Texas Health Community Health Improvement (CHI)

Reduce SILOS

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.

Targeted ZIP Codes

TARRANT COUNTY: 76010, 76011, 76013, 76014, 76103, 76104, 76105, 76106, 76110, 76111, 76112, 76115, 76116, 76117, 76119, 76134, 76164
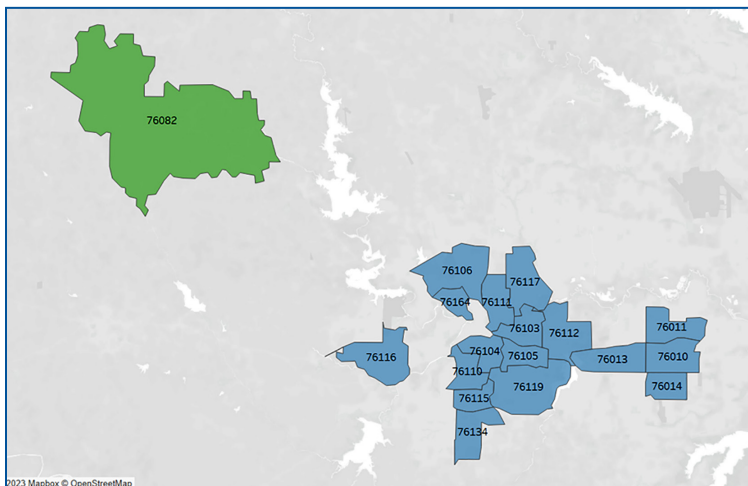
PARKER COUNTY: 76082

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 the Continuum of Care Program. As a result, more people will be screened and navigated to resources.

2020-2023 Program Data

Demographic of People Served

23.6%
n = 47

76.4%
n = 152
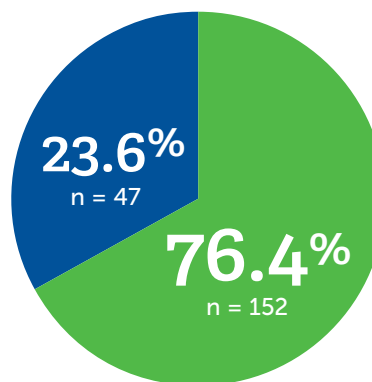
BREAK DOWN OF PARTICIPANTS BY GENDER

- MALE
- FEMALE

67 years

Average age of Reduce SILOS participants
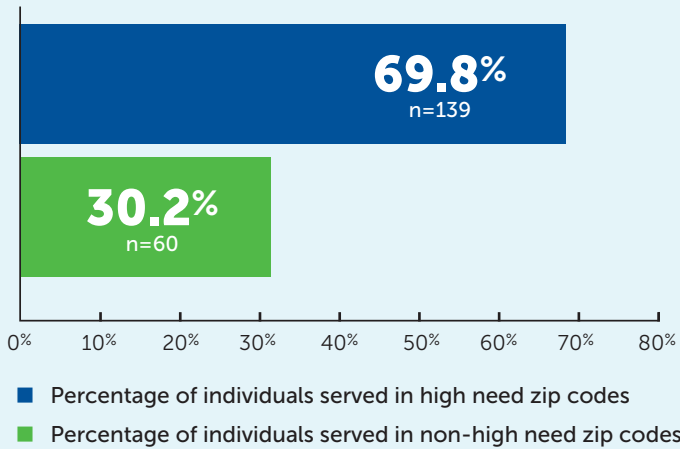
76119 76011
76116 76010

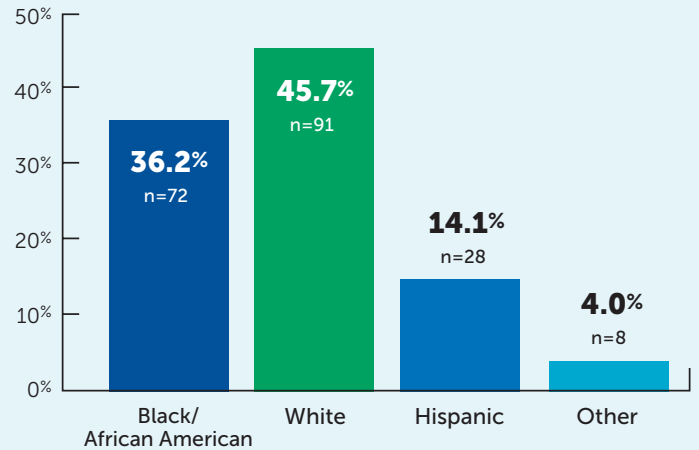Most frequently represented ZIP codes

Partnering Entities

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

TOTAL NUMBER OF INDIVIDUALS SERVED (n=199)

69.8% n=139

30.2% n=60

0% 10% 20% 30% 40% 50% 60% 70% 80%

- Percentage of individuals served in high need zip codes
- Percentage of individuals served in non-high need zip codes

DEMOGRAPHIC OF PEOPLE SERVED (n=199)

50%
40%
30%
20%
10%
0%

36.2% n=72 — Black/African American
45.7% n=91 — White
14.1% n=28 — Hispanic
4.0% n=8 — Other

Activities/Output

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. Each participant can be referred to up to three intervention types.

"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," Kincade said. "It is truly a blessing to witness."
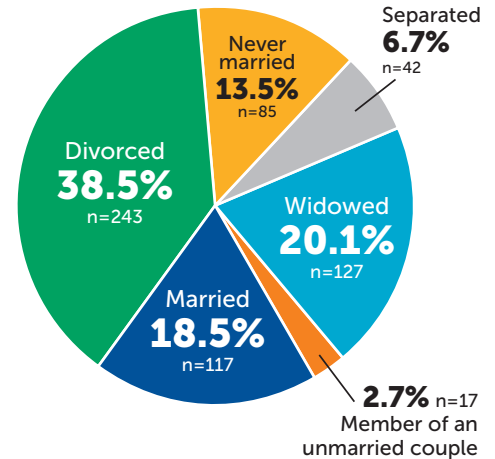
REDUCE SILOS COMMUNITY HEALTH WORKER SHERRY KINCADE

Outcomes

56.3%
Percentage of participants who reduced their social disconnectedness

50.9%
Percentage of participants who improved their social support

70%
Percentage of participants who reduced their depression scores

22.4%
Percentage of participants who reduced their healthcare costs

MARITAL STATUS OF PARTICIPANTS INITIATING SCREENING AND WANTING TO BE CONTACTED (n=631)

Never married **13.5%** n=85
Separated **6.7%** n=42
Divorced **38.5%** n=243
Widowed **20.1%** n=127
Married **18.5%** n=117
2.7% n=17 Member of an unmarried couple

"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."

REDUCE SILOS PROGRAM PARTICIPANT