

Factors associated with social isolation and loneliness among community dwelling older adults aged 50-74 living in New Zealand

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Objective

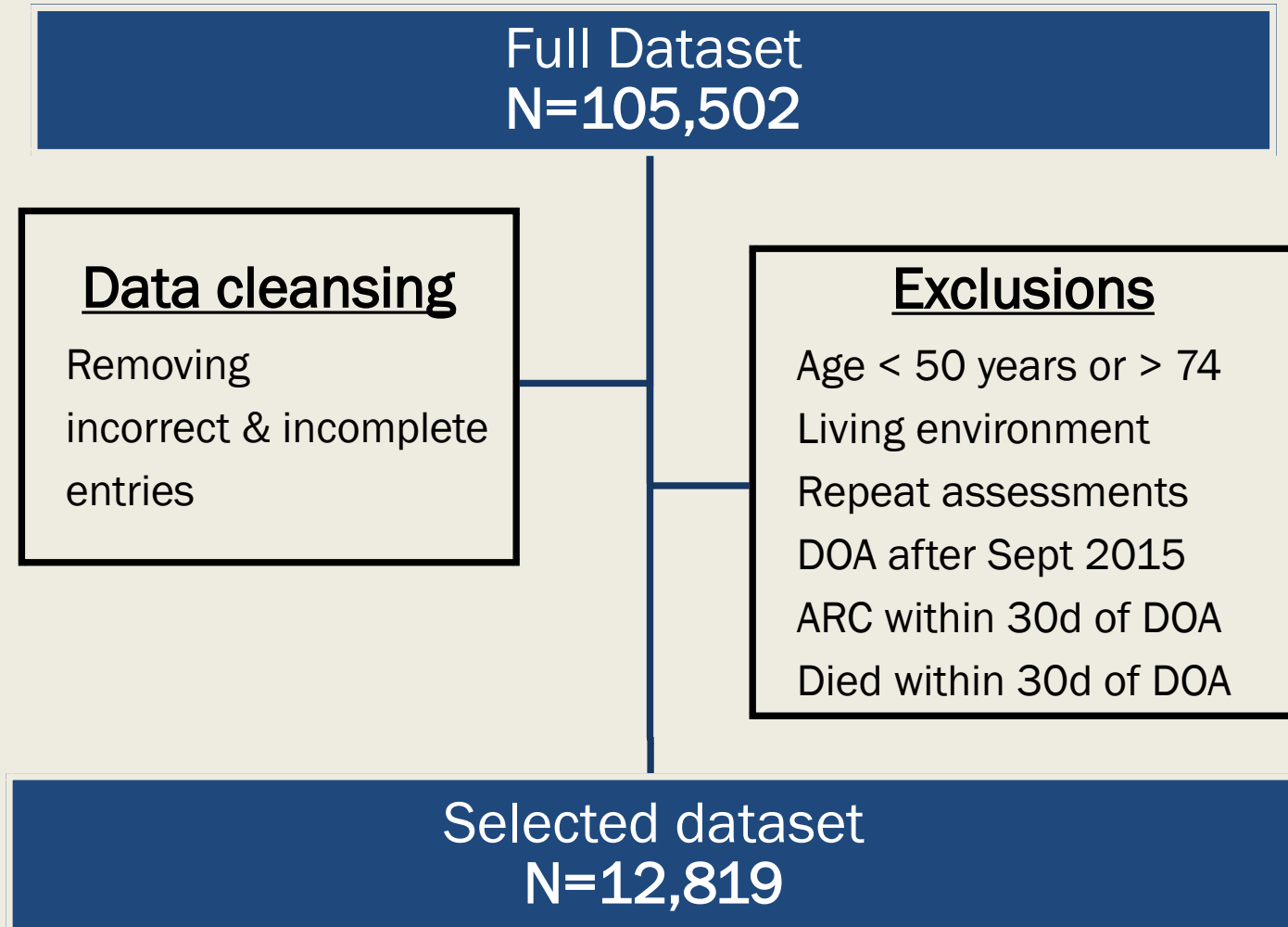
A preliminary analysis to identify factors that may be associated with loneliness and social isolation in this cohort

