Coles/Cumberland RSI Preferences Survey Report

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Coles/Cumberland County
Survey Participation updated

The purpose of the Reducing Social Isolation Committee is to bring together community leaders to share their ideas in how we can collaborate to supplement already existing services with creative ways to reduce social isolation among older adults in Coles, Clark and Cumberland Counties.

The intent of the survey was to provide information to inform the development of effective sustainable pilot projects which will reduce social isolation in older adults facing this challenge in Coles, Clark and Cumberland Counties.

Survey information:

- 5 providers distributed surveys to clients

- 2 Multipurpose Senior Centers

- Congregate and Home Delivered Meal participants Coles, Clark Cumberland Counties

- 308 Surveys Completed

Coles/Cumberland County
Survey Participation   Those with a UCLA-3 Score 6+

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Survey information for those UCLA score 6+:

- 10 Life Center

- 55 Life Center/Peace Meal

- 16 Life Span Center

- 1 Coles County Council on Aging

-43 Peace Meal

-14 No designation

139 responses had a UCLA score of 6+ which is considered a significant score

The Project: Client Needs Assessment

The UCLA Loneliness Scale comprises of 3 questions that measure three dimensions of loneliness: relational connectedness, social connectedness, and self-perceived isolation. The questions are:

1. How often do you feel that you lack companionship?

2. How often do you feel left out?

3. How often do you feel isolated from others?

How to answer and score results (6 to 9 = lonely):

• Hardly ever = 1 score

• Some of the time = 2 score

• Often = 3 score

One page survey to assess needs.

Interaction Preferences shows needs/factors of social isolation:

1. What is your favorite way to interact with others?

2. How often would you like to interact with someone?

3. What are some things that keep you from interacting with others?

Brief Demographic Questions and Identification (e.g. GENBUE26)

