

Evaluating LAT

- Questionnaire at Baseline
- Questionnaire at 6m and 12m Follow-up
 - Additional qualitative research – interviews, focus groups



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Questionnaire study

- Part of the national evaluation of all Ageing Better Programmes
- Collecting data on:
 - Loneliness (De Jong Gierveld Scale – DJG)
 - Isolation (UCLA scale)
 - Well-being (Short Warwick-Edinburgh Mental Well-being Scale – SWEMWBS)
 - Social Contact
 - Social Participation
- Analysis based on data collected so far (n=2,084)



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Participants Entering the Programme

- Gender:
 - 65% women, 34% men
- Age:
 - 25% aged 80+, 27% aged 70-79, 25% aged 60-69, 13% aged 50-59
- Ethnic groups:
 - 54% Asian, 32% White, 12% Black
- Religion:
 - 34% Hindu, 34% Christian, 18% Muslim



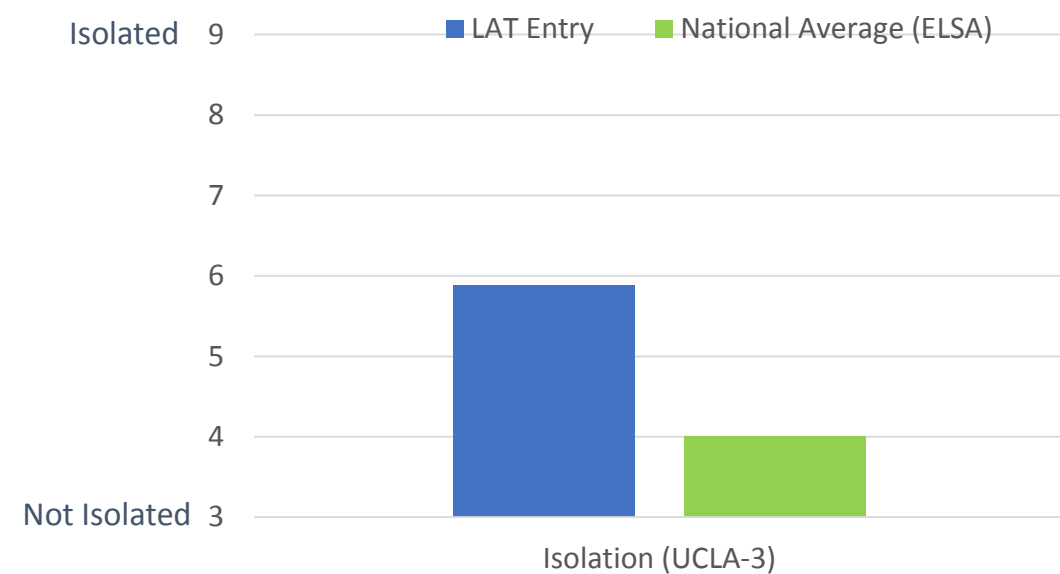
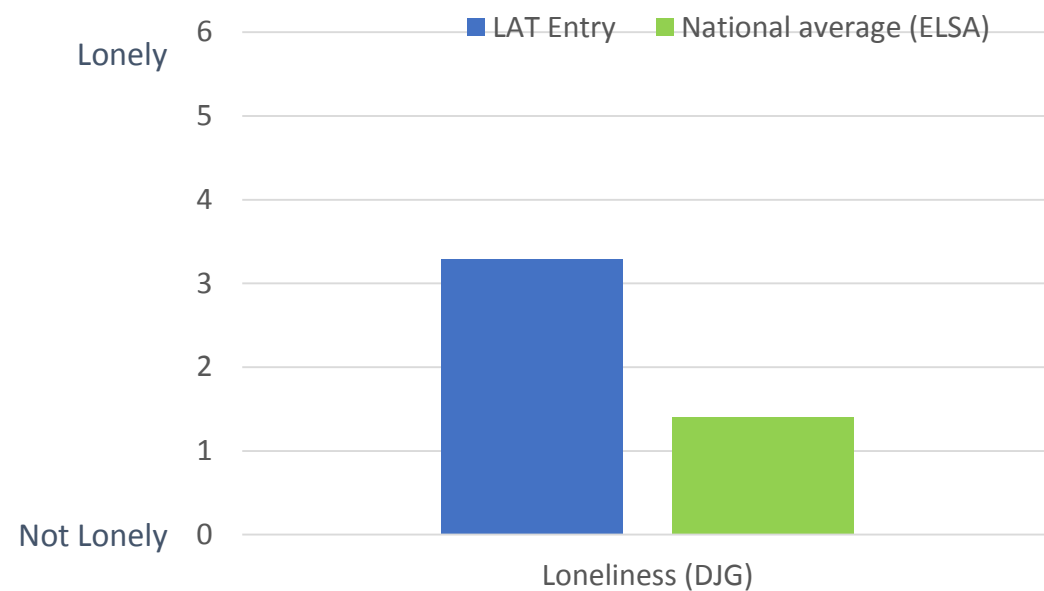
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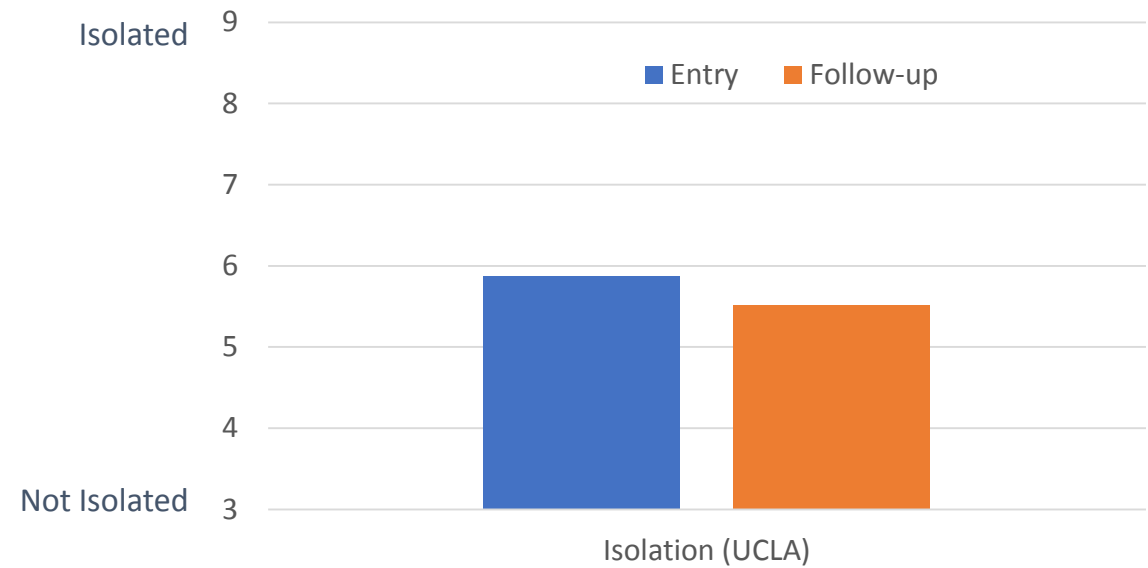
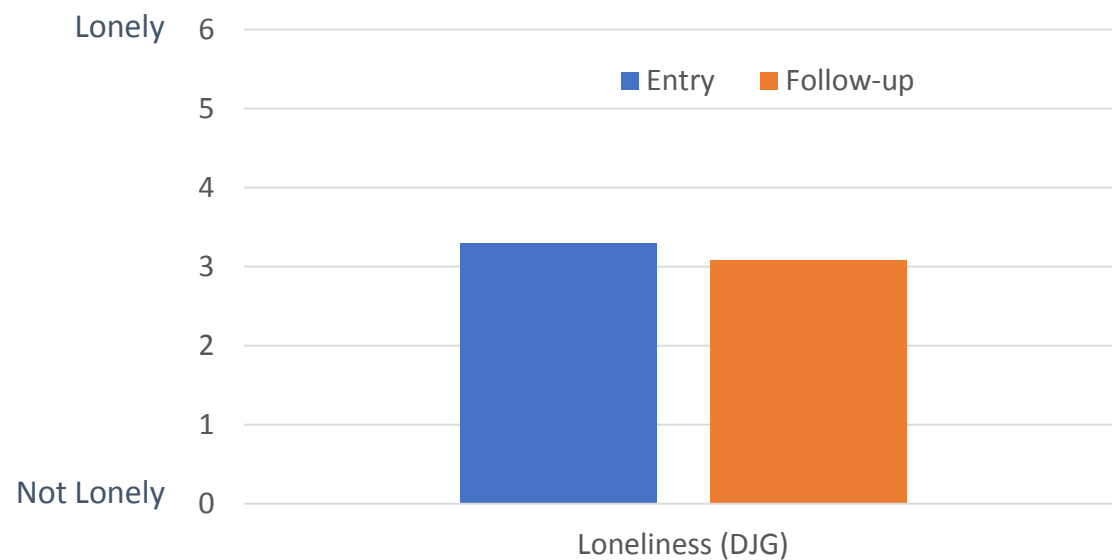
- Levels of loneliness on entry
 - Loneliness (DJG) – 3.29 average score
 - Isolation (UCLA) – 5.88 average score
 - More lonely and isolated than national averages (ELSA Omnibus Survey)





