

Community Health Improvement

Reduce SILOS

Final | 2023



Program Objective

Reduce SILOS (Social Isolation and Lift Outcomes for Seniors) is a free program for adults age 50+ designed to serve low-income individuals that report feeling lonely or socially isolated. Each participant is paired with a Community Health Worker (CHW) to create their own connectivity plan specific to their interests and community. The CHW remains available to each participant for a period of 12 months and screens the participant at 3, 6, and 12 months. The goal is to connect the individual to available resources and community activities, making an overall impact in the participant's depression, disconnectedness, and loneliness.

Statement of Need

Those impacted by social isolation or loneliness are more likely to have a health condition or physical challenge. Not being connected to friends and family can lead to a higher chance of having heart disease (29%), a stroke (32%), and dementia or loss of memory (50%). Texas Health is moving upstream to address social isolation and loneliness to improve health outcomes through the Reduce SILOS program.

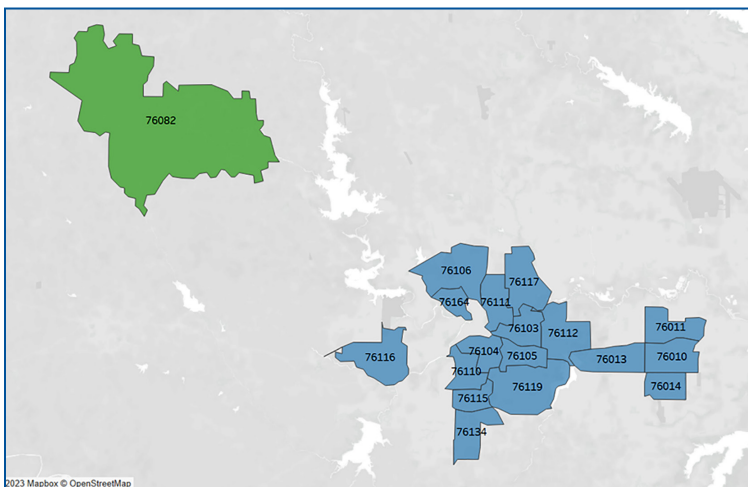
Looking Forward

In December of 2023, grant funding through the American Association of Retired Persons (AARP) for the Reduce SILOS program ended. Because of Texas Health's commitment to caring for people experiencing isolation and loneliness, Reduce SILOS was integrated into its Continuum of Care (CoC) program. CoC is a free program designed to assist patients with chronic health conditions who are at high risk for readmission and poor health due to risks associated with social determinants of health (SDoH). The CHW works with patients to identify SDoH barriers that negatively impact their health and help connect them to needed resources within their community. As a result, more people will be screened and navigated to resources.

Targeted ZIP Codes

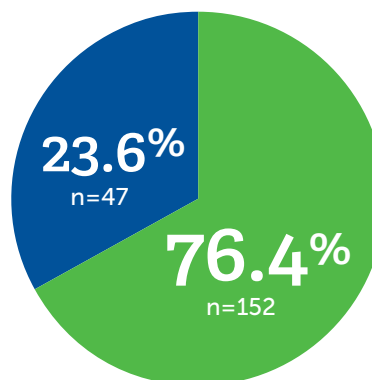
TARRANT COUNTY: 76010, 76011, 76013, 76014, 76103, 76104, 76105, 76106, 76110, 76111, 76112, 76115, 76116, 76117, 76119, 76134, 76164

PARKER COUNTY: 76082



2020-2023 Program Data

Demographic of People Served



BREAK DOWN OF PARTICIPANTS BY GENDER

- MALE
- FEMALE

Partnering Entities

- Texas Health Arlington Memorial
- Texas Health Fort Worth
- Texas Health Physicians Group