Overview

- A. Data Preparation
- B. Basic demographics
- C. Loneliness
- D. Factors that may be associated with Loneliness
- E. Loneliness associated with entry into Aged Residential Care (ARC)
- F. Social Isolation associated with entry into ARC

InterRAI Home Care data

Data collected: June 2012 – January 2016



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Basic demographics of our group

Gender	n	%
Female	7303	57%
Male	5513	43%

Age (years)	n	%
50 - 64	2536	20%
65 - 74	10283	80%

Ethnicity	n	%
European	9738	76%
Māori	1835	14%
Pacifika	869	7%
Asian	377	3%

Basic demographics of our group

Age Group \ Ethnicity	50 - 74		75 +	
	n	%	n	%
European	9738	76%	40650	91%
Māori	1835	<u>14%</u>	1919	<u>4%</u>
Pacifika	869	<u>7%</u>	1223	<u>3%</u>
Asian	377	<u>3%</u>	952	<u>2%</u>
Total	12819	100%	44744	100%

Medical diagnosis as identified by the interRAI-HC assessment

Diagnosis	Age group	50 - 74	75 +
		Diagnosis present	Diagnosis present
Cancer		17%	13%
Diabetes		29%	19%
Congestive Heart Failure		12%	17%
Coronary Heart Disease		25%	33%
COPD		20%	15%
Stroke		17%	16%

Medical diagnosis as identified by the interRAI-HC assessment

Diagnosis	Age group	50 - 74	75 +
		Diagnosis present	Diagnosis present
Depression		19%	11%
Dementia		12%	13%
Anxiety		13%	9%
Alzheimer's		8%	7%
Bipolar disorder		3%	1%
Schizophrenia		2%	1%

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Loneliness as identified by the interRAI-HC assessment

interRAI-HC question F2

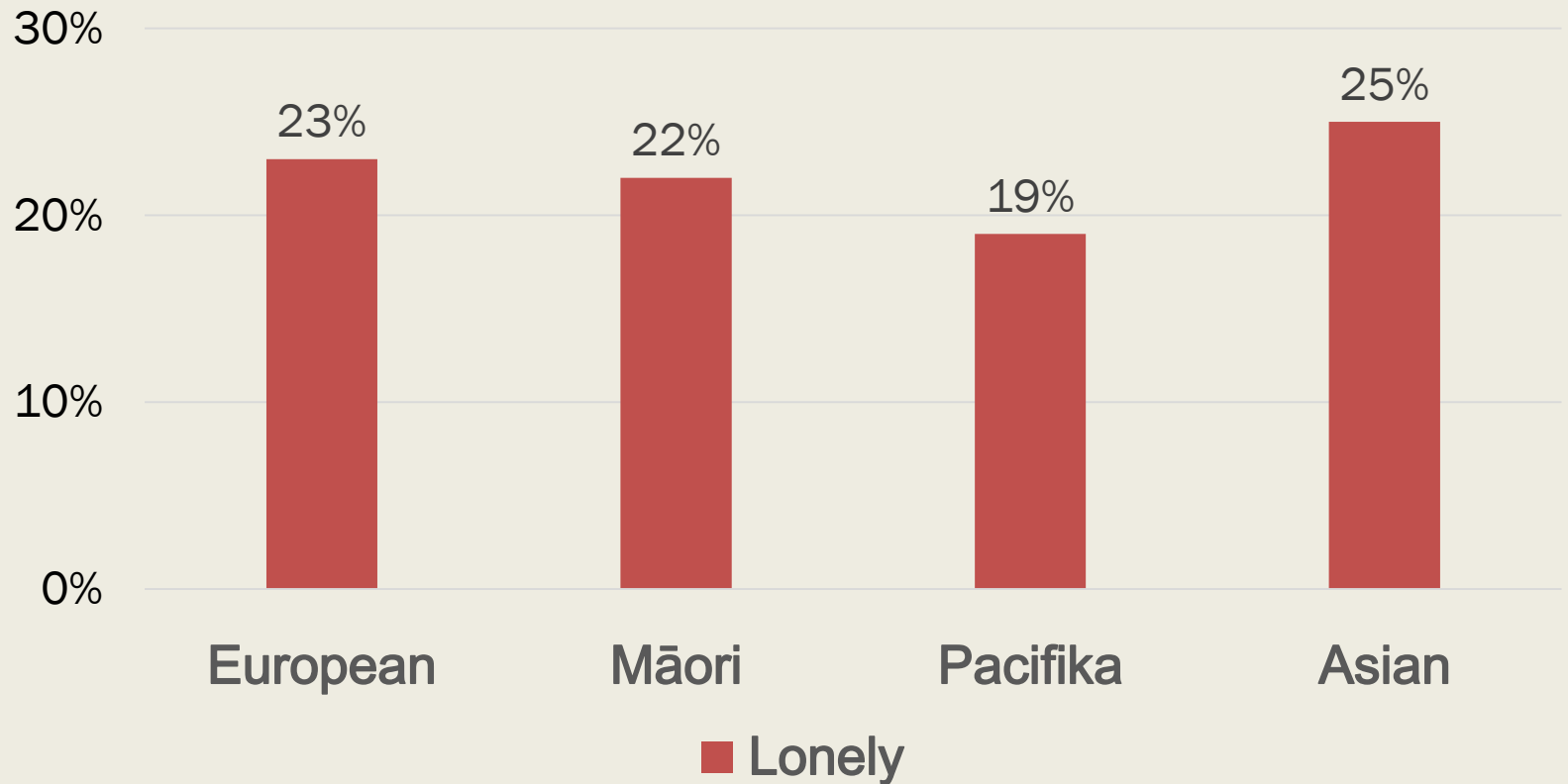
50 - 74		
	n	(%)
Not Lonely	9961	78%
Lonely	2853	<u>22%</u>