Changes in Loneliness and Isolation

- Improvements in loneliness and isolation
 - Loneliness reduced from 3.29 to 3.08
 - Isolation reduced from 5.88 to 5.52 *



* Statistically significant at 95% level, $p < 0.05$



Changes in Well-being

- Improvements in well-being scores
 - Well-being increased from 20.70 to 21.61 **

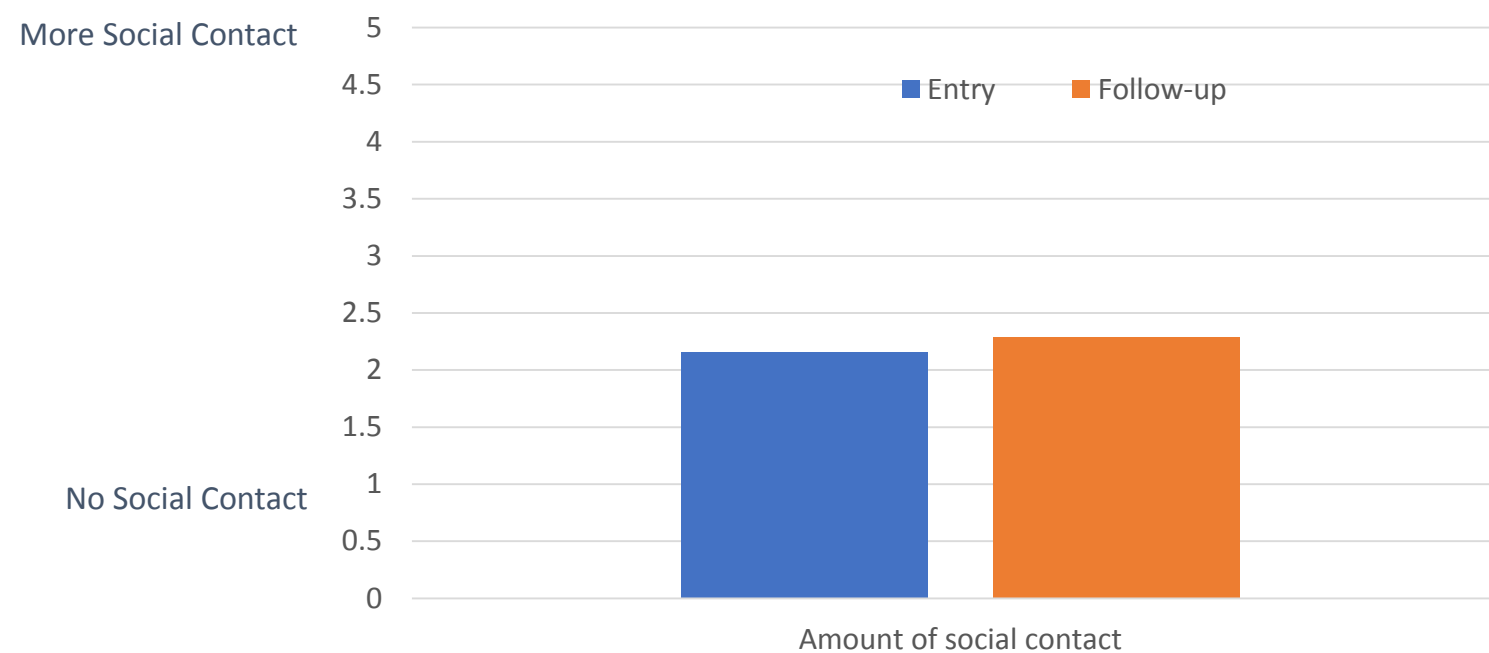


** Statistically significant at 99% level, $p < 0.01$



Changes in Social Contact

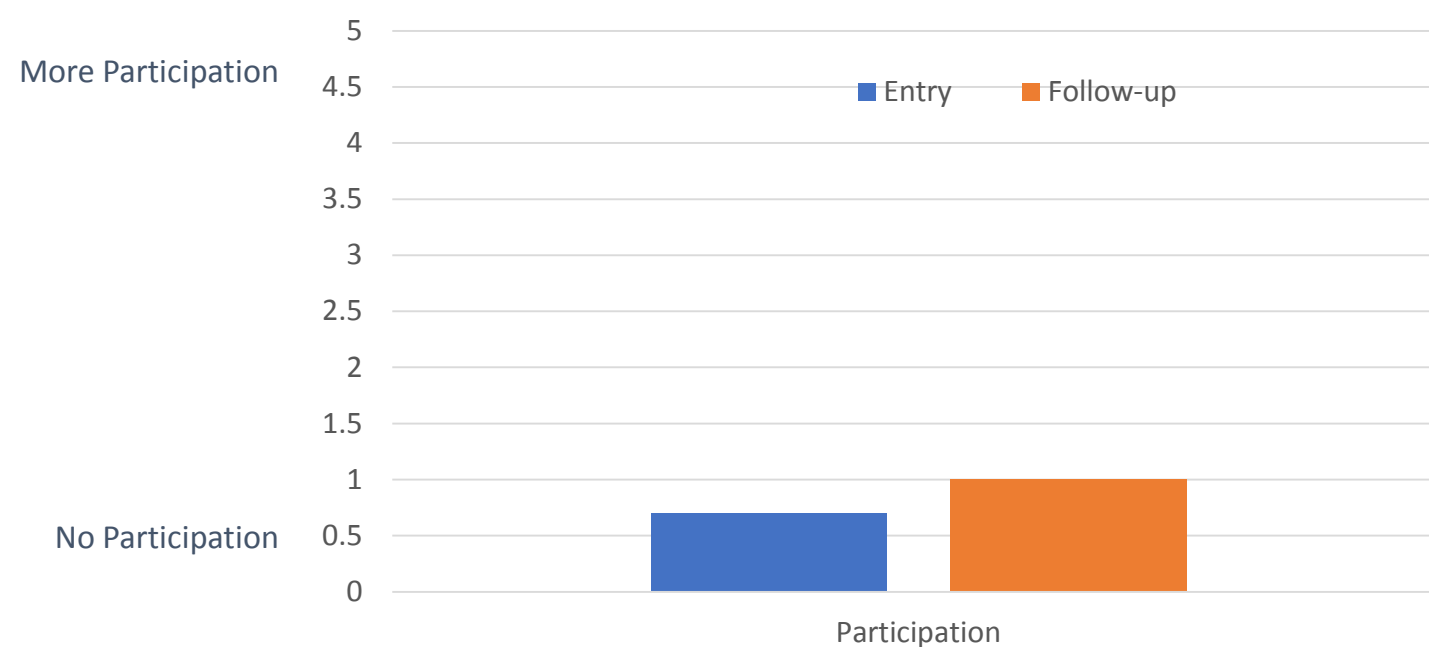
- Improvements in amount of contact with children family and friends
 - Average contact increased from 2.16 to 2.29





