

Social Isolation in the Older Adult

Donald J Schum, PhD
VP, Audiology



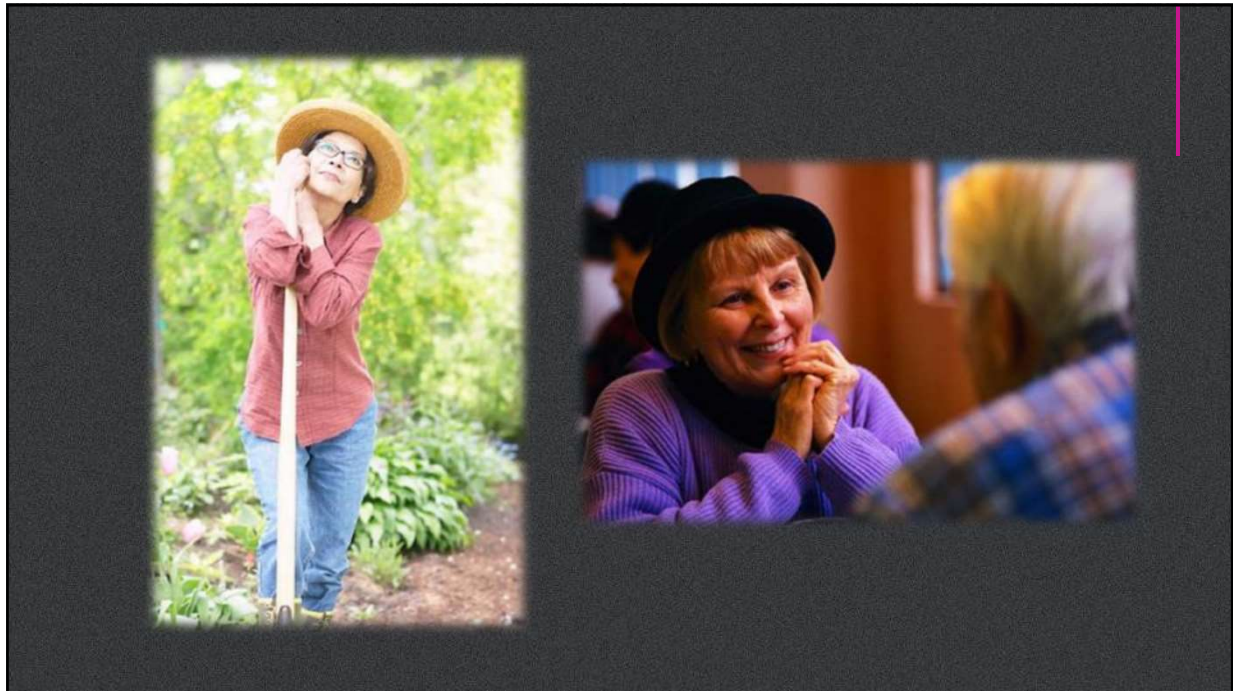
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Learning Objectives:

- ▶ . . . recognize how hearing loss may be part of a broader array of body changes in the older adult, leading the patient to make adjustments in behavior in order to compensate
- ▶ . . . identify the life, familial and vocational effects that may put the older adult at risk for isolation, all further complicated by the presence of hearing loss
- ▶ . . . list intervention techniques designed to emphasize the value of maintaining good social contact despite the presence of hearing loss

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How do we view the older adult?



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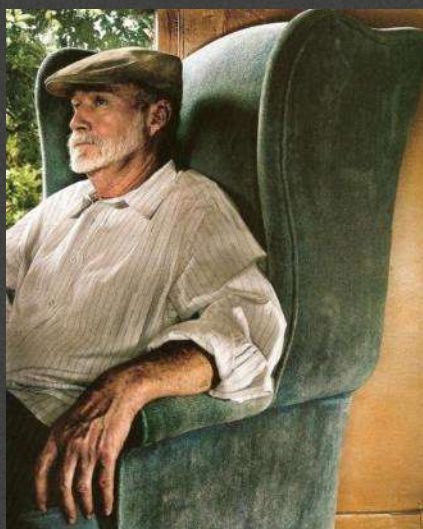


How does the older adult view aging?