Survey Findings: UCLA 3-Item Loneliness
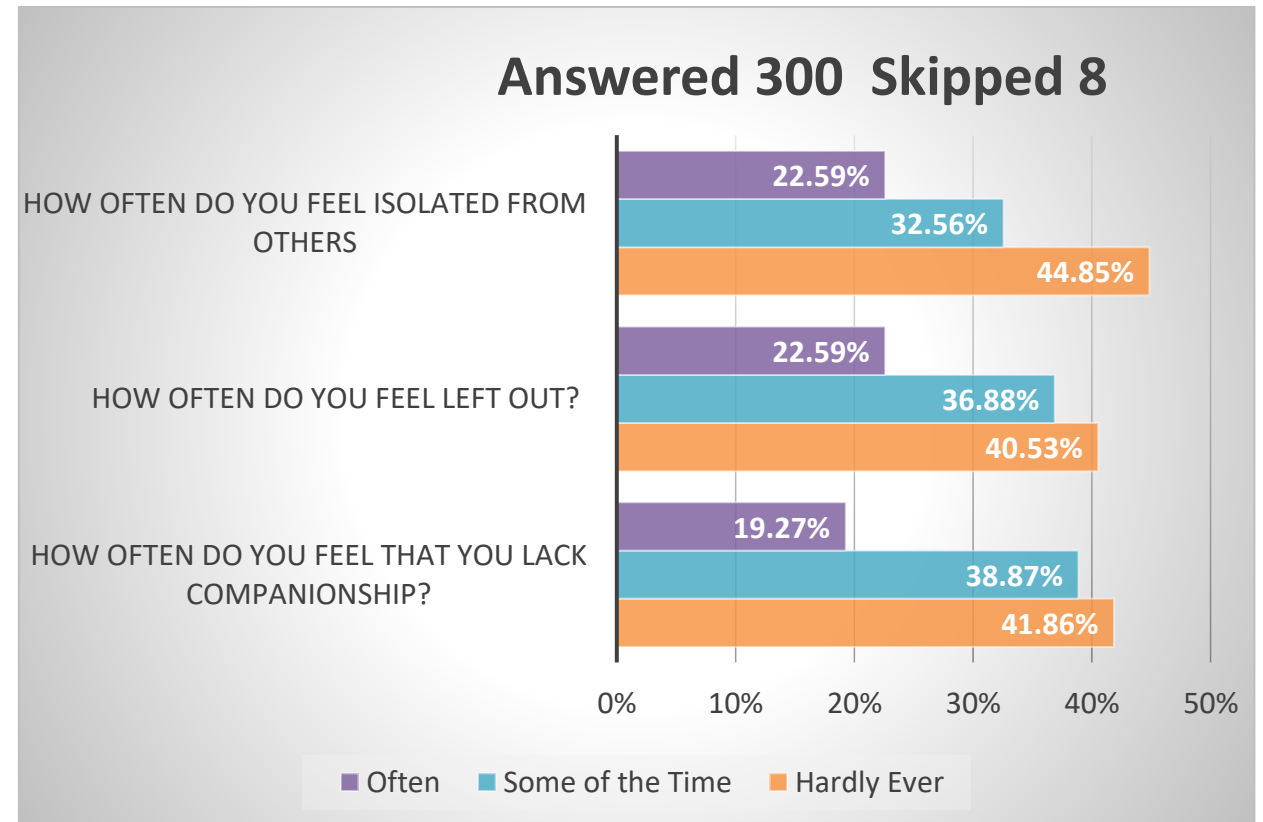
UCLA Score	Number of Respondents	Percentage
3	87	28.25%
4	34	11.04%
5	40	12.99%
6	45	14.61%
7	32	10.39%
8	36	11.69%
9	26	8.44%
Incomplete	8	2.60%
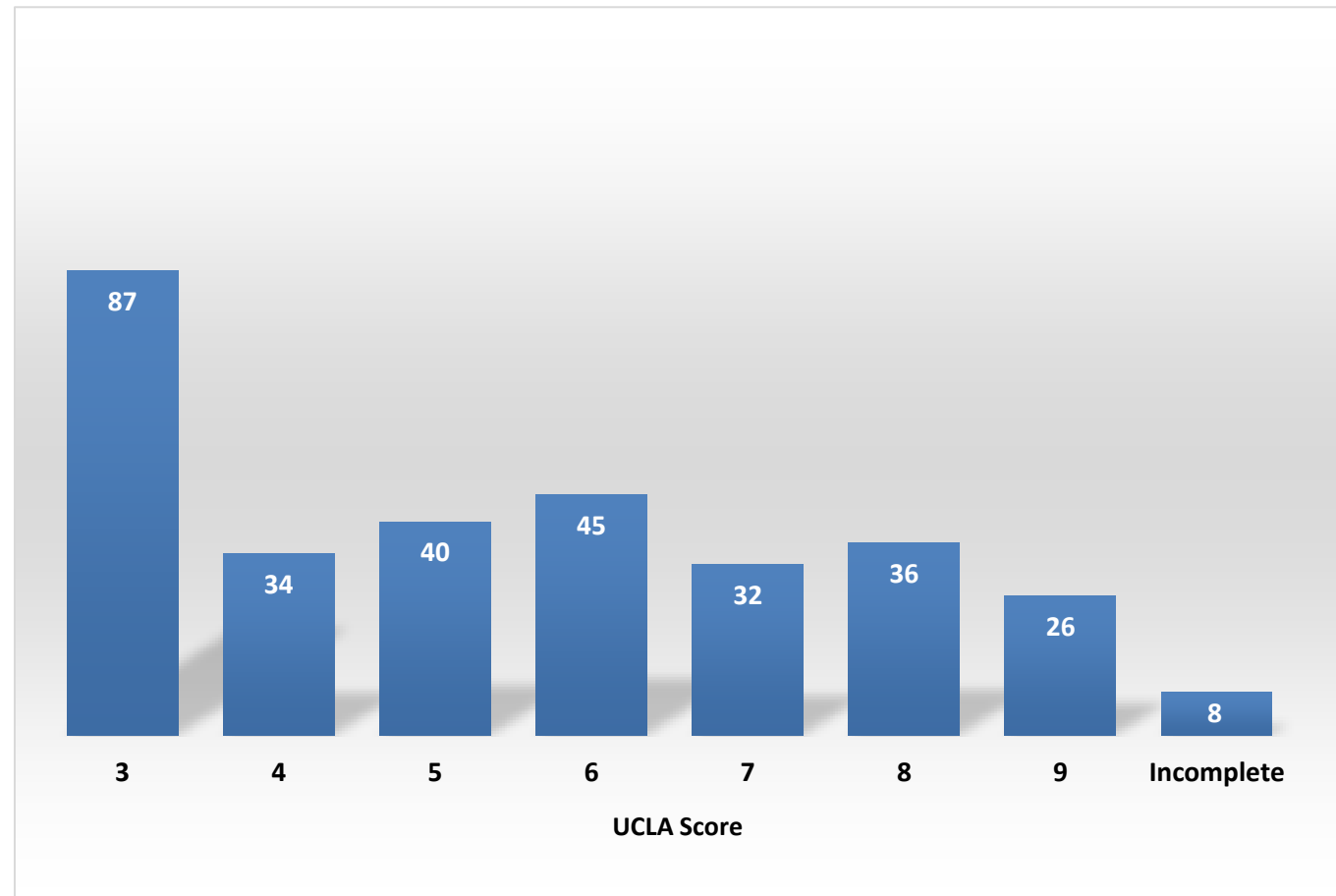
Survey Findings: UCLA 3-Item Loneliness Scale

All Participants

	Hardly Ever	Some of the Time	Often
How often do you lack Companionship?	42% (125)	39% (117)	19% (58)
How often do you feel left out?	40% (122)	37% (110)	23% (68)
How often do you feel isolated from others?	45% (134)	32% (98)	23% (68)

Answered 300 Skipped 8

HOW OFTEN DO YOU FEEL ISOLATED FROM OTHERS
- Often: 22.59%
- Some of the Time: 32.56%
- Hardly Ever: 44.85%

HOW OFTEN DO YOU FEEL LEFT OUT?
- Often: 22.59%
- Some of the Time: 36.88%
- Hardly Ever: 40.53%

HOW OFTEN DO YOU FEEL THAT YOU LACK COMPANIONSHIP?
- Often: 19.27%
- Some of the Time: 38.87%
- Hardly Ever: 41.86%