Changes in Social Participation

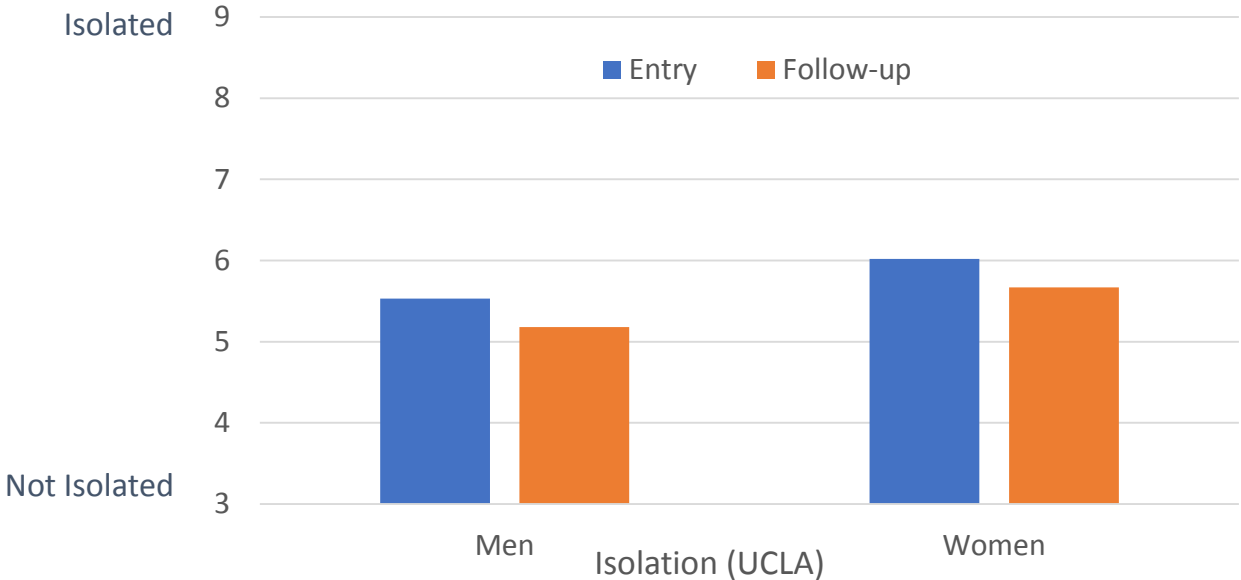
- Increased membership of clubs, organisations and societies
 - Participation increased from 0.70 to 1.0





