

## **Promotional: Loneliness in the Elderly: Understanding, Recognizing and Responding with Compassion**

\*\*You **MUST** print this for Continuing Education purposes and keep with your certificate of completion.

### **Requirements:**

For successful completion of this educational activity and receipt of 0.42 contact hour(s), the learner must:

1. Participate in 25 minutes of continuous learning. Course time is calculated using the Mergener Formula.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

### **Educational activity description:**

This activity builds understanding of loneliness in older adults, helps learners recognize key warning signs, and apply compassionate, practical support strategies. Learners will explore the impact of loneliness on well-being and how everyday interactions can reduce isolation using person-centered approaches.

### **Target audience:**

The target audience for this educational activity is all staff in a healthcare setting who interact with older adults. This is a beginner level educational activity.

### **Learning outcome:**

At the completion of this educational activity, the learner will be able to demonstrate knowledge about loneliness in the elderly by passing a quiz with 85% or greater accuracy.

### **Learning objectives:**

At the completion of this educational activity, the learner will be able to:

1. List three common signs or indicators of loneliness in older adults.
2. Describe two ways loneliness can negatively affect emotional or physical health.
3. Demonstrate or select one appropriate compassionate response strategy when presented with a loneliness-related scenario.

### **Author:**

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Amanda Keith, MSN, RN, PHN, serves as a Clinical Content Manager for Healthcare Academy. Amanda has 8+ years of experience in Nursing Leadership and Management in the domains of SNF, AL, Homecare, Occupational Health, Nursing Education, and Infection Control. Amanda is a PhD Candidate in Nursing with a focus on Population Health. Her areas of interest are respiratory disease outcomes in the rural environment and the influence of the Social Determinants of Health on the Rural/Urban gap. For several years Amanda has focused on the creation of educational content based on health equity principles and diverse learning needs of frontline health care workers.

### **Reviewer:**

#### **Planning committee:**

Judy Hoff, RN, BSN, MA, PhD

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**Disclaimer: Time in Course**

If you intend to use this course for continuing education credit, you MUST be in the course for the stated amount of time. If you do not meet the required time, your certificate may be deemed invalid.

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