0% 10% 20% 30% 40% 50%

■ Often ■ Some of the Time ■ Hardly Ever

Survey Findings: UCLA 3-Item Loneliness Scale

Participants with scores 6 or above

	Hardly Ever	Some of the Time	Often
How often do you lack Companionship?	4% (5)	57% (79)	39% (55)
How often do you feel left out?	1% (1)	51% (71)	48% (67)
How often do you feel isolated from others?	1% (1)	51% (71)	48% (67)

Answered: 139

HOW OFTEN DO YOU FEEL ISOLATED FROM OTHERS
- Often: 48.20%
- Some of the Time: 51.08%
- Hardly Ever: 0.72%

HOW OFTEN DO YOU FEEL LEFT OUT?
- Often: 48.20%
- Some of the Time: 51.08%
- Hardly Ever: 0.72%

HOW OFTEN DO YOU FEEL THAT YOU LACK COMPANIONSHIP?
- Often: 39.57%
- Some of the Time: 56.83%
- Hardly Ever: 3.60%

■ Often ■ Some of the Time ■ Hardly Ever
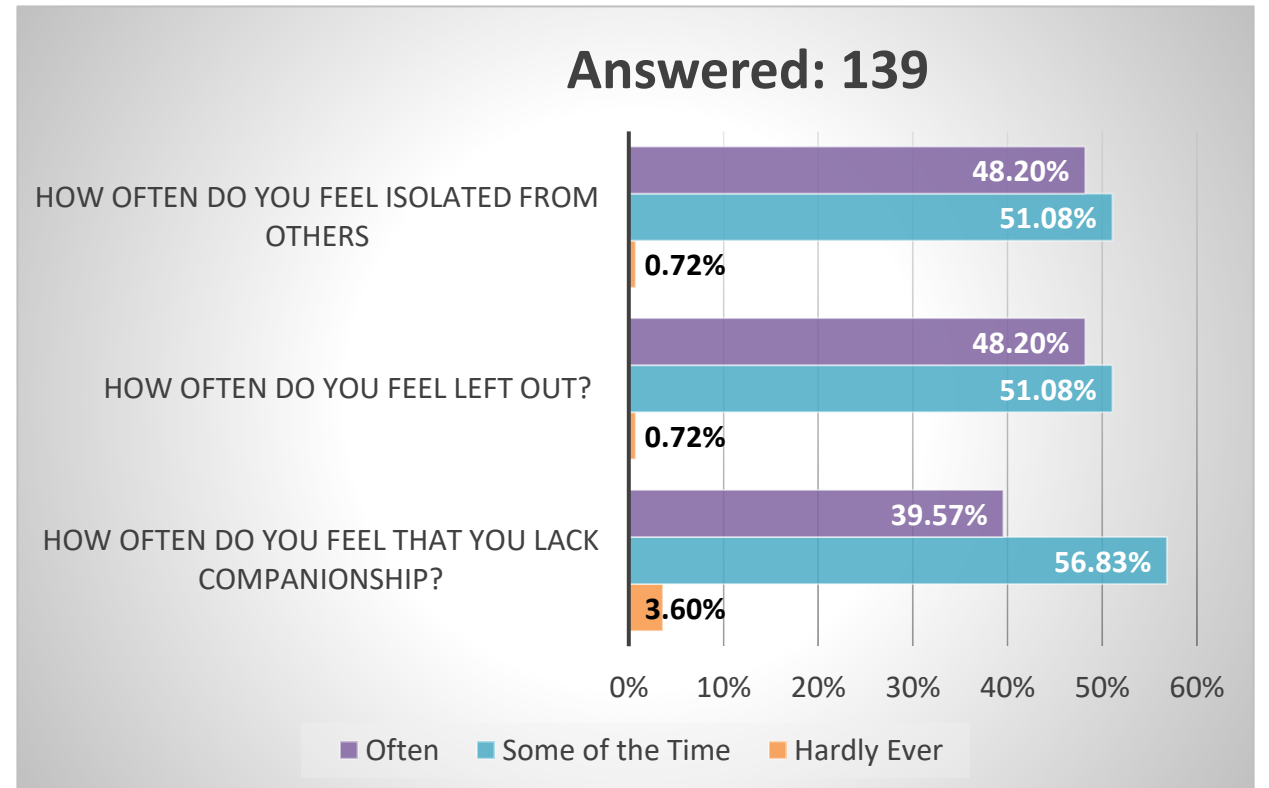
What is your favorite way to interact with others?

All Participants

In Person Visit	62% (180)
Telephone Calls	29% (84)
Email	4% (11)
Mail	3% (9)
Electronically	2% (6)