67 years

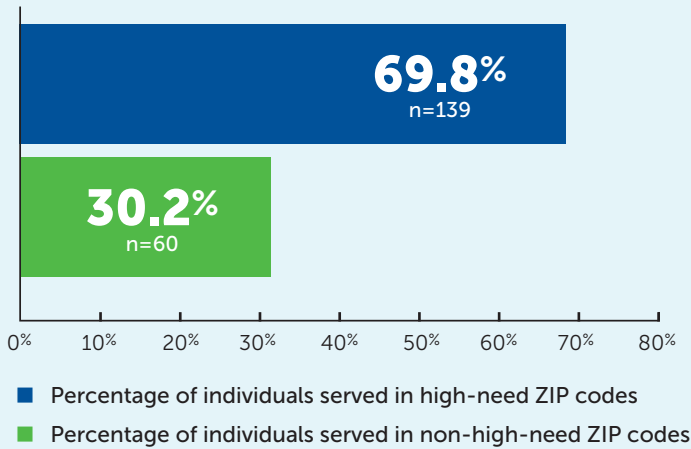
Average age of Reduce SILOS participants

**76119 76011
76116 76010**

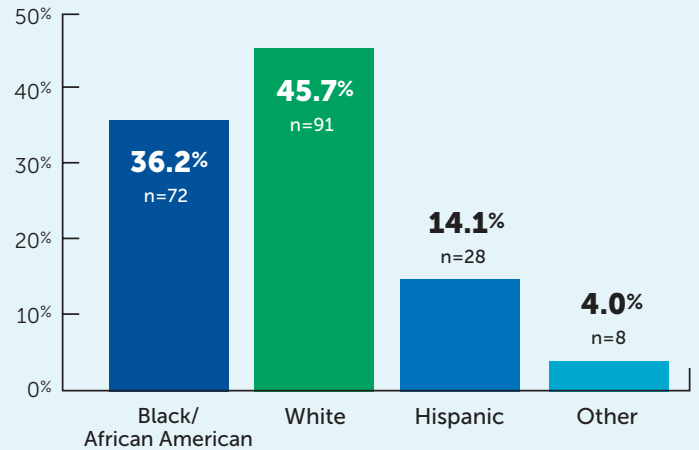
Most frequently represented ZIP codes

Reduce SILOS - Demographics

TOTAL NUMBER OF INDIVIDUALS SERVED (n=199)



DEMOGRAPHIC OF PEOPLE SERVED (n=199)



Activities/Output

"It is rewarding to serve our clients, reconnecting them back to their communities and interests and seeing the positive outcomes as they improve their quality of life and overcome barriers. It is truly a blessing to witness."

SHERRY KINCADE
REDUCE SILOS COMMUNITY HEALTH WORKER

Outcomes



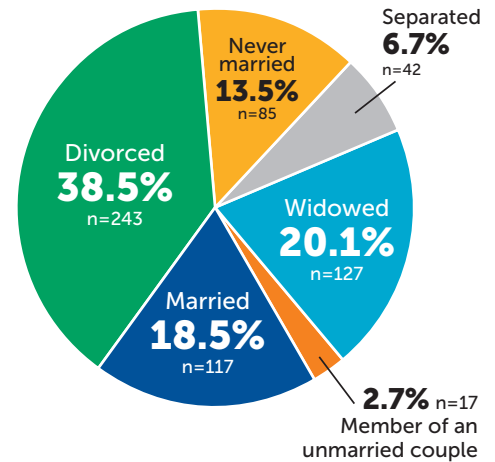
56.3%

Participants reduced their social disconnectedness

50.9%

Participants improved their social support

MARITAL STATUS OF PARTICIPANTS (n=631)



70%

Participants reduced their depression scores

22.4%

Participants reduced their healthcare costs

4,282

Total number of patients initiating the screening tool

722

Of the 4,282 screened, 722 patients requested to be contacted about social services interventions

199

Number of participants enrolled in Reduce SILOS

1.11

Average number of referral types for social engagement and services

"The program was helpful to me. It gave me options to connect to others in nontraditional ways, like Zoom group meetings and classes. It helped me stay connected more and linked me with resources that I really needed."

SHARON GEORGE | REDUCE SILOS PROGRAM PARTICIPANT