Comparison of Subgroups: Gender

- Women were significantly more isolated than men at baseline and follow-up*

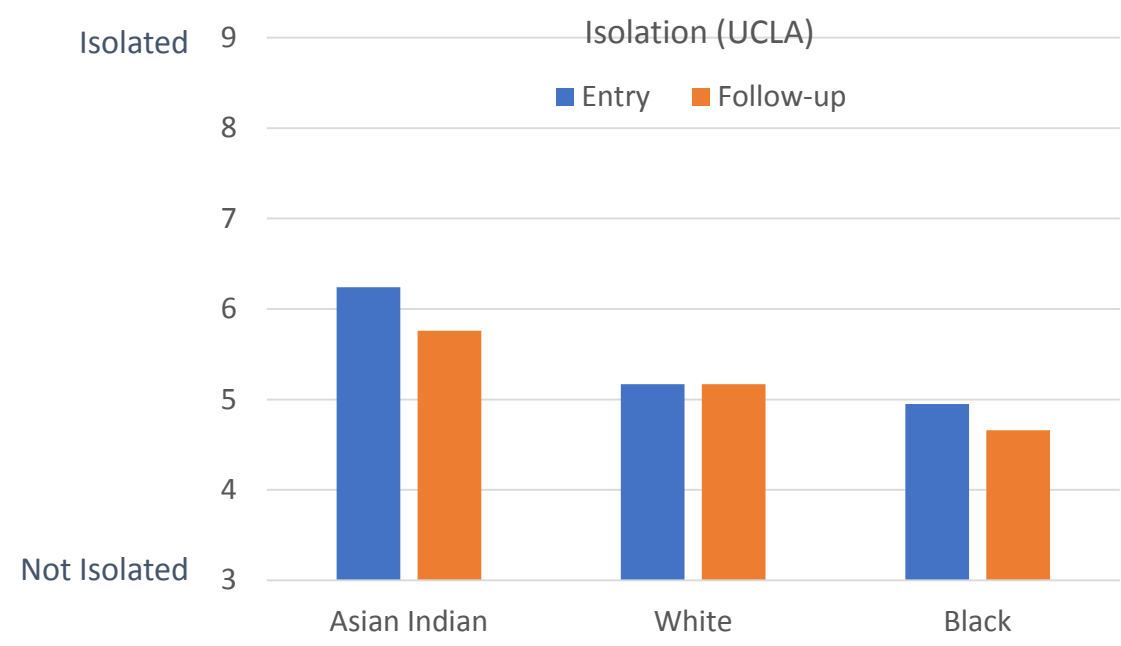
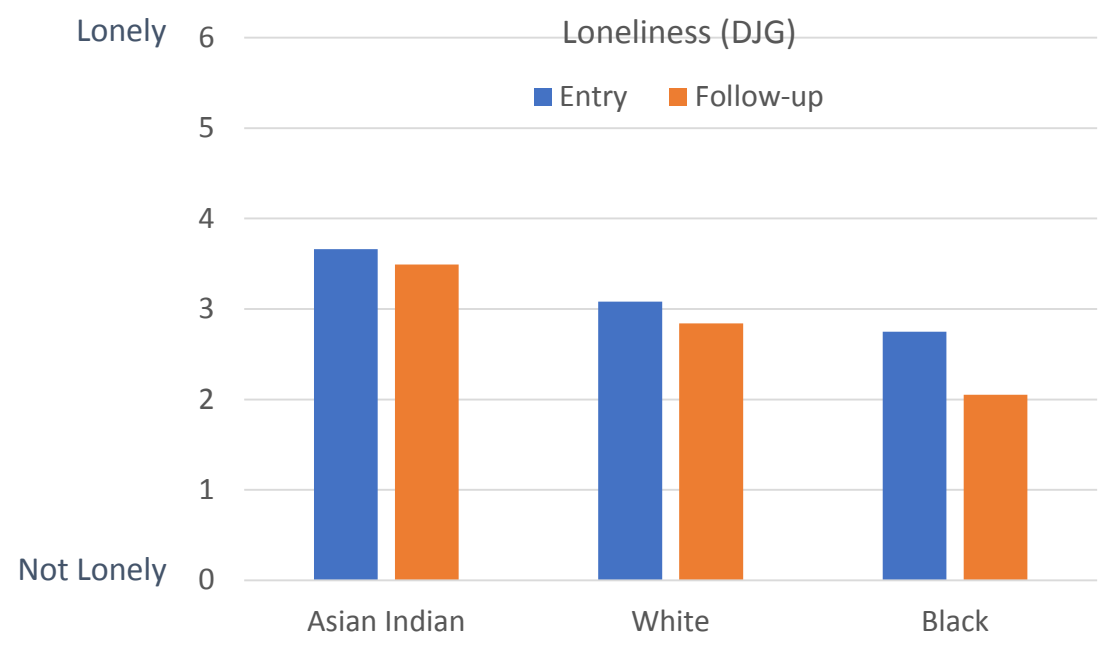