Electronically (Zoom, Facetime etc.)
2%

Email
4%

Telephone calls
29%

Mail
3%
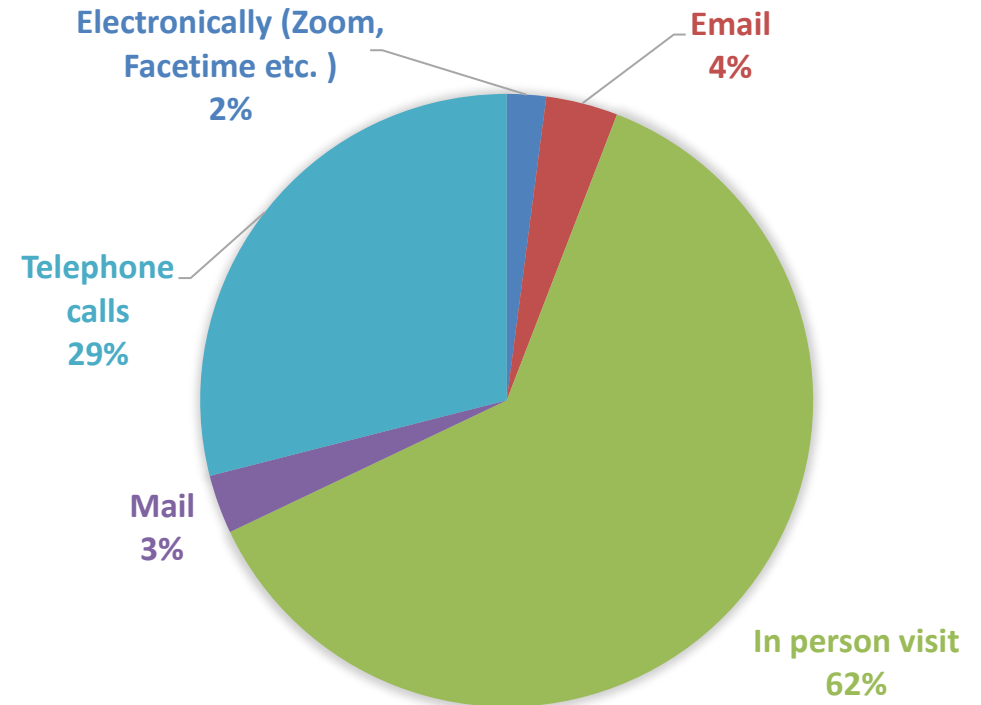
In person visit
62%

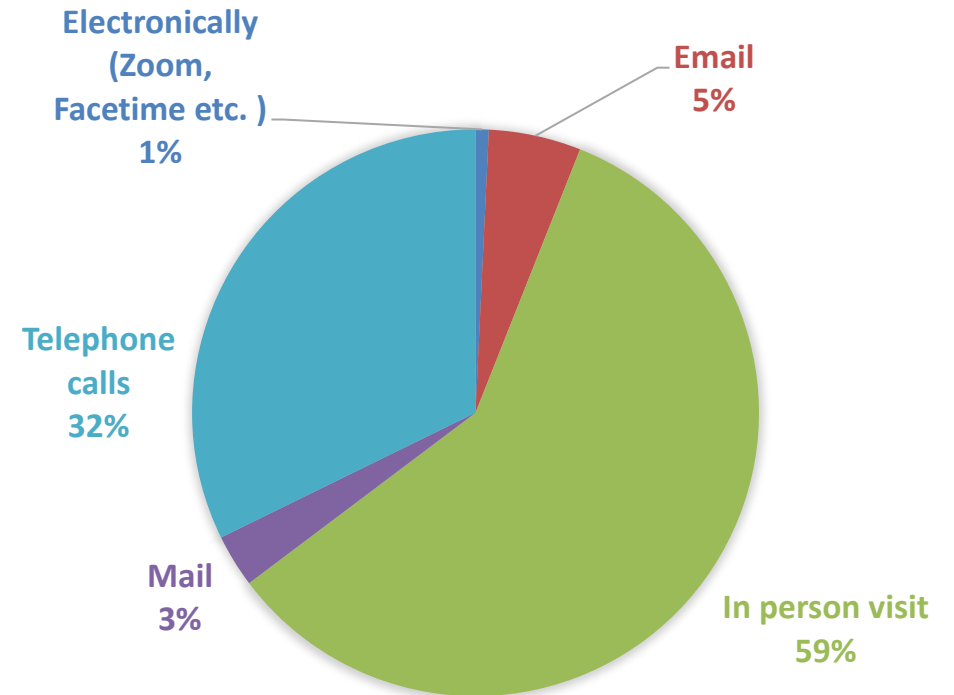**ANSWERED: 290   SKIPPED:18**

What is your favorite way to interact with others?

Those who scored 6 or above

In Person Visit	59% (78)
Telephone Calls	32% (43)
Email	5% (7)
Mail	3% (4)
Electronically	1% (1)

ANSWERED 133   SKIPPED 6

How often would you like to interact with someone?

All Participants

Once a Day	49% (139)
Once a Week	28% (81)
Twice a Week	2% (7)
Once a Month	4% (10)
Twice a Month	7% (21)
Other	10% (27)