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Aging: constant reminder of mortality



- Fear of failure
 - Fear of irrelevance
- Fear of loss of independence
- Fear of suffering

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5th Edition

Handbook of the PSYCHOLOGY of Aging

Edited by
James E. Birren
K. Warner Schaie

The Aging Individual

Physical and Psychological Perspectives, 2nd Edition

Susan Krauss Whitbourne

ishing Company

6th Edition

Handbook of AGING and the SOCIAL SCIENCES

Edited by Robert H. Binstock and Linda K. George

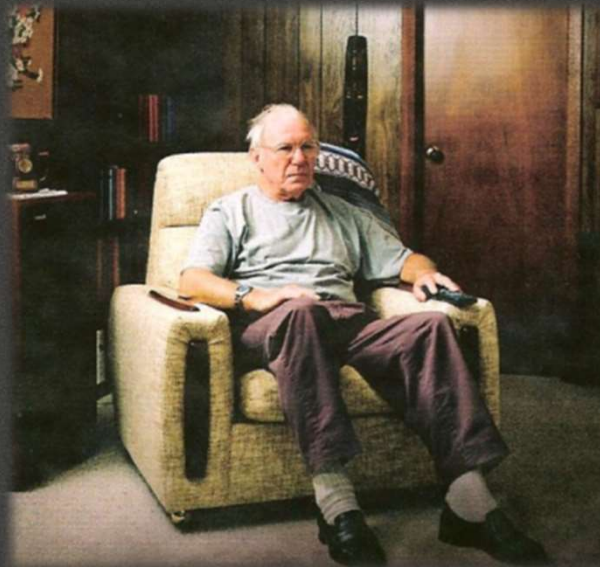
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We Are Not Alone

Where does hearing loss fall in the progression of aging?

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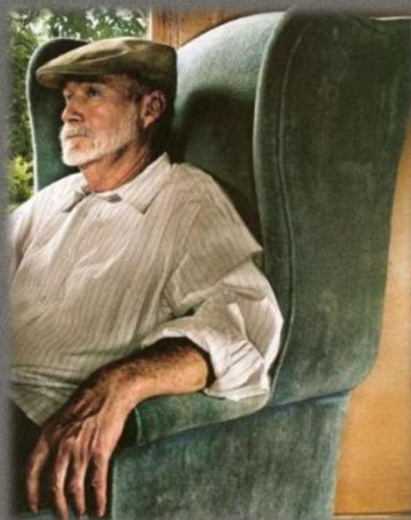


Denial

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Normalization & Passive Acceptance



"This is just what happens
when you get older . . ."

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Suspicion

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**Confidence &
Self-efficacy**

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SOC Model of Reaction to Aging

