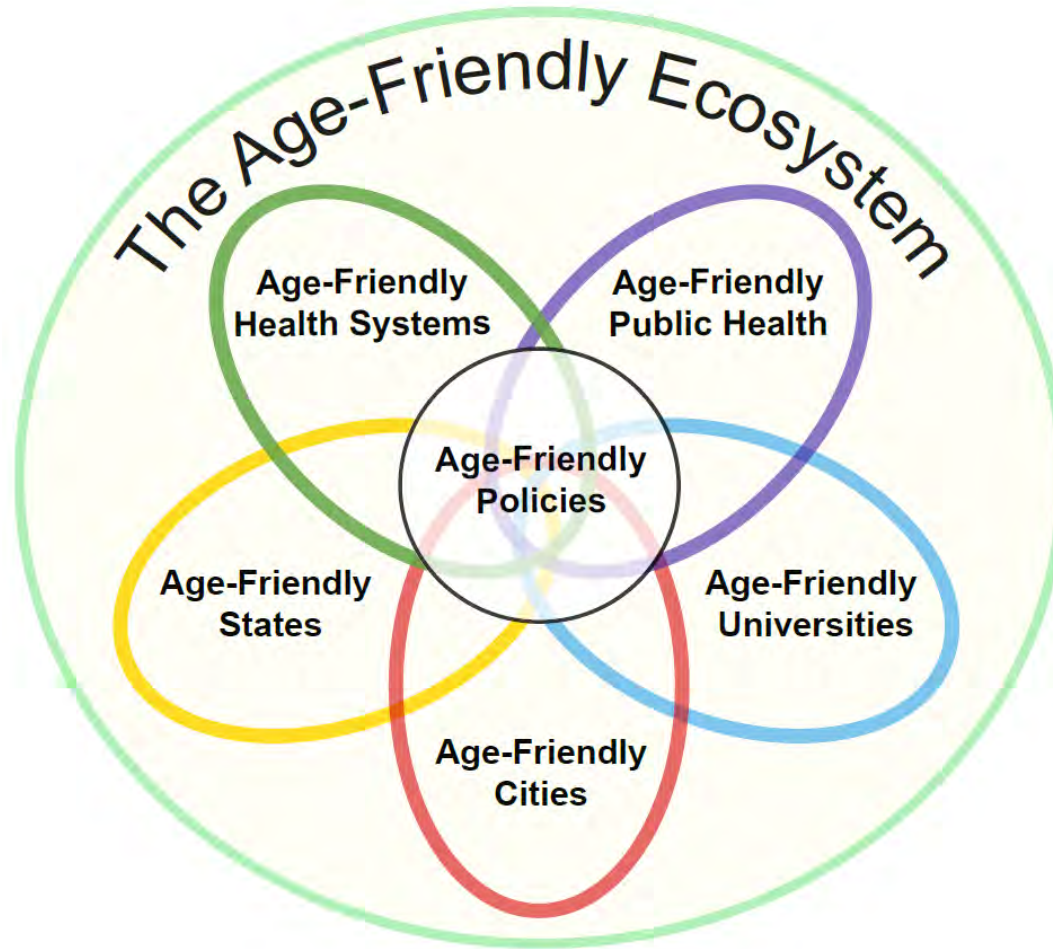
- 43% of U.S. adults 60+ report feeling lonely

Harms include:

- Associated with higher rates of clinically significant depression, anxiety, and suicidal ideation
- Associated with nearly 4x increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of ED visits



Collaboration Across Sectors Needed to Reduce Social Isolation and Loneliness



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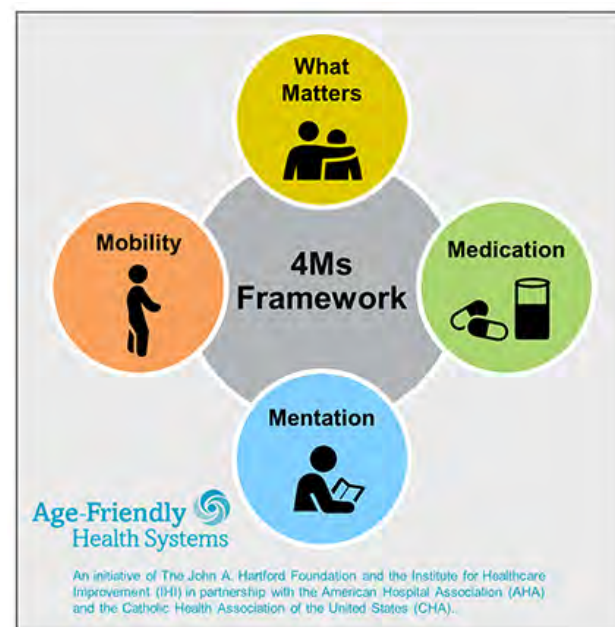
- Age-Friendly Health Systems 4Ms can all help reduce isolation and loneliness:
 - What Matters
 - Medication
 - Mentation
 - Mobility

In partnership with:

- Age-Friendly Public Health Systems

and

- Area Agencies on Aging and other CBOs



For related work, this graphic may be used in its entirety without requesting permission. Graphic files and guidance at ihi.org/AgeFriendly.

ihi.org/AgeFriendly



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Thank you!



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