Answered 285   Skipped 23

Once a day	Once a week	Twice a week	Once a month	Twice a month	Other
48.77%	28.42%	2.46%	3.51%	7.37%	9.47%
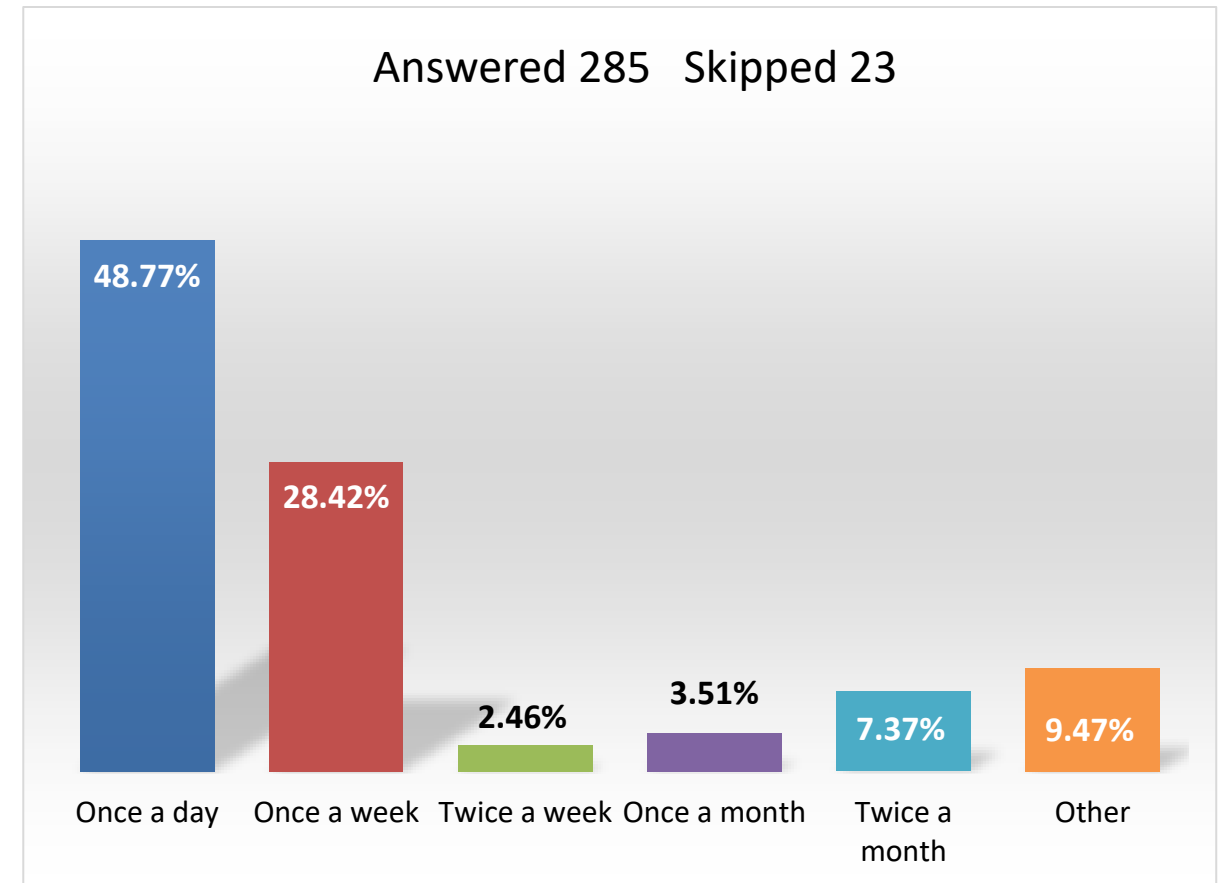
How often would you like to interact with someone?

Those who scored 6 or above

Once a Day	42% (55)
Once a Week	35% (45)
Twice a Week	5% (6)
Once a Month	3% (4)
Twice a Month	9% (12)
Other	6% (8)

Answered 130   Skipped 9

Once a day	Once a week	Twice a week	Once a month	Twice a month	Other
42.31%	34.62%	4.62%	3.08%	9.23%	6.15%
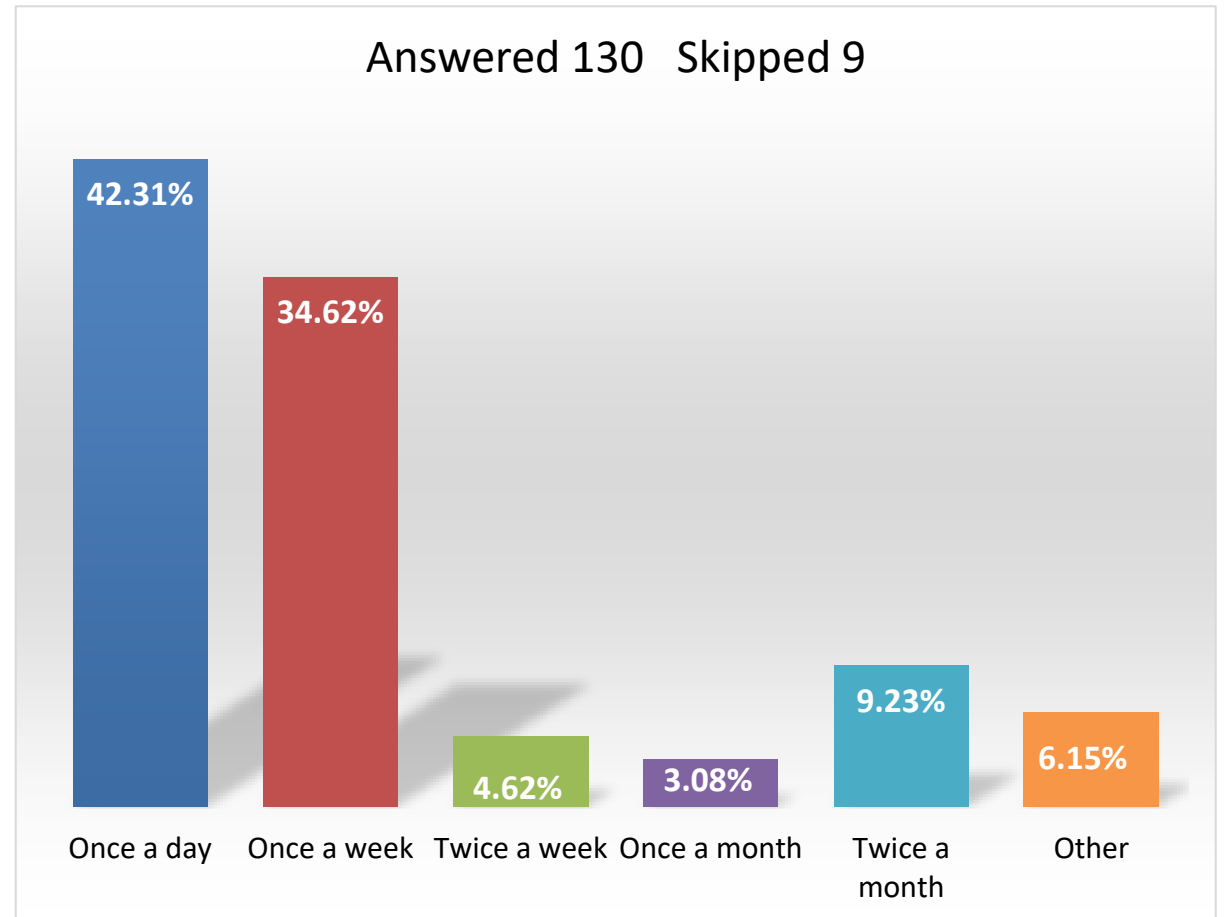
What are some things that keep you from interacting with others? Select all that apply.

