Social Connection & Pain in Older Adults
A social prescribing program promoting online social connection for older adults in the Yarra Ranges Shire

DEMOGRAPHICS
9 participants completed measures at baseline and post-program. 67% of participants were men. The average age was 73 years (ranging from 65 to 84 years). 78% of participants lived with their spouse or partner; 22% lived alone. On average, participants had lived with chronic pain for 26 years.

LONELINESS
7 out of 9 participants scored in the range of being at risk for social isolation. On average, there was no difference between the overall loneliness score at baseline ($M=7.22$) and post-program ($M=7.11$).

At baseline, one-third of participants scored in the 'Moderate' range of loneliness and 44% in the 'Very Severe' range. Post-program, only 11% scored in the 'Very Severe' range.

On average, 33% of participants scored in the range of loneliness post-program.

PAIN
Participants were asked to rate their pain on a scale from 0 ('No pain') to 10 ('Pain as bad as you can imagine'). On average, participants rated both their average pain and current pain (at the time of the interview) as lower post-program compared to baseline.

Average Pain: 5.7
Current Pain: 4.3

Reported a decrease in average self-reported pain post-program compared to baseline.

Reported a decrease in current self-reported pain post-program compared to baseline.

SYMPTOMS OF DEPRESSION, ANXIETY & STRESS
On average, participants scored lower on the depression, anxiety and stress scales post-program compared to baseline, indicating an overall reduction in severity of symptoms.

Depression: 10.0
Anxiety: 7.1
Stress: 4.2

Reported reduced depression symptom severity post-program compared to baseline.

Reported reduced anxiety symptom severity post-program compared to baseline.
TREATMENT SATISFACTION

Post-program, 6 out of 9 participants rated their satisfaction with the program as 7/10 or higher.

PARTICIPANT FEEDBACK

"I'm perhaps less conscious of pain when I'm out and involved with people." P62

"I was able to do it (learn how to use the tablet) at my own pace which was pretty calming. It did build my confidence." P70

"My experience of increasing social connections online was fantastic and I am definitely going to continue." P73

"It has been a great improvement in my mental outlook." P71

"I don't feel as lonely since being part of the program. I think that increases my own self worth." P73

"It just changes the day-to-day dynamics when I participate in that Zoom meeting...you are actually talking and communicating with people via this medium." P74

"There has been some reduction (in pain levels). I am not 100% sure if they have decreased or my tolerance of them has increased." P73

"The program is sensitive to me in trying to understand how I tick." P69

"It's increased my confidence a lot...I feel my quality of life has improved." P62

"The online pain meetings are very helpful in so much as its a group of people in similar boats to me...I will continue." P75

"I'm living in a lot more hope there are so many doors that can open as long as I want to open them." P71