

# Caring for loneliness

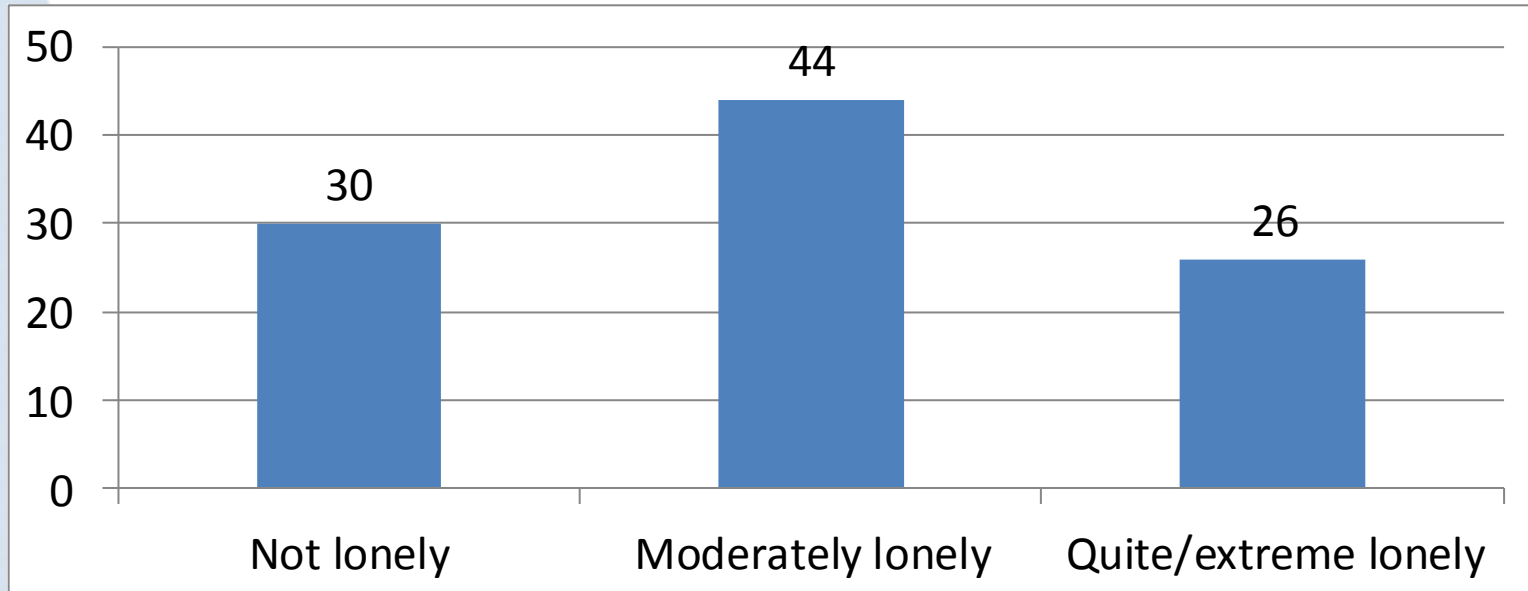
The relation between loneliness and social participation of people with moderate or severe physical disability



# Talking about

- Loneliness: a situation experienced as one where there is an unpleasant or inadmissible lack of (quality of) certain relationships (de Jong Gierveld, 1989)
- Social participation: person's involvement in activities providing interactions with others in society or the community (Levasseur et al., 2010)
- Moderate or severe disability: problems with activities in daily life (needing support)