All Participants

|	
Health Problems	47% (124)
Lack of Transportation or Mobility	39% (102)
Not knowing enough people	19% (50)
Financial Difficulties	19% (49)
Social Anxiety	15% (39)
Lack of Technology	10% (27)
Lack of Knowledge of Technology	9% (23)
None	7% (19)
Other	16% (41)
Prefer to be alone	2% (6)

Answered 263   Skipped 45

PREFER TO BE ALONE	2.28%
OTHER	15.59%
NONE	7.22%
LACK OF KNOWLEDGE OF TECHNOLOGY	8.75%
LACK OF TECHNOLOGY	10.27%
SOCIAL ANXIETY	14.83%
FINANCIAL DIFFICULTIES	18.63%
NOT KNOWING ENOUGH PEOPLE	19.01%
LACK OF TRANSPORTATION OR MOBILITY	38.78%
HEALTH PROBLEMS	47.15%

0% 5% 10% 15% 20% 25% 30% 35% 40% 45% 50%
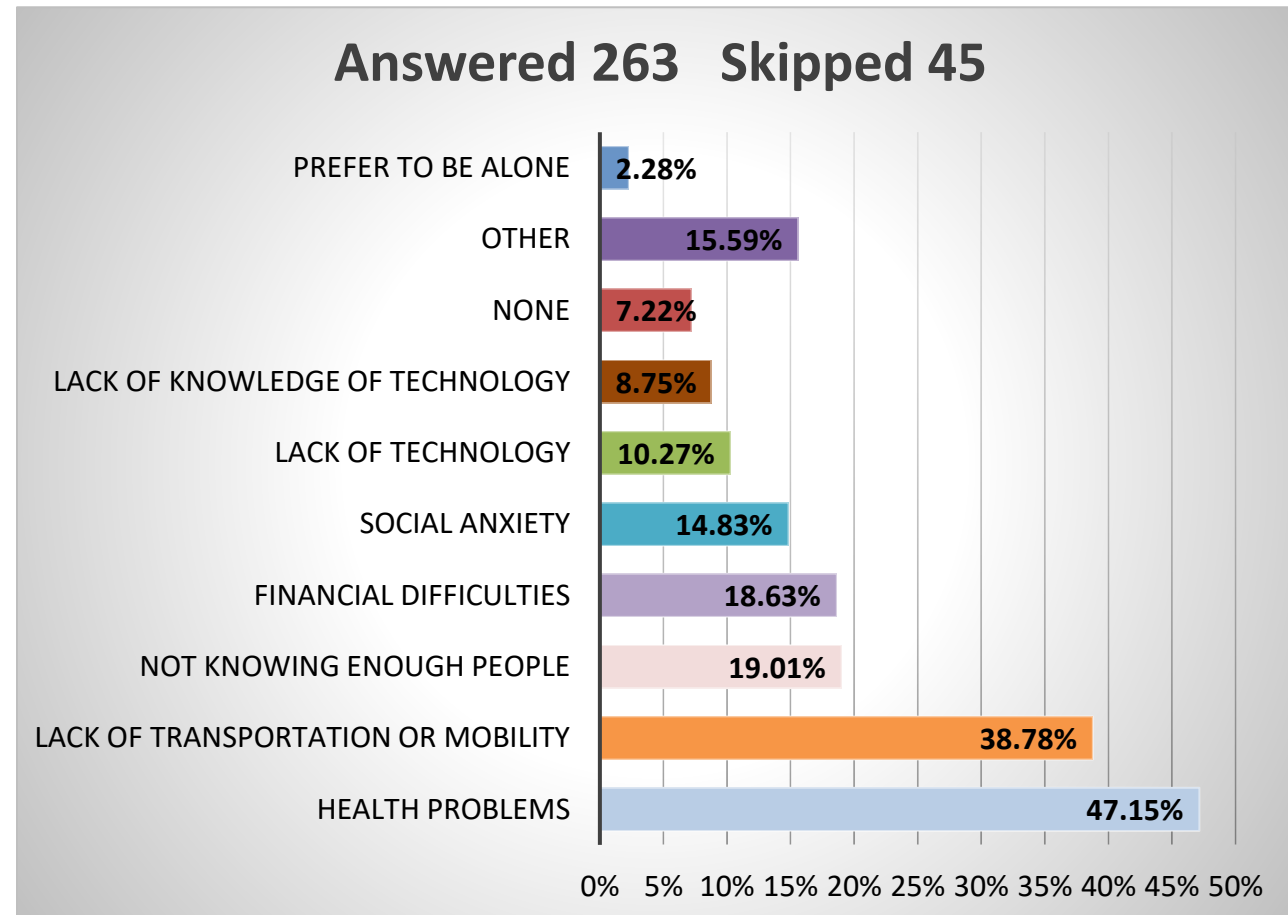
What are some things that keep you from interacting with others? Select all that apply.