* Statistically significant at 95% level, $p < 0.05$



Comparison of Subgroups: Ethnicity

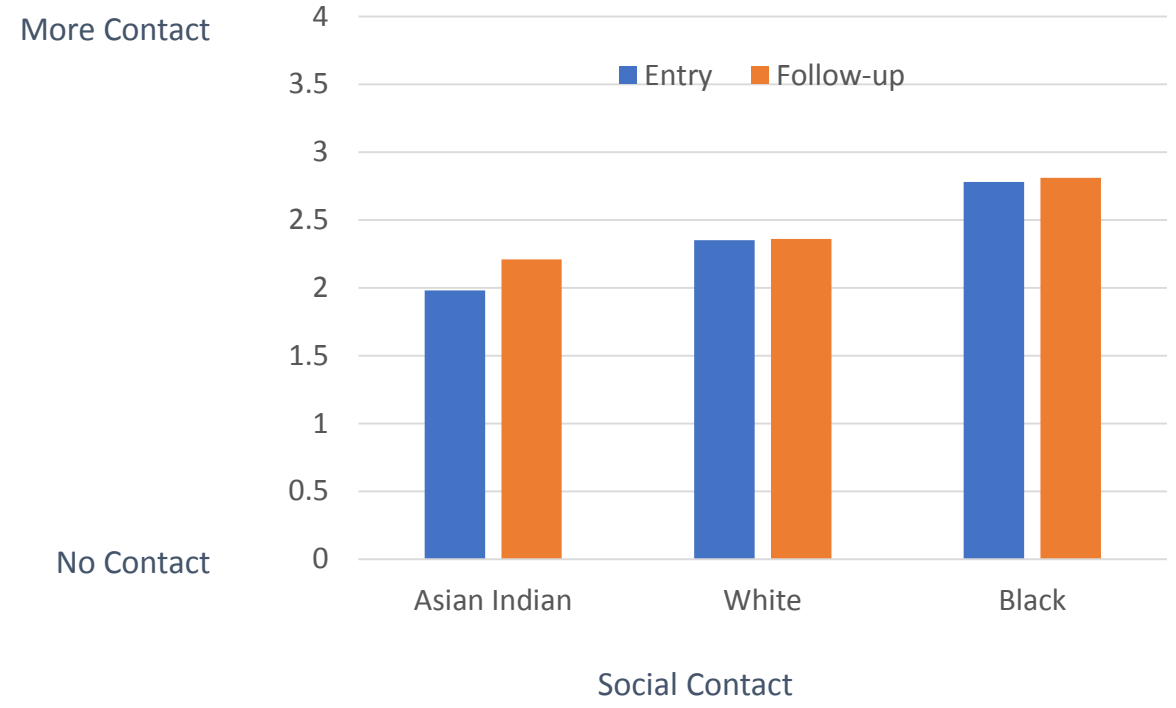
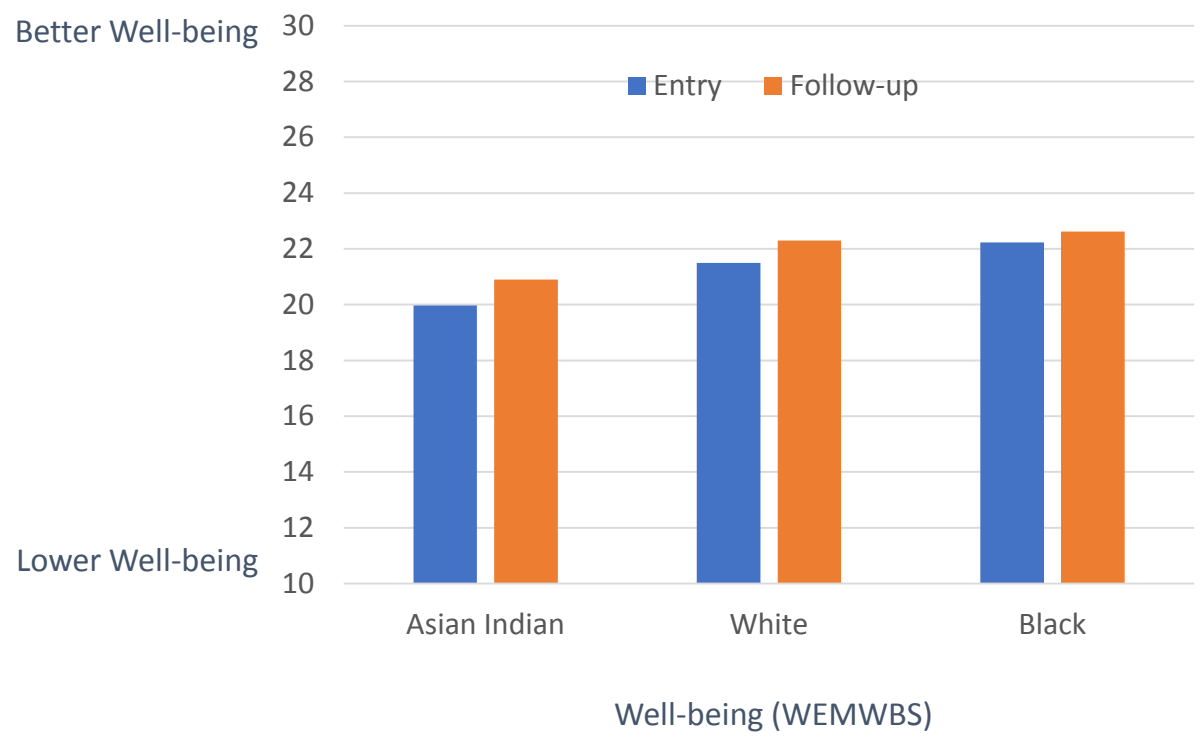
- Asian Indian beneficiaries scored significantly poorer on all outcome measures compared to white and black ethnic groups *



