



# TECHNOLOGY TO MITIGATE SOCIAL ISOLATION AND LONELINESS

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## Use of Information and Communication Technology (ICT) Devices Among the Oldest-Old: Loneliness, Anomie, and Autonomy

<https://academic.oup.com/innovateage/article/4/2/igz050/5687156?login=true>

As digital technologies are an integral part of older adults' environments, the study predicted that using information and communication technologies (ICT) is associated with subjective well-being among older adults. This study compared different user groups of ICT devices and analyzed the relations between ICT use and three domains of subjective well-being (loneliness, anomie, and autonomy). **(OPEN ACCESS)**

## Customized Information and Communication Technology for Reducing Social Isolation and Loneliness Among Older Adults: Scoping Review

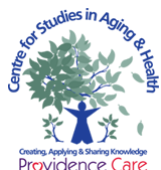
<https://mental.jmir.org/2022/3/e34221/>

Research shows that the problems of loneliness and social isolation are common among older adults, affecting psychological and physical health. This review explores information and communication technology ICT solutions for reducing social isolation or loneliness among older adults. **(OPEN ACCESS)**

## A Systematic Review on Technology- Supported Interventions to Improve Old-Age Social Well-being: Loneliness, Social Isolation, and Connectedness

<https://www.hindawi.com/journals/jhe/2020/2036842/>

This review studied technology-supported interventions to help older adults living with reduced mobility overcome loneliness and social isolation. A focus was placed on long-distance interactions, investigating the (1) challenges addressed, and strategies applied, (2) technology used in interventions, and (3) social interactions enabled.. **(OPEN ACCESS)**



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## **“That is A Place Where I Would Want to Go’: Investigating Digital Nature to Enhance Social Well-being Among Older Adults**

<https://www.cambridge.org/core/journals/ageing-and-society/article/that-is-a-place-where-i-would-want-to-go-investigating-digital-nature-to-enhance-social-wellbeing-among-older-adults/C301096C4D1E1937C52649D053AED6C2>

Feelings of disconnectedness and social isolation among older adults are increasingly recognized as an important challenge. This study sought to identify limitations and restrictions that older adults experience concerning social connectedness and to explore preferences for technology and their potential for influencing social well-being. **(OPEN ACCESS)**

## **The Role of Assistive Technology in Addressing Social Isolation, Loneliness and Health Inequalities Among Older Adults During the COVID-19 Pandemic**

<https://www.tandfonline.com/doi/abs/10.1080/17483107.2021.2021305>

Assistive technology (AT) effectively promotes social connectedness among older adults affected by the COVID-19 pandemic. However, its role in reducing loneliness and health inequities is still yet to be understood. This scoping review aimed to construct a model for how technologies may be deployed to mitigate the impact of the COVID-19 pandemic on social isolation, loneliness, and health inequities for older adults. **(PAID ACCESS)**

## **The Effects of Technological Interventions on Social Participation of Community-Dwelling Older Adults with and Without Dementia: A Systematic Review**

<https://www.mdpi.com/2077-0383/10/11/2308>

Social isolation in community-dwelling older adults with dementia is a growing health issue that can negatively affect health and well-being. This systematic review aims to provide an overview of the effects of technological interventions that target social participation in community-dwelling older adults with and without dementia. **(OPEN ACCESS)**

## **Older Adults’ Loneliness, Social Isolation, and Physical Information and Communication Technology in the Era of Ambient Assisted Living: A**

## Systematic Literature Review

<https://www.jmir.org/2021/12/e28022/>

This systematic literature review sought to investigate the research conducted on older adults' loneliness and social isolation and physical information and communication technologies (ICTs), namely robots, wearable technology, and smart homes. **(OPEN ACCESS)**

## The Use of Digital Technology for Social Well-being Reduces Social Isolation in Older Adults: A Systematic Review

<https://www.sciencedirect.com/science/article/pii/S2352827321002950>

This systematic review emphasizes the need for technology use in older adults to reduce social isolation. They focused on identifying how older adults can benefit from affordable and accessible technology use and how the training and implementation of such interventions can be tailored to maximize their beneficial effects. **(OPEN ACCESS)**

## Psychological Impacts and Online Interventions of Social Isolation Amongst Older Adults During COVID-19 Pandemic: A Scoping Review