Scored 6 or above

Health Problems	58% (76)
Lack of Transportation or Mobility	50% (65)
Not knowing enough people	31% (40)
Financial Difficulties	24% (32)
Social Anxiety	22% (29)
Lack of Technology	12% (16)
Lack of Knowledge of Technology	12% (16)
None	1% (1)
Other	18% (23)
Prefer to be alone	1% (1)

131 Answered 8 Skipped

PREFER TO BE ALONE	0.76%
NONE	0.76%
OTHER	17.56%
LACK OF KNOWLEDGE OF TECHNOLOGY	12.21%
LACK OF TECHNOLOGY	12.21%
SOCIAL ANXIETY	22.14%
NOT KNOWING ENOUGH PEOPLE	30.53%
FINANCIAL DIFFICULTIES	24.43%
LACK OF TRANSPORTATION OR MOBILITY	49.62%
HEALTH PROBLEMS	58.02%

0% 10% 20% 30% 40% 50% 60% 70%
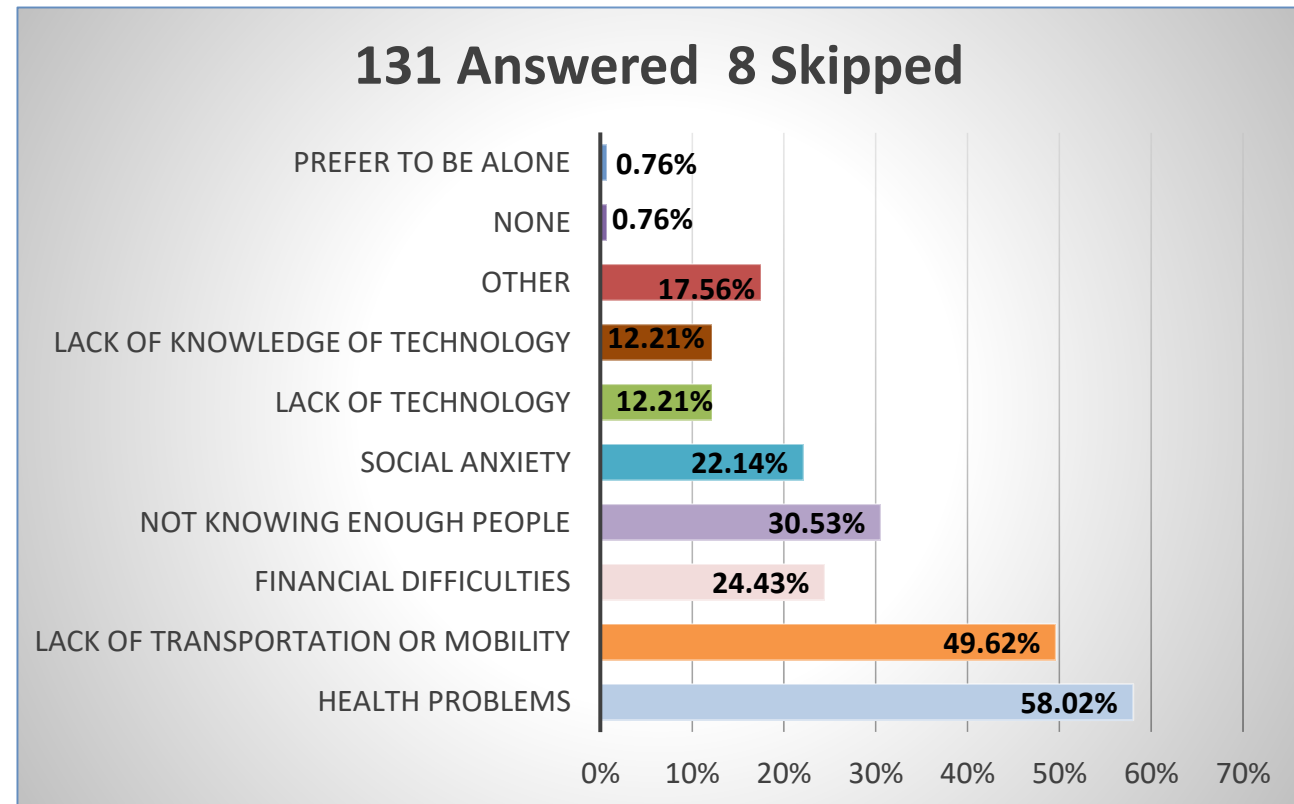
Barriers- "Other" – All Participants Scored 6 or above on UCLA-3 Scale