* Statistically significant at 95% level, $p < 0.05$



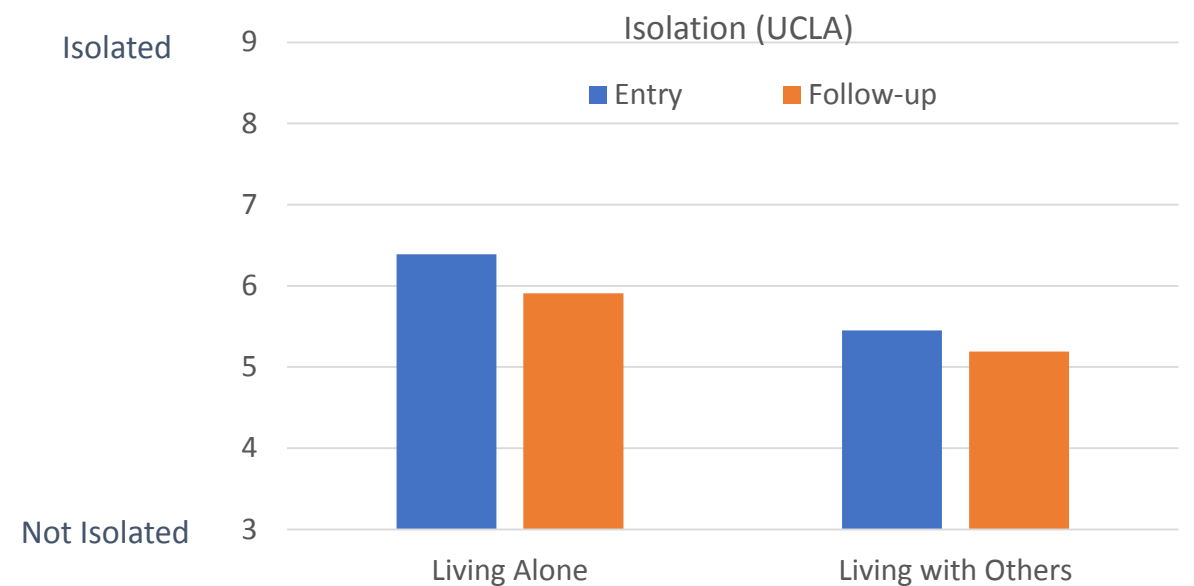
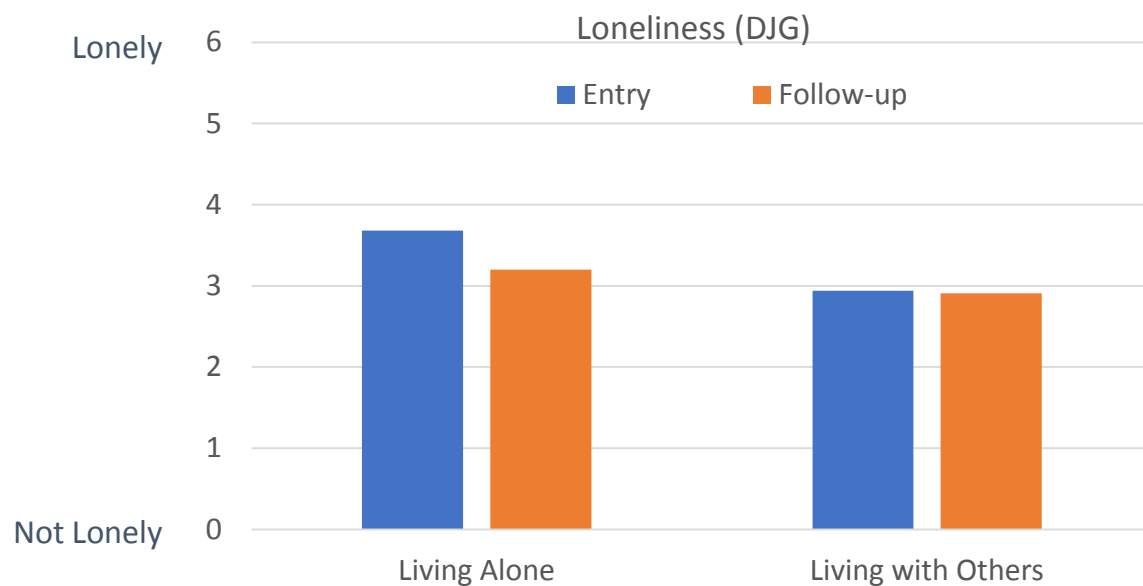
Comparison of Subgroups: Ethnicity





Comparison of Subgroups: Living situation

- Those living alone were significantly more isolated and lonely than those living with others at baseline and follow-up*



* Statistically significant at 95% level, $p < 0.05$

Summary

- At follow-up, LAT beneficiaries report:
 - Significantly less isolation
 - Significantly improved well-being
- Some differences between groups
 - Women remain significantly more isolated and lonely than men
 - Asian Indian beneficiaries show poorer outcomes on all measures
 - Those living alone are significantly more lonely and isolated than those living with others



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