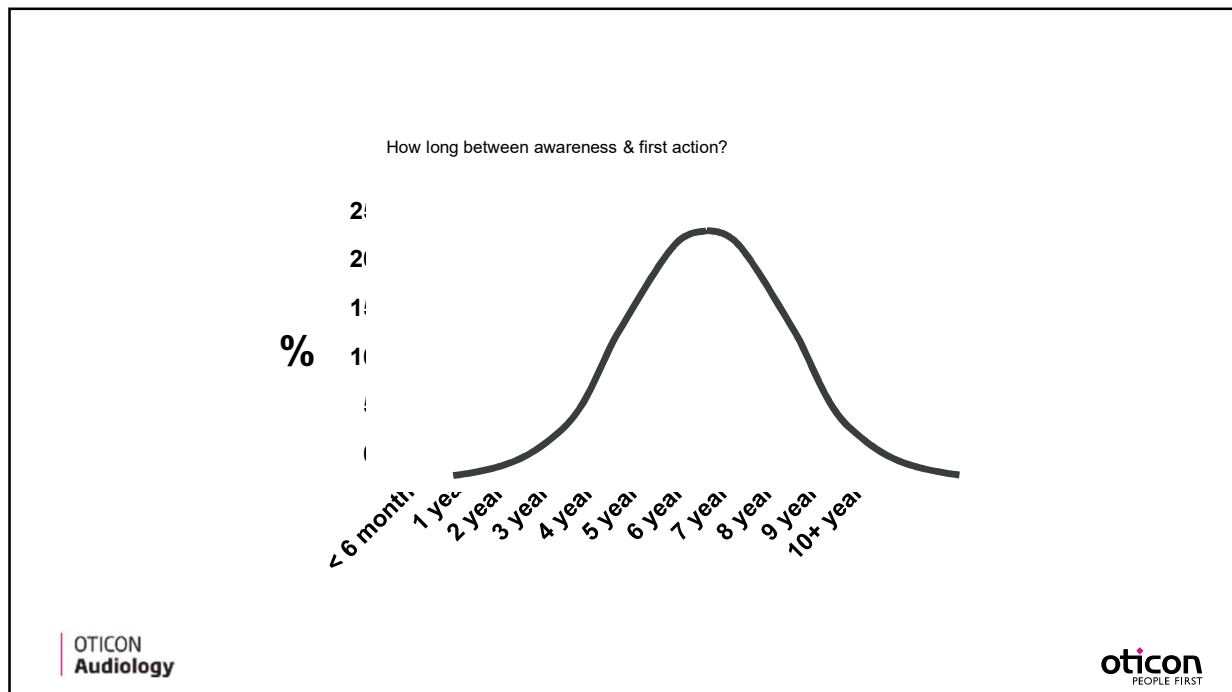
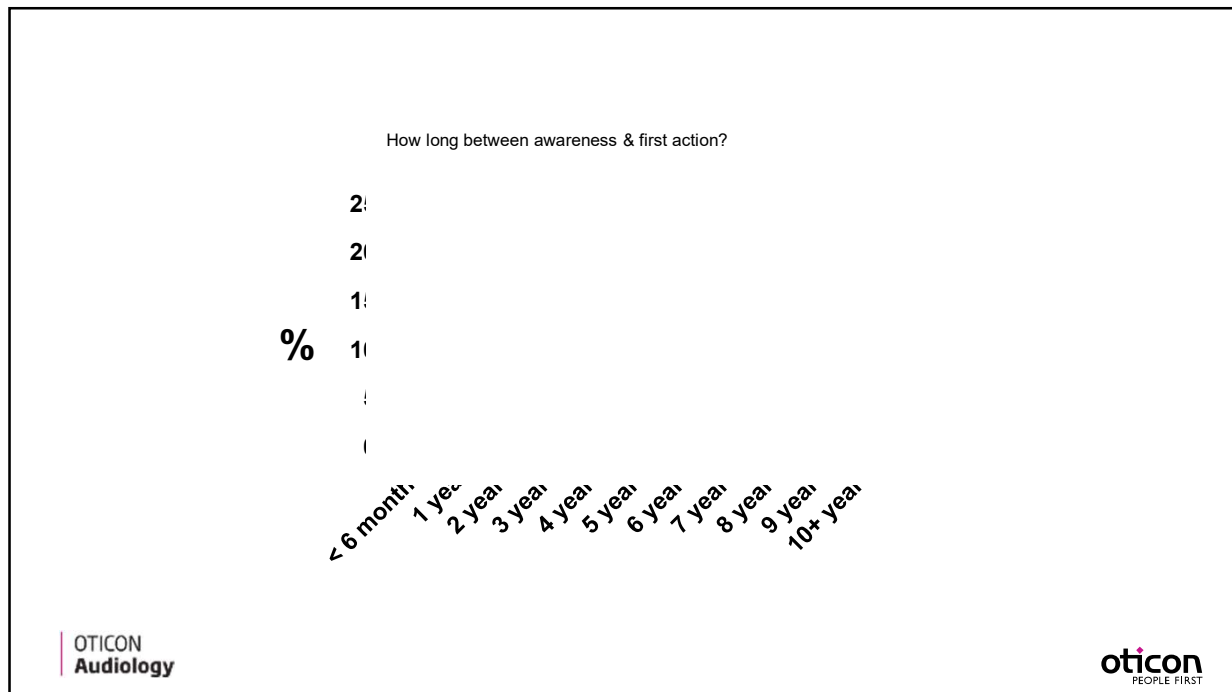
- ▶ Selectivity
- ▶ Optimization
- ▶ Compensation

