

This presentation brings attention to the social isolation experienced in nursing homes and assisted living facilities and how healthcare workers can alleviate symptoms. In order to research the affects and outcome a systematic review of the literature was completed using the EBSCO database. Utilizing the PRISMA Flow Diagram allowed for a concise and organized outline of the narrowing of literature that is most functional. Older adults experience loneliness, depression, helplessness, and social isolation in care facilities often because of the lack of social stimulus. Recent global events have deepened these feeling and often the only individuals and older adult interreacts with is their healthcare workers. Visitation is declining and stimulus is fleeting. Johnson (2014) found an improvement of quality of live by increasing social interaction in these facilities. His use implementation of more social activities as a group had a positive impact on residents and staff. Friend-oriented relationships exist in nursing homes and assisted living facilities; however, they are most often surface level. The line of professionalism is still existent, yet the mental health of both individuals improves because of the change in relationship. Matusitzet al (2013) discuss the factors healthcare workers can implement into their daily routines to strengthen a more meaningful relationship. This consisted of the training home healthcare workers receive as well as developing intrapersonal communications to strengthen the relationship. A major limitation to this study has been that inability to directly interact or interview older adults about their opinions on what impacts their social isolation as well as what alleviates it. Another limitation to the project was the lack of information relating to the impact healthcare workers make on isolation, positively or negatively. Much of the literature focused on bringing in individuals as opposed to those already there. If I were to continue this research I would investigate differences in race and gender and how that impacts their social isolation.

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