Loneliness and Living arrangements

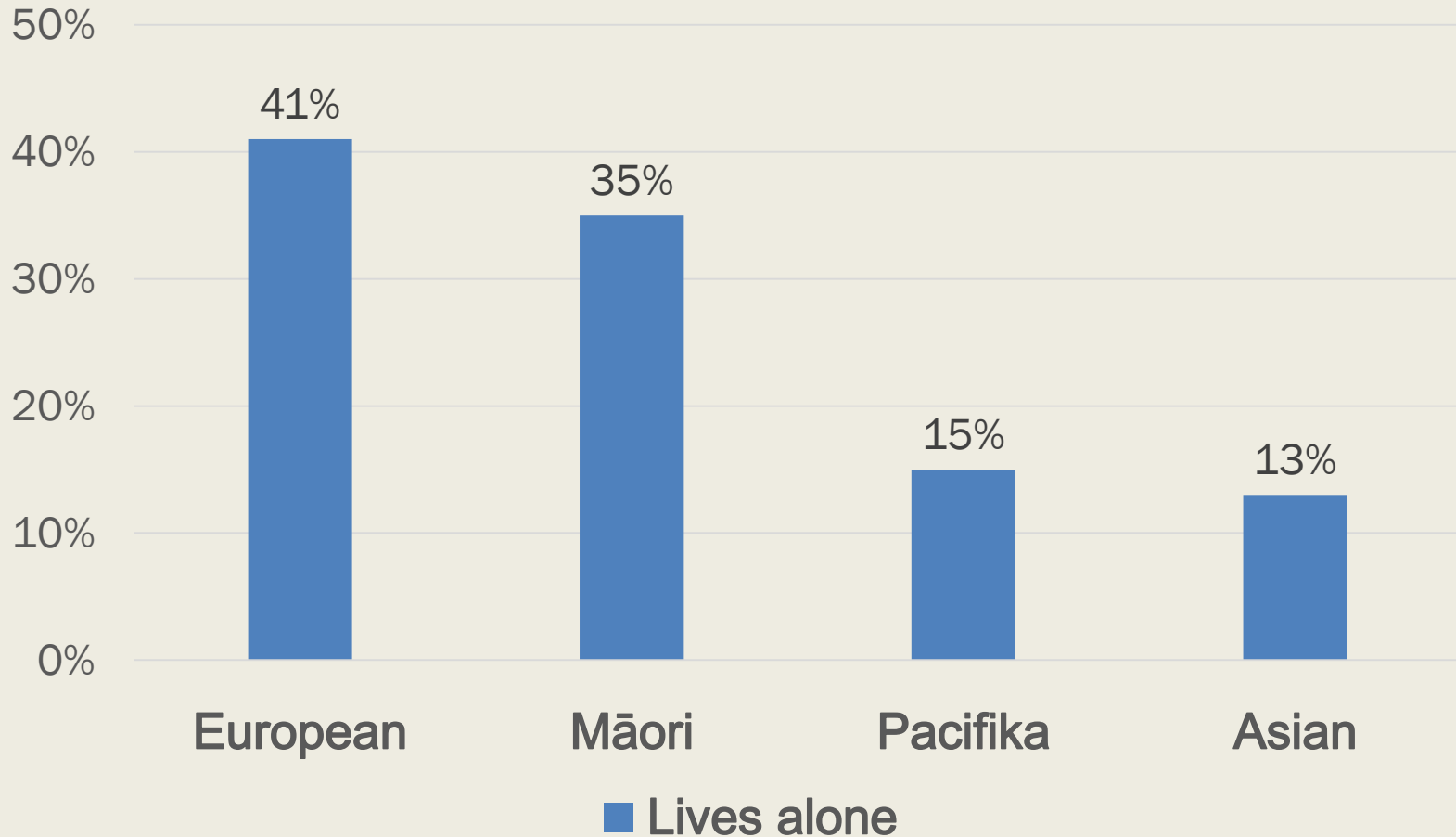
interRAI-HC question F2

	Lives alone		Lives with others	
	n	(%)	n	(%)
Not Lonely	3343	69%	6618	83%
Lonely	1474	<u>31%</u>	1379	<u>17%</u>

