

Loneliness and Health Status of Chinese and English Manningham Seniors

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Introduction

- Ageing population
- Male = 81.1 years, Female = 84.8 years (Department of Human Services Victoria, 2005)
- Psychological and social factors
- “Inadequate social support is associated not only with an increase in mortality, morbidity and psychological distress but a decrease in overall general health and well being” (WHO, 2002).

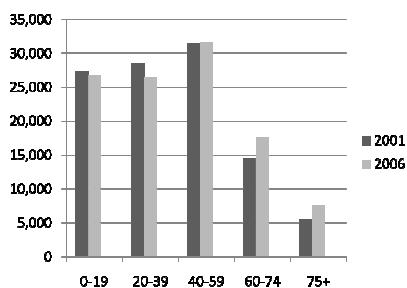
Hypotheses

- Loneliness
- Loneliness and health
- Significant gender differences
- Significant cultural differences
- No significant marital/educational differences

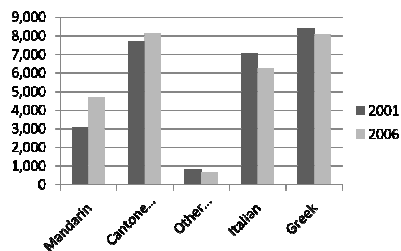
Background

- Manningham – suburban city east of Melbourne
- Diverse, high quality, advantaged residential community
- Ageing population
- Averages masking pockets of need?
- Increasing demand for support services for seniors
- Anecdotal information about seniors and social isolation

Demographics - Age



Demographics - Languages



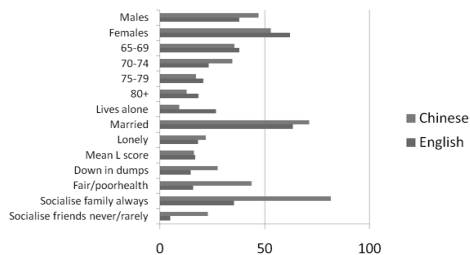
Demographics - SES

- Ranked 7th most advantaged on the Index of Relative Socio-economic Advantage and Disadvantage (IRSAD)
- Ranked 2nd on the Index of Economic Resources (IER)

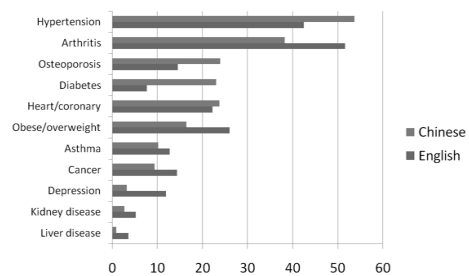
Methodology

- Ethics approval received January 2008
- CATI survey of 206 seniors
- UCLA Loneliness Scale Version 3 (Russell, 1996)
- Short Form 36 Health Survey (Ware & Sherbourne, 1992)
- Chronic disease/conditions
- Social Support, Community Participation and Attitudes (VPHS 2006)
- In-depth interviews to follow

Results



Diseases/Chronic Conditions



In Summary

- ↑ loneliness ↓ self reported health
- ↑ loneliness ↑ feel depressed/downhearted, down in the dumps, can't cheer up
- ↑ loneliness ↑ Dr confirmed depression
- ↑ loneliness ↑ bodily pain
- ↓ loneliness ↑ married
- Chinese report ↑ loneliness (not significant)
- Chinese live in larger households
- Chinese report ↓ health overall (significant)

Where to from here?

September 2008 – September 2009

Further analyse survey data, conduct face to face interviews, analyse interview data.

October 2009 – September 2010

Complete research analysis, findings and implications

October 2010 – August 2011

Complete thesis and submit for examination