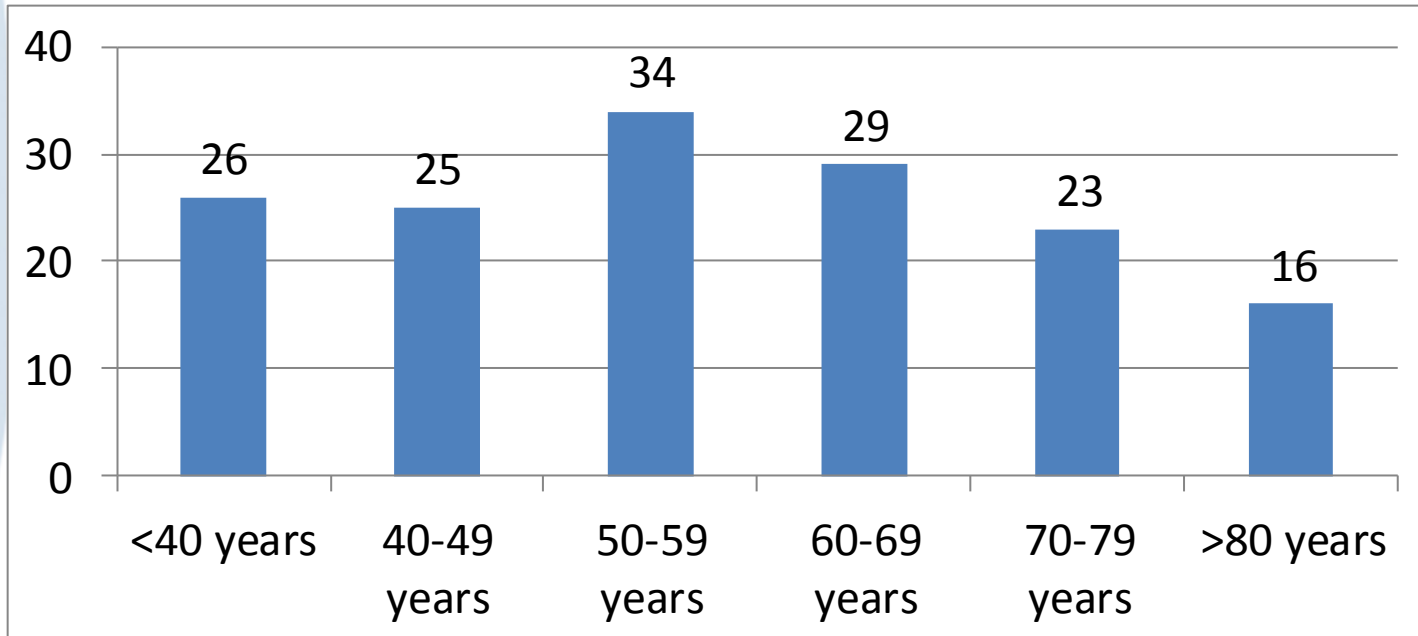
# Loneliness



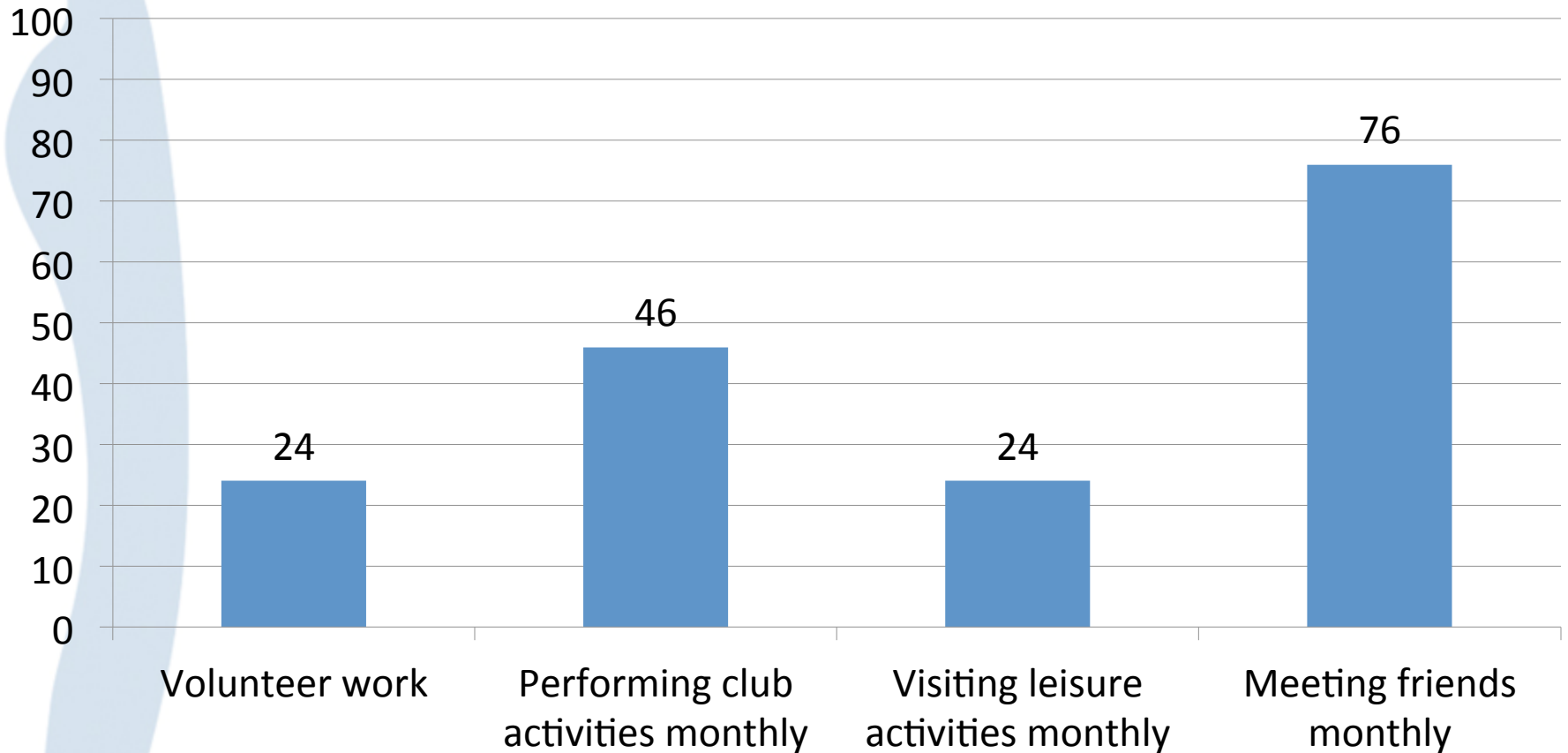
Feeling lonely is related to:

- Severity of disability
- Living alone or together with others
- Age

# Quite/ extreme lonely by age



# Social participation



# Social participation and loneliness

- Loneliness is related to participation in doing club activities, visiting leisure activities and meeting friends
- Doing volunteer work is not related to feelings of loneliness

# Demand for participation

	Not lonely	Moderately lonely	Quite/extreme lonely
I would like to:			
... do volunteer work	6	10	10
... go somewhere more often	40	57	78
... meet the people I know well more often	6	22	52
... meet more new people	2	10	31
... do more activities in leisure time, <i>not organized</i>	12	21	39
... do more activities in leisure time, <i>organized</i>	4	6	14

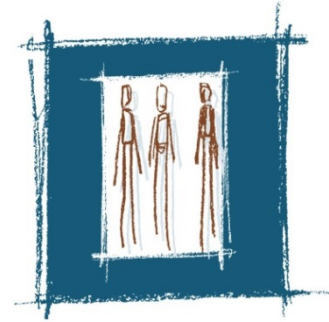
# Internet-use and social network

	Not lonely	Moderately lonely	Quite/extreme lonely
Internet, monthly:			
- Contact with friends by email	55	49	41
- Chat (e.g. Facebook)	16	12	18
Regular contact: number of contacts family/friends			
- 0-5 persons	41	62	79
- 6-10 persons	35	27	16
- >10 persons	24	11	5



# Where did we get the information? (I)

- National Panel of people with Chronic illness or Disability (NPCD)
- N=1477 people with moderate or severe physical disability in 2012
  - severe disability: 32%
  - 15-39 years: 4%, 40-64 years: 38%, 65+: 58%
  - female: 67%
  - low education: 39%, middle: 43%, high: 17%
  - living together with others: 58%



# Where did we get the information? (II)

- Trend study on participation, including loneliness
- Exploratory analyses on relation loneliness and participation, continuing in the future
- **11-item Loneliness scale** (de Jong Gierveld & Kamphuis, 1985)

# Discussion: how should we take care of loneliness and social participation?

- We do not know what comes first: participation or loneliness?
- What are specific aspects for people with disabilities causing feelings of loneliness?
- Focus (more) on group 50-59 years?
- Use of internet; an opportunity or not?
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