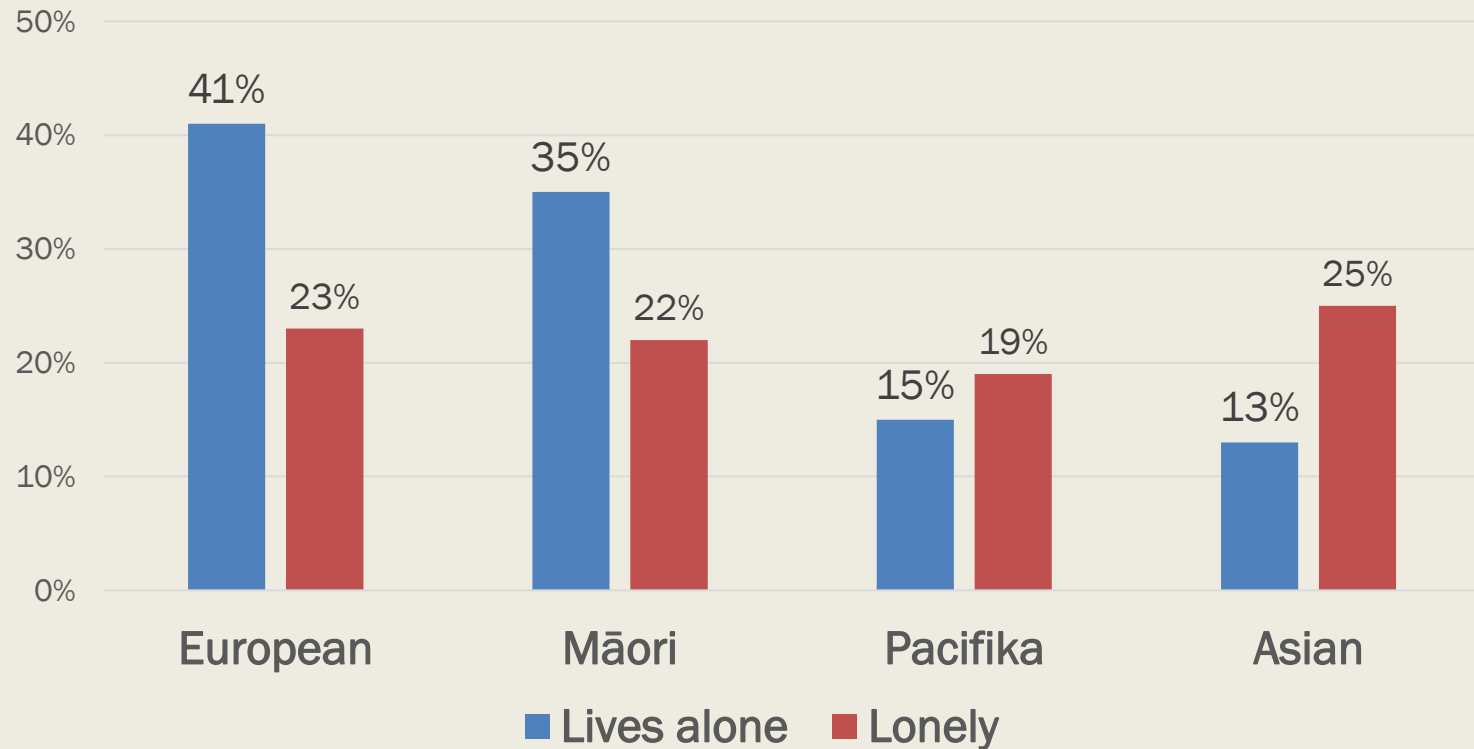
Loneliness by ethnic groups



Living arrangements by ethnic groups



Loneliness and Living arrangements by ethnic groups



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Time alone during the day

interRAI-HC questions F4
Combined F4₀ with F4₁ and F4₂ with F4₃

	Alone for up to 2 hours a day		Alone for more than 2 hours a day	
	n	(%)	n	(%)
Not Lonely	4916	86%	5045	71%
Lonely	786	<u>14%</u>	2067	<u>29%</u>

* Includes formal support contact time

Transport Management

interRAI-HC question G1hA

	Independent		Not Independent	
	n	(%)	n	(%)
Not Lonely	3062	80%	6899	74%
Lonely	1087	<u>20%</u>	1766	<u>26%</u>

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Loneliness and entry into ARC

- Aging in place
- The average age is 83 years in ARC according to interRAI-HC data vs our cohort average of 68 years
 - *Is ARC age appropriate?*
- Previous work highlighted that loneliness was independently associated with admission to ARC
 - *Is this the same for a younger cohort?*

Loneliness as a predictor for entry into ARC

- Un-adjusted data

SHR = 1.14 (1.02,1.28)

Sub-distribution Hazard Ratio (SHR)
 $\alpha = 0.05$, () = 95% Confidence interval

Loneliness as a predictor for entry into ARC

- Adjusted for confounders

SHR = 1.19 (1.05,1.36)

- **19% more likely to enter ARC**

Confounders list: Age, Gender, Ethnicity, Cognition impairment, ADLQ, IADLQ, Bladder and Bowel continence, Living arrangement, Carer stress, Negative interaction, Timed 4m walk, Depressive symptoms, Fall.