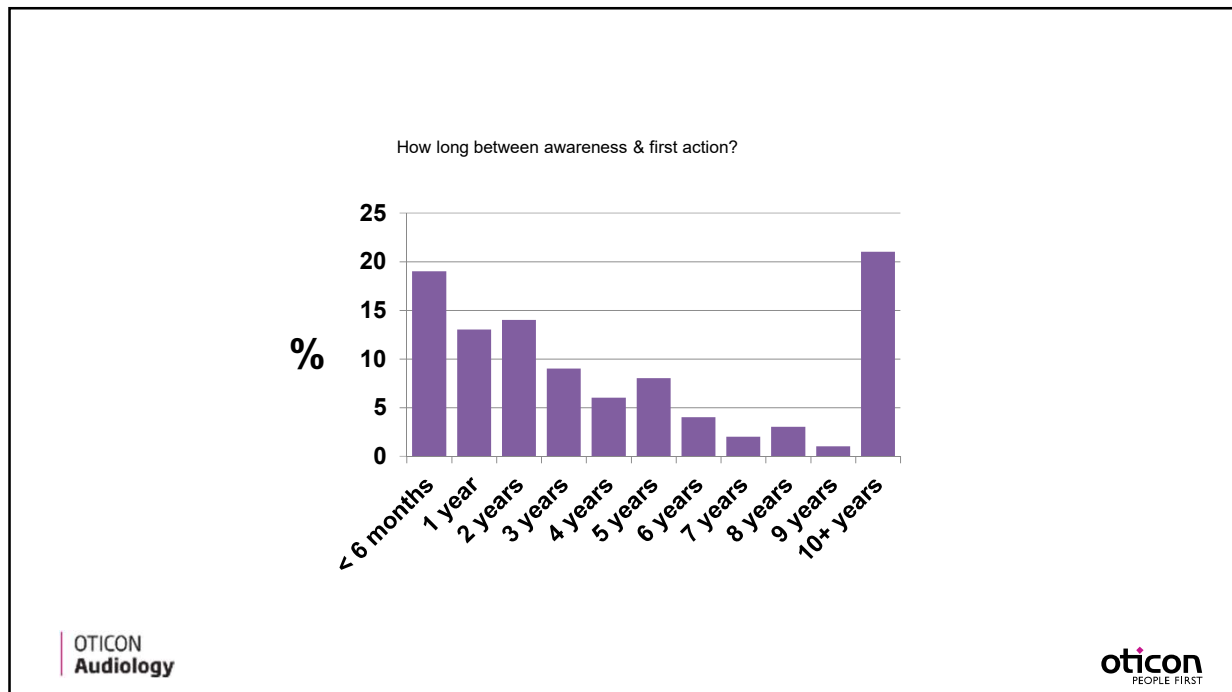
SOC Model of Reaction to Aging

- ▶ Selectivity
- ▶ Optimization
- ▶ Compensation