- 23 were answer choices listed in the "other" category and scored 6+

- 3 of "Other" responses were due to COVID-19 (53 had this response in Macon County)

- 6 marked "other" and expressed no issues – not interested, not lonely, etc.

- 9 Caregiving Duties – (3 Macon County)

- 2 Language barrier

- 3 different each marked gas prices or mental health

- 6 identified loss of friends or small social circle

- 4 identified lack of time 9(1 due to PT work)

Miscellaneous "other"

- Age
- Moved here and do not know people
- Husband is antisocial
- Distance
- I can't see my daughters they work

What kinds of social programs or activities would interest you? UCLA score 6+

Tags

- Crafts – sewing, knitting, adult coloring
- Games/Puzzles- bingo, board games, cards
- Exercise classes or sports - dance lessons, swimming
- Food Gatherings
- Intellectual-Talks, presentations, book clubs, reading, jokes, computer
- Music
- Outdoor activities – gardening, tractor pull
- Social Gatherings – job, volunteering, friends, support group
- Spiritual or church activities- bible study, church services
- Shopping/Travel-shopping, bus trip, ball game

	Scored 6 or Above
Crafts	4
Games/Puzzles	37
Exercise or sports	4
Food/Coffee	1
Intellectual	17
Music	4
Outdoor activities	1
Social gatherings	14
Spiritual/church	7
Shopping/Travel	4

Demographics

Race/ Ethnicity
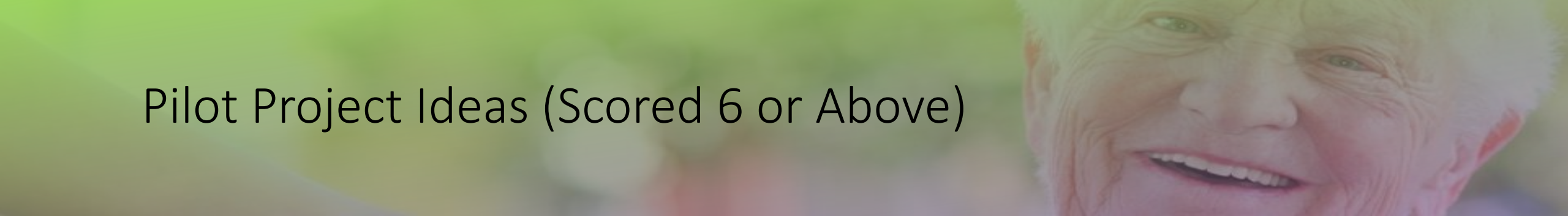
White/ Caucasian	268	87.01%
American	1	0.32%
German	1	0.32%
Irish	1	0.32%
Mexican	1	0.32%
Mixed-Anglo/Hispanic	1	0.32%
Spanish	1	0.32%
Black	1	0.32%
Prefer not to answer	33	10.71%

Gender

	All Participants	Scored 6 or Above	How often do you feel that you lack companionship? 2+	How often do you feel left out? 2+	How often do you feel isolated from others? 2+
Female	204	102	118	124	120
Male	84	33	51	46	40
Prefer not to answer	20	4	6	8	6

Needs by Agency Administering

	All Participants	Scored 6 or Above	How often do you feel that you lack companionship? 2+	How often do you feel left out? 2+	How often do you feel isolated from others? 2+
Peace Meal	99	43	48	53	52
Cumberland County Life Center / Peace Meal	80	55	66	63	63
LifeSpan Center	45	16	28	27	20
Cumberland County Life Center	14	10	11	11	11
Cumberland County Rehab and Health Care Center	4	0	0	3	1
Hilltop	3	0	1	1	0
EIU Adult Fitness	2	0	1	0	0
ECIAAA	2	0	1	0	1
East Central Council on Aging	2	1	1	1	1
Corporate Board Member and Gayle Strader	1	0	0	0	0
CCAR Industries	1	0	0	0	0
Prefer not to Answer	55	14	18	19	17

Companionship program

In Person Visits

- Of those who scored 6 or above, 59% selected in person visits as their preferred means of interaction

- 42% (55) said they wanted a once-a-day visit, 35% (45) said once a week

Telephone Calls

- Of those who scored 6 or above, 32% (42) selected telephone conversations as their preferred method of interaction

Next Steps

- Sub-committee meetings for each suggested pilot area

- Doodle poll sent out to all agencies to set meeting date

- Sub-committee will meet to determine the components of each project

  -collaboration between which agencies

  -determine deliverables

  -determine outcomes