



## Social Isolation Screening Resources for ADRCs/NWD Systems

Many Aging and Disability Resource Centers (ADRCs)/No Wrong Door (NWD) Systems have enhanced screening for social isolation during the COVID pandemic in addition to offering creative and innovative ways to keep older adults and individuals with disabilities socially connected during this time of physical distancing. The chart below offers information on some of the tools ADRCs/NWD Systems are using.

Name	Questions	NWD States or Organizations Using
<b>Upstream Social Isolation Risk Screener (U-SIRS)</b> was developed by Texas A and M	Constructs include physical (objective), emotional (subjective) and social support (subjective and objective) and also helps connect to resources	MD (Specifically MAC, Inc., a local ADRC site from <a href="#">ACL webinar</a> )
<b>Three-item UCLA Scale</b> was developed for use in telephone surveys in which questions are posed to the person being assessed. The three-item scale is being used widely in both research and clinical settings.	<ol style="list-style-type: none"> <li>1. First, how often do you feel that you lack companionship: Hardly ever (1), some of the time (2), or often (3)?</li> <li>2. How often do you feel left out: Hardly ever (1), some of the time (2), or often (3)?</li> <li>3. How often do you feel isolated from others: Hardly ever (1), some of the time (2), or often (3)?</li> </ol>	IL (Forumbee post)
<b>Lubben Social Network Scale</b> is an adaptation of the Berkman–Syme Social Network Index developed to focus specifically on older adults	FAMILY: Considering the people to whom you are related by birth, marriage, adoption, etc... <ol style="list-style-type: none"> <li>1. How many relatives do you see or hear from at least once a month?</li> </ol>	SC (ADRC Rapid Assessment)



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	<ul style="list-style-type: none"><li>• 0 = none, 1 = one, 2 = two, 3 = three or four, 4 = five through eight, 5 = nine or more</li></ul> <p>2. How many relatives do you feel at ease with that you can talk about private matters?</p> <ul style="list-style-type: none"><li>• 0 = none, 1 = one, 2 = two, 3 = three or four, 4 = five through eight, 5 = nine or more</li></ul> <p>3. How many relatives do you feel close to such that you could call on them for help?</p> <ul style="list-style-type: none"><li>• 0 = none, 1 = one, 2 = two, 3 = three or four, 4 = five through eight, 5 = nine or more</li></ul> <p>FRIENDSHIPS: Considering all of your friends including those who live in your neighborhood...</p> <p>4. How many of your friends do you see or hear from at least once a month?</p> <ul style="list-style-type: none"><li>• 0 = none, 1 = one, 2 = two, 3 = three or four, 4 = five through eight, 5 = nine or more</li></ul>	



Name	Questions	NWD States or Organizations Using
	<p>5. How many friends do you feel at ease with that you can talk about private matters?</p> <ul style="list-style-type: none"> <li>• 0 = none, 1 = one, 2 = two, 3 = three or four, 4 = five through eight, 5 = nine or more</li> </ul> <p>6. How many friends do you feel close to such that you could call on them for help?</p> <ul style="list-style-type: none"> <li>• 0 = none, 1 = one, 2 = two, 3 = three or four, 4 = five through eight, 5 = nine or more</li> </ul> <p>LSNS-6 total score is an equally weighted sum of these six items. Scores range from 0 to 30</p>	
<p><b>Professor Nicholas Nicholson's (Quinnipac University) Scale</b> is a validated 6-item social isolation scale designed to screen older adults</p>	<p>Thinking about your family, friends, and neighbors, how many do you:</p> <ol style="list-style-type: none"> <li>1. See face-to-face at least once a month?</li> <li>2. Communicate with on a personal level?</li> <li>3. Feel close to on a personal level?</li> </ol> <p>The following questions are answered by: Strongly disagree, Somewhat disagree, Neither agree nor disagree, Somewhat agree, or Strongly agree</p> <ol style="list-style-type: none"> <li>4. Overall, I feel that my relationships are fulfilling</li> </ol>	<p>CT (ADRC Rapid Assessment)</p>



Name	Questions	NWD States or Organizations Using
	5. I feel like I just don't belong 6. I feel I spend enough time involved in social activities	
<b>de Jong Gierveld Loneliness Scale</b> is a <a href="#">6-item</a> social and emotional isolation scale that can be used to screen the extent of a person's social and emotional loneliness	1. I experience a general sense of emptiness 2. There are plenty of people I can rely on when I have problems 3. There are many people I can trust completely 4. There are enough people I feel close to 5. I miss having people around 6. I often feel rejected	NY (ADRC Rapid Assessment) "Based on the results of the <a href="#">screen</a> , the NWD staff can refer the individual to services focused on reducing social isolation and/or loneliness. This scale has also been added to comprehensive assessment tool used by the AAAs, and will become a requirement of the assessment."
Added two basic questions to regular intake protocols	2 questions: 1. Do you use technology to connect? 2. With whom do you connect?	Northwest Iowa Area Agency on Aging (Minute 37 from presentation at 2020 n4a conference <a href="#">engAGED Social Isolation Summit</a> ). They reported only 20% of individuals served used technology or had access to technology like Internet or smart phone, etc.