$\alpha = 0.05$, () = 95% Confidence interval

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Social Isolation factors associated with entry into ARC

- Living alone

SHR = 1.53* (1.35,1.74)

- More than 8 hours alone daily

SHR = 1.29* (1.10,1.54)

- Transport Management

SHR = 1.31* (1.10,1.56)

$\alpha = 0.05$, () = 95% Confidence interval, * Adjusted model

Summary

- In this cohort, loneliness (SHR=1.19) and Living alone (SHR=1.13) are independently associated with entry into ARC
- Living alone and other Social isolation factors are associated with an increased likelihood of loneliness, however there are significant ethnic differences to be considered
- Further analysis is needed to explore the factors associated with entry into ARC in this cohort

Q & A

Acknowledgements

- Rebecca Abey-Nesbit (PhD candidate, University of Otago)
- Ulrich Bergler (Research fellow, University of Otago)
- Jennifer Brown (HOD Mathematics and Statistics, University of Canterbury)
- Sally Keeling (Department of Medicine, University of Otago)
- Jason Theobald (Technical Advisory Services, Wellington)
- Ross Judge (Ministry of Health, Wellington) who provided the data
- Philip J Schluter (School of Health Science, University of Canterbury)
- Dr Brigette Meehan (Technical Advisory Services, Wellington)
- Hamish Jamieson (Department of Medicine, University of Otago)