

## Social Isolation and Loneliness Screening Tool

Social isolation is a lack of social contact and relationships with individuals outside the home who are not paid caregivers. Loneliness is sadness or distress from feeling alone. Social isolation and loneliness have a major impact on physical and mental health outcomes. A member might be experiencing or be at risk of social isolation if they do not have all four of the following:

- **Trusted Relationships** – People they can talk with, confide in, and depend upon
- **Social Connections** – People with common interests that they do activities with (in-person or online)
- **Community Engagement Activities** - Participation in activities in the community and/or groups the member participates in
- **Access to the Community** – Support for participating in activities and spending time with others (e.g., transportation, internet access, personal assistance).

This Screening Tool is designed to assist ALTCs Case Managers in determining whether a member is experiencing or is at risk of social isolation or loneliness. The outcomes of the screening can be used to support conversations with members to develop personal goals related to relationships and community engagement. Conversations should center around addressing barriers, needs, preferences and identifying services, interventions, community resources, etc. to support goal achievement.

The member may also indicate that they are experiencing social isolation ~~/or~~ loneliness, or it may have been identified that the member is at-risk of social isolation ~~/or~~ loneliness during the Person-Centered Service Plan (PCSP) meeting based on responses to questions in *Section III. Preferences and Strengths* and/or *Section IV. Individualized Setting/Home Life*.

Please complete the following three questions. There are no right or wrong answers.

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

***Companionship is a feeling of friendship or fellowship with someone else. It includes spending time with someone who you enjoy being with.***

Answer Choices:

1. ☐ Hardly Ever
2. ☐ Some of the Time
3. ☐ Often

### 2. How often do you feel left out?

Answer Choices:

1. ☐ Hardly Ever
2. ☐ Some of the Time
3. ☐ Often

**3. How often do you feel isolated from others?**

*Being isolated means a lack of social contact and relationships with people outside your home, who are not paid caregivers.*

Answer Choices:

1. ☐ Hardly Ever
2. ☐ Some of the Time
3. ☐ Often

*This screening tool has been adapted from the University of California Los Angeles (UCLA) 3-Item Loneliness Scale.*

**Scoring the Answers**

Using the numbers next to each answer choice, enter each answer choice score and add the total of all the member's answers:

Screening Questions	Score
Question #1	
Question #2	
Question #3	
Total Score:	

- A total score of 3 – 5 means a member is not likely to be experiencing social isolation ~~or~~ loneliness.
- A total score of 6 – 9 indicates a member may be experiencing social isolation ~~or~~ loneliness and could benefit from additional service planning.

If the results of the screening shows the member is experiencing social isolation ~~or~~ loneliness the ALTCS Case Manager shall work with the member and the PCSP team to discuss and plan interventions and develop personal goals to address social isolation and loneliness.

The ALTCS Case Manager shall save the completed Screening Tool with the member's PCSP supplemental documentation.