Most common

Least common

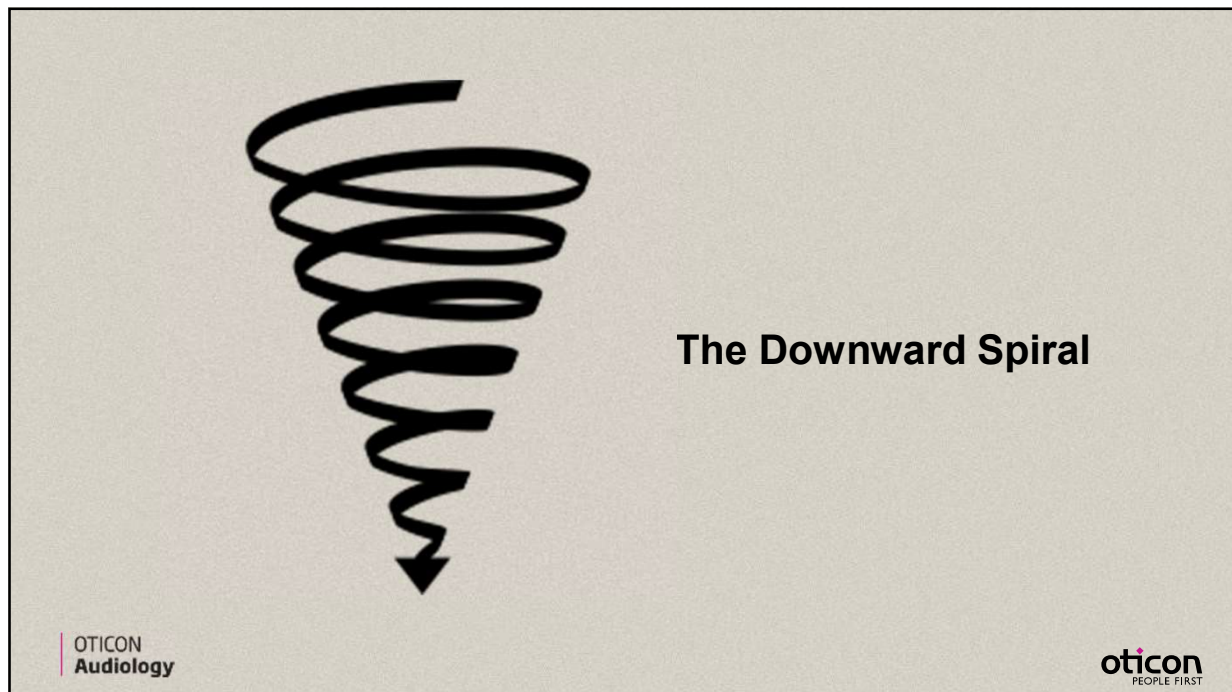
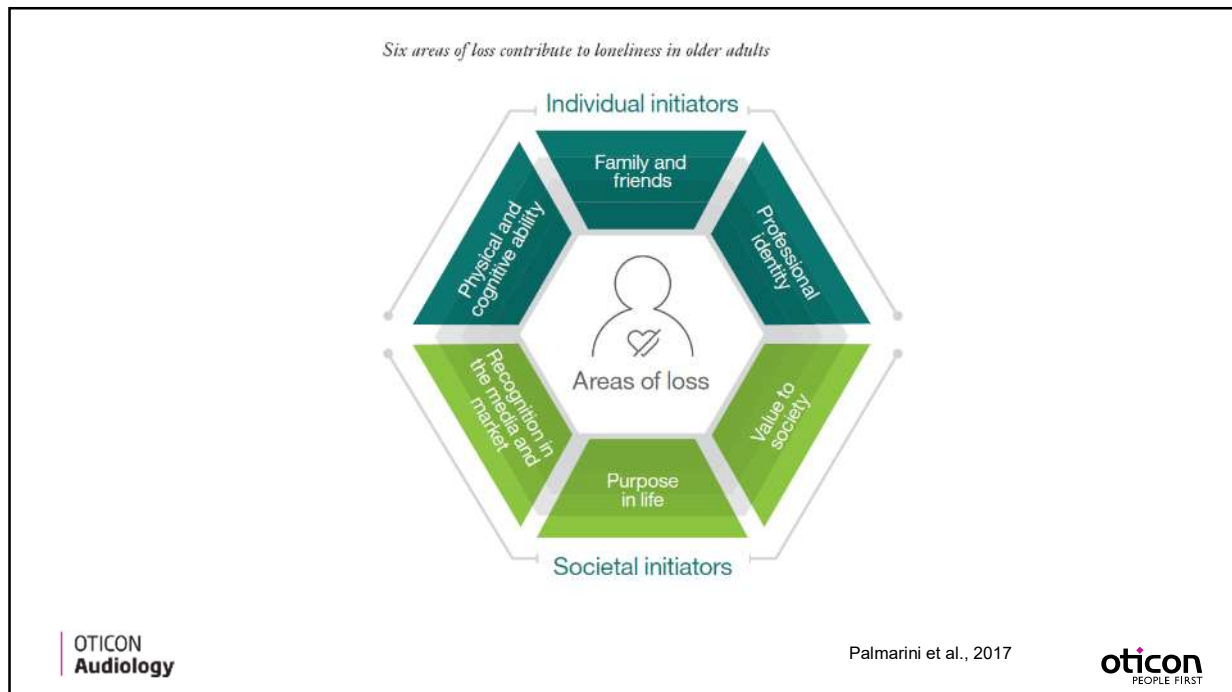




