INTRODUCTION

- Risk of social isolation increases with age and can lead to anxiety and depression\(^1\)
- Mild cognitive impairment (MCI) is characterized by cognitive decline with no impact to daily functioning\(^2\)
- Older adults with MCI are at a higher risk of social isolation\(^3\)
- Video technology-based social engagement interventions may provide a way for older adults with and without MCI to increase social engagement from the comfort of their own homes

PURPOSE

To assess the feasibility of a technology-based social engagement intervention utilizing video chat to improve social and emotional health of older adults.

METHOD

Participants

- 8 older adults without MCI (Non-MCI) and 5 older adults with MCI

<table>
<thead>
<tr>
<th></th>
<th>Non-MCI</th>
<th>MCI</th>
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</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>73.3 ± 4.9</td>
<td>70.0 ± 6.8</td>
</tr>
<tr>
<td>Education (years)</td>
<td>17.3 ± 2.1</td>
<td>14.8 ± 2.3</td>
</tr>
<tr>
<td>Sex</td>
<td>5 F/3 M</td>
<td>4 F/1 M</td>
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</tbody>
</table>

Video chat platform

- Novel web-based social engagement platform called OneClick developed by Potluck LLC
- Does not require sharing of personal information
- Can be used on a computer, tablet, or smartphone

Intervention

- Participants attended scheduled video events each week for four weeks as part of the intervention
  - Two sessions per week
  - 30 minutes per session
  - 3-4 participants per conversation
- Conversation topics included
  - Books
  - Movies
  - Food
  - Art
  - Hobbies
  - Pets
  - Travel
  - Exercise
  - Local restaurants
  - Hometown
Video technology-based social engagement intervention for older adults with and without mild cognitive impairment: A feasibility study
Claire Inskeep, Lydia T. Nguyen, Elizabeth A. Lydon
Department of Speech and Hearing Science, College of Applied Health Sciences, University of Illinois at Urbana-Champaign

ANALYSIS
• Change scores (Δ) calculated for the following primary outcome measures by subtracting pre-intervention from post-intervention scores
  • Quality of Life Scale
  • Friendship Scale
  • Life Engagement Scale
  • Perceived Ease of Use and Usefulness

RESULTS

Quality of Life

![Quality of Life graph]
Greater increase in Non-MCI (Δ 4.23) compared to MCI (Δ 0.20)

Life Engagement

![Life Engagement graph]
Greater increase in MCI (Δ 1.20) compared to Non-MCI (Δ 0.63)

Friendship Scale

![Friendship Scale graph]
Slight increase in both Non-MCI (Δ 0.86) and MCI (Δ 0.60)

Perceived Ease of Use and Usefulness

![Perceived Ease of Use and Usefulness graph]
Increase in both Non-MCI (Δ 5.88) and MCI (Δ 3.00)

CONCLUSIONS
• Despite a low-dose intervention, there were positive trends, demonstrating the feasibility of using a video technology platform to deliver social engagement intervention
• Large scale studies are needed to systematically evaluate intervention benefits

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REFERENCES