<https://onlinelibrary.wiley.com/doi/full/10.1111/jan.15063>

This systematic scoping review summarized the psychological impacts of social isolation amongst older adults during COVID-19 and reviewed the benefits and limitations of online interventions used to combat social isolation. **(OPEN ACCESS)**

## Can Communication Technologies Reduce Loneliness and Social Isolation in Older People? A Scoping Review of Reviews

<https://www.mdpi.com/1660-4601/19/18/11310>

Loneliness and social isolation in older age are considered major public health concern and research on technology-based solutions is growing rapidly. This scoping review of reviews aims to summarize the communication technologies (CTs), theoretical frameworks, study designs, and the positive effects of technology use in the research field. **(OPEN ACCESS)**

## **A Technology Training Program to Alleviate Social Isolation and Loneliness Among Homebound Older Adults: A Community Case Study**

<https://www.frontiersin.org/articles/10.3389/fpubh.2021.750609/full>

Evidence on which interventions are most effective in alleviating social isolation and loneliness is inconclusive. This study described the implementation barriers, facilitators, and lessons learned from an information and communication technology (ICT) training program to reduce social isolation and loneliness for homebound older adults in a home-delivered meals program. **(OPEN ACCESS)**

## **The Effectiveness of Remote Delivered Intervention for Loneliness Reduction in Older Adults: A Systematic Review and Meta-Analysis**

<https://www.frontiersin.org/articles/10.3389/fpsyg.2022.935544/full>

Remotely delivered intervention is widely applied to loneliness treatment in older adults, but the effect is controversial. This study aimed to evaluate the effects of remotely delivered intervention on loneliness using a systematic review and meta-analysis. **(OPEN ACCESS)**

## **Use of Digital Technologies to Combat Loneliness and Social Isolation: A Cross-Sectional Study in Swiss Outpatient Care During COVID-19 Pandemic**

<https://bmcnurs.biomedcentral.com/articles/10.1186/s12912-022-00946-7>

There is limited data on the use of digital technologies in outpatient care in Switzerland. This study aimed to determine which digital technologies are used and whether they impacted loneliness and social isolation in the wake of the COVID-19 pandemic. **(OPEN ACCESS)**

## **When Technologies Are Not Enough: The Challenges of Digital Interventions to**

<https://ideas.repec.org/a/sae/socres/v28y2023i1p150-170.html>

This article discusses the sociotechnical challenges of technology-based interventions to address loneliness in later life. It uses participatory and multidisciplinary research conducted in Canada and Australia to explore the limits of digital technologies to help address loneliness among frail older adults (aged 65+).. **(PAID ACCESS)**

## Evaluation of the Effectiveness of Digital Technology Interventions to Reduce Loneliness in Older Adults: Systematic Review and Meta-Analysis

<https://www.jmir.org/2021/6/e24712/>

Loneliness affects social, physical, and mental health, and it is associated with multimorbidity and premature mortality. Many digital technology interventions (DTIs) are being used to tackle loneliness. This study aimed to assess the effectiveness of DTIs in reducing loneliness in older adults. **(OPEN ACCESS)**

## Loneliness Shapes the Relationship Between Information and Communications Technology Use and Psychological Adjustment Among Older Adults

<https://karger.com/ger/article-abstract/65/2/198/148181/Loneliness-Shapes-the-Relationship-between>

The objective of this study was to examine whether the association between information and communication technology (ICT) use and psychological adjustment (i.e., psychological distress and sense of community [SOC]) among older adults depends on their loneliness levels. **(PAID ACCESS)**

## The Role of Internet-Based Digital Tools in Reducing Social Isolation and Addressing Support Needs Among Informal Caregivers: A Scoping Review

<https://link.springer.com/article/10.1186/s12889-019-7837-3>

Digital technologies, such as internet-based tools, can provide informal caregivers' access to information and support. This scoping review explored the role of internet-based digital tools in reducing social isolation and addressing support needs among informal caregivers. **(PAID ACCESS)**

## How Communication Technology Fosters Individual and Social Well-being During the COVID-19 Pandemic: Preliminary Support for a Digital Interaction Model

<https://link.springer.com/article/10.1007/s10902-021-00421-1>

This study aimed to test an explanatory model for individual and social well-being which incorporates the advantages of using digital technologies during the COVID-19 pandemic **(OPEN ACCESS)**