Health Risk of Isolation: Loneliness

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“Successful Aging”

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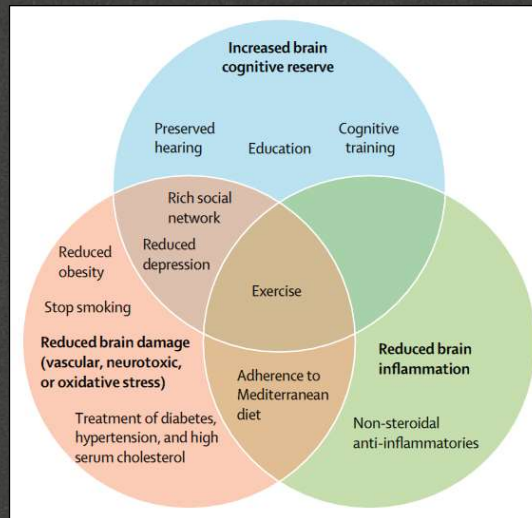
1: Free from disease

2: Maintaining good cognitive function

3: Maintaining quality contacts with people and activities

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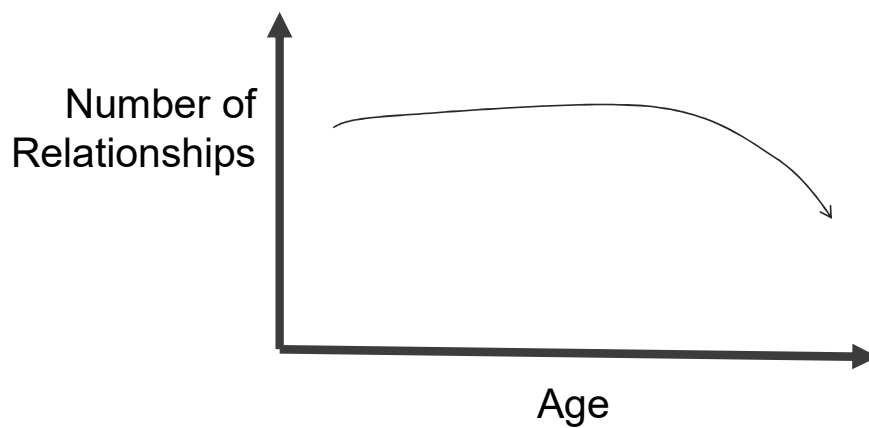


