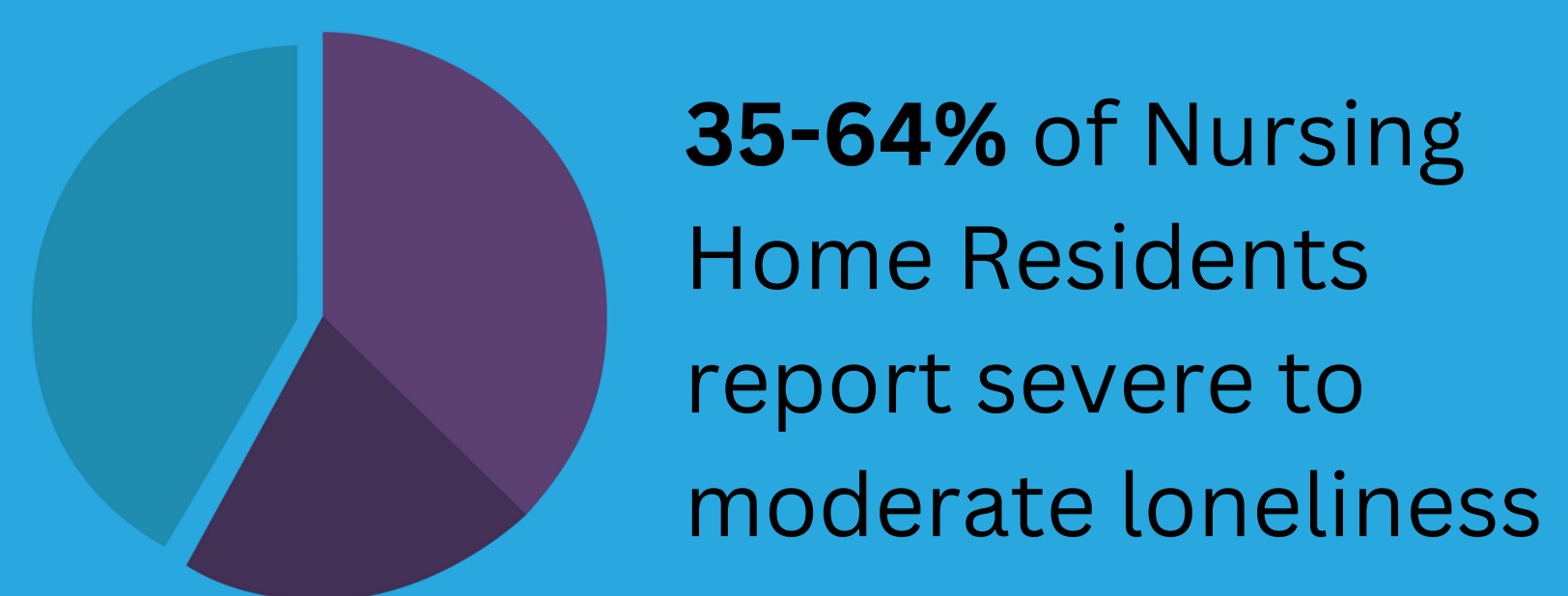


Community Providers and Local Students (PALS)

CMS Innovation - "A Student Engagement (Pilot) Program"



Our Epidemic of Loneliness and Isolation "Impacts to Health and Healthcare"



