Decreasing Social Isolation in Adults via a Cognitive Wellness Program

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Repository Citation
https://escholarship.umassmed.edu/chr_symposium/2019/posters/2
https://doi.org/10.13028/d3yw-7b90.
RESULTS (continued)

Assessing the impact our classes were having on participants, we conducted surveys to determine the effectiveness of our program. The surveys assessed the following outcomes:

- **Improved Communication Skills**: Decreasing participants' willingness to have others speak for them (Q7)
- **Increased Connectedness**: Decreasing participants' avoidance of situations where communication is necessary (Q6)
- **Self-Confidence**: Increasing participants' confidence in their communication skills (Q9)

Survey results showed that, on average, participants reported significant improvements in their communication skills and confidence levels. Specifically, participants felt more confident communicating with others in daily life, and they reported a decrease in the tendency to let others speak for them.

**Benefit of Classes to Participants as Measured by Average Gain Scores**

<table>
<thead>
<tr>
<th>Benefit of Classes</th>
<th>Pre-Questionnaire Gain Score</th>
<th>Post-Questionnaire Gain Score</th>
<th>Average Gain Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved Communication Skills</td>
<td>2.3</td>
<td>3.7</td>
<td>1.4</td>
</tr>
<tr>
<td>Increased Connectedness</td>
<td>2.1</td>
<td>3.5</td>
<td>1.4</td>
</tr>
<tr>
<td>Improved Self-Confidence</td>
<td>1.2</td>
<td>2.4</td>
<td>1.2</td>
</tr>
</tbody>
</table>

**Outcomes of the Program**

- Improved Communication Skills: 75%
- Increased Connectedness: 68%
- Improved Self-Confidence: 57%

**Barriers to Access**

- Language barriers: 30%
- Cost to attend classes: 15%
- Transportation to classes: 10%
- Language barriers: 10%

**Resources Available**

- Personalized instruction to address individual needs
- Scheduling flexibility
- Community outreach

**Inclusivity**

- Adapted to meet the needs of diverse populations
- Inclusive curriculum

**Conclusions/Discussion**

- Quantitative and qualitative outcomes demonstrated a significant impact of our program on reducing social isolation and enhancing healthy aging.
- Participants reported improvements in communication skills, self-confidence, and connectedness.
- The program was effective in addressing barriers to access such as language and transportation.

**Next Steps**

- We are interested in continuing our program in its current form and expanding its reach.
- We are considering partnerships with other communities to enhance the program's impact.

**Select References**