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Livingston et al., 2017

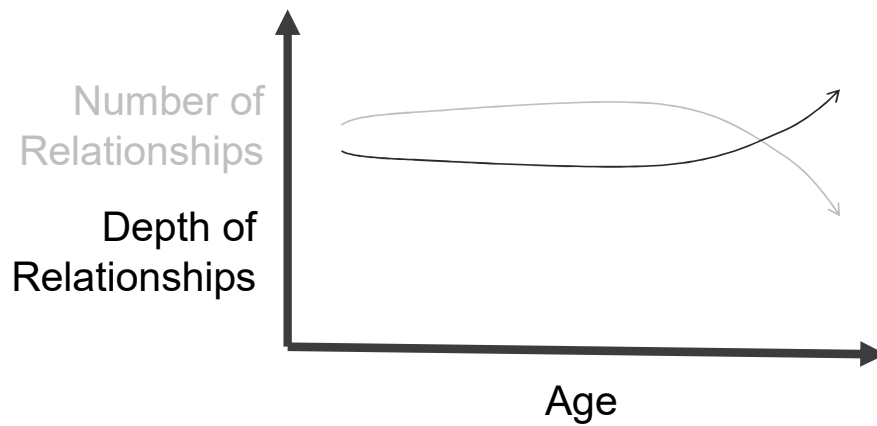
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Aging & Relationships



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Aging & Relationships



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Health Risk of Isolation

Not related to *number* of relationships

Is related to *depth* of relationships

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Relationships: Friends versus Families



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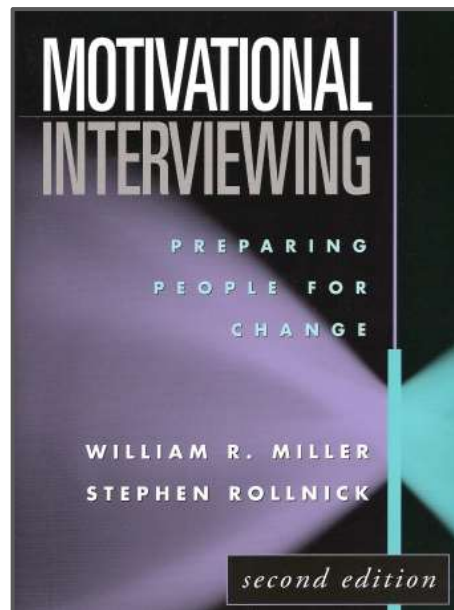
What makes a patient ready?

- ✓ Trust
 - ✓ Professional
 - ✓ Product
 - ✓ Self
- ✓ Emotionally feels the effects of the hearing loss
- ✓ Takes ownership
- ✓ Realistic expectations

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Creating Change



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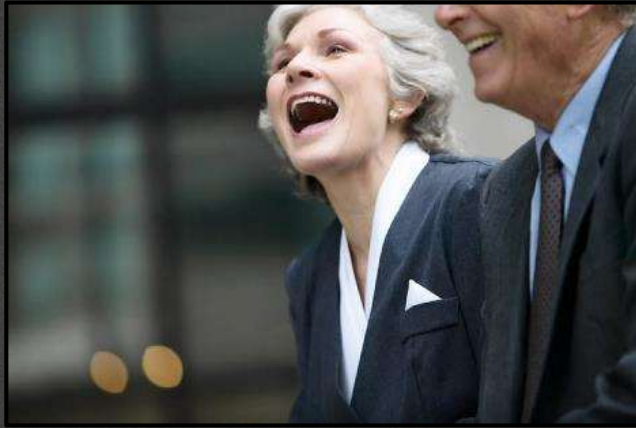
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Suggestions on Counseling Strategy:

► COSI

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Donald J Schum, PhD
VP, Audiology



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D.Schum@Oticon.com

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