\$6.7B

in increased Medicare spending

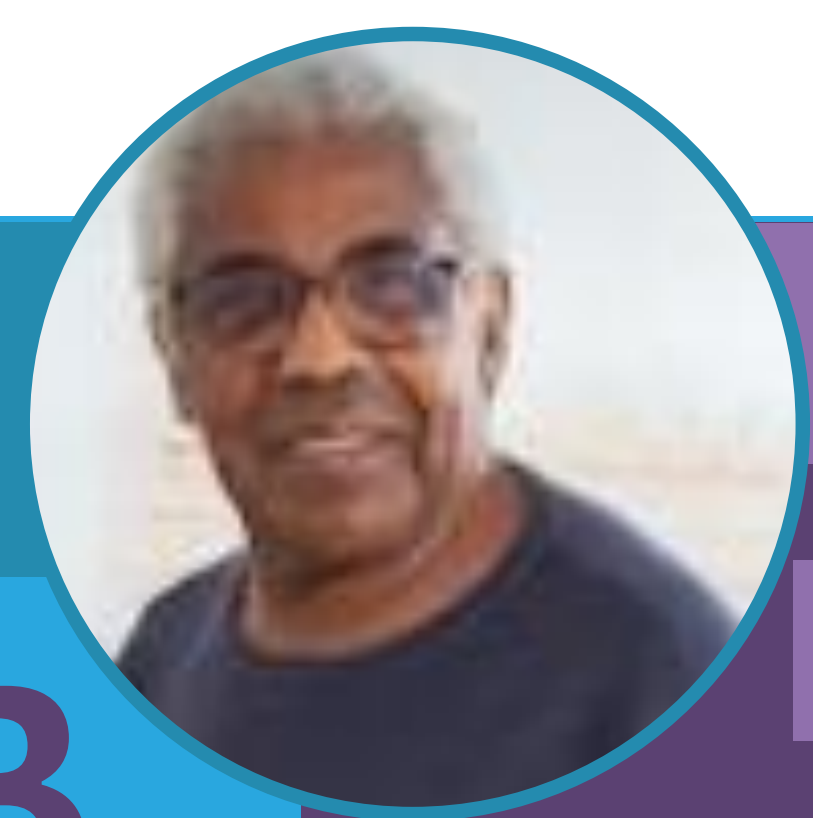


Results in **High Morbidity** and **Early Mortality** in older adults

Develop Health Professionals from Varied Disciplines that are:



- Exposed to the nursing home setting
- Empathetic and attuned to the needs of older adults
- Knowledgeable in Addressing Social Isolation and Loneliness



PALS Goals

Residents

Identify best practices and propose measures for CMS to consider for large-scale implementation.



Students

Cohort Timeline (May-Aug / Sept-Dec)

May / Sept	Student Pre-Assessment
	Student Learning Modules (4)
	Student Orientation: Nursing Home Introductions
June / Oct	Session 1: Older Adult Initial Assessment/ SILC Screen
	Session 2: Building Strong Relationship Structure/Function - Student Storytelling
	Session 3: Relationship Building - Resident Storytelling
July / Nov	Session 4: Building Relationship Quality using "Hey, You" Discussion Prompts - Part 1
	Session 5: Quality Relationship - Part 2
	Student Meeting on Social Prescribing
Aug / Dec	Session 6: Older Adult Final SILC Assessment; with social prescribing and saying goodbye
	Student Post-Assessment

Student Intervention (EAR Framework)

4 student learning modules
6 in-person visits with older adult residents

Educate

- Learning modules: Aging, Social Isolation, Loneliness and Connection (SILC), Health Equity, Empathetic Communication
- Program Content; Mentoring

Assess

- Conduct SILC screenings
- Participant Pre/Post Assessments
- Journaling

Respond

- Collaborate with resident for getting and staying connected
- Perform social prescribing

Methodology

- **Sample**
Program evaluation using 9 student / resident pairings (5 dyads in Cohort 1; 4 in Cohort 2)
- **Analysis**
Mixed Methods
- **Quantitative**
 - Use of validated scales and questions
 - Analysis hindered by limited sample size; short cohort time-frame
- **Qualitative**
 - Open ended feedback
 - Student journaling after each session

Quantitative Data Results

UCLA Geriatric Attitudes Scale

- In both cohorts, student's scores increased, indicating a more favorable attitude toward working with older adults.

Lubben Social Network Scale - 6

- In both cohorts, residents' frequency of Interaction with Family and Friends increased during their participation in the PALS pilot.

UCLA 3-Item Loneliness Scale

- In Cohort 1, residents felt lonelier during their participation in the program. Cohort 2 residents did not experience an increase in loneliness during the pilot.

Qualitative Data Results

- Storytelling, communication prompts, and empathic listening are effective methods of **developing strong intergenerational connections** based on trust.
- Through storytelling and empathic listening, the students realized that they too have faced **similar challenges related to social isolation and loneliness**.
- PALS in-person sessions had a **positive impact on the psychosocial and physical health** of both the students and the residents.



This material was prepared by C&T Health Solutions LLC, a Community Providers and Local Students task order under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The content presented does not necessarily reflect policy of CMS or HHS.