

Interventions for Mitigating Social Isolation Among Elderly Populations: Engaging Community Resources Effectively

Sam Moore

PhD

Stanford University

450 Serra Mall, Stanford, CA 94305, USA

Cameron Roberts

Professor

Ludwig Maximilian University of Munich

Leopoldstraße 13, 80802 München, Germany

Alex Lopez

Associate Professor

University of Sydney

Camperdown NSW 2006, Australia

Abstract. Social isolation among elderly individuals has emerged as a pressing concern, particularly in the context of increasing urbanization and the COVID-19 pandemic. This study employs a mixed-methods approach, utilizing quantitative surveys and qualitative interviews to assess the effectiveness of community-based interventions aimed at reducing feelings of loneliness. Our findings reveal that targeted engagement with local resources, such as volunteer programs and community centers, significantly diminishes social isolation, enhancing both psychological well-being and social connectedness among the elderly. These insights contribute to the ongoing discourse on social support systems and policy formulation for aging populations, emphasizing the necessity for integrated community strategies.

Keywords: social isolation, elderly populations, community interventions, psychological well-being, loneliness, social support, aging, urbanization, community resources

Introduction

The phenomenon of social isolation among elderly populations has reached critical levels globally, exacerbated by contemporary challenges such as urbanization, mobility constraints, and the lingering impact of the COVID-19 pandemic. Social isolation refers to the absence of social interactions, which can lead to adverse physical and mental health outcomes, including increased mortality risks and heightened incidences of anxiety and depression. According to recent studies, approximately one in three older adults experience significant loneliness, highlighting an urgent need for effective interventions. The relevance of this issue is underscored by the projected demographic shift towards an aging population, necessitating an urgent response from social scientists and policymakers alike.

This paper aims to explore community-driven strategies to mitigate social isolation among older adults. We will begin by reviewing existing literature on the psychological impacts of isolation, followed by a presentation of our methodological framework that combines quantitative data collection through surveys with qualitative insights from interviews. Subsequently, we will analyze the data to evaluate the effectiveness of specific interventions and discuss their practical implications for local community engagement. Ultimately, our goal is to contribute meaningful recommendations for future policies aimed at fostering social connections among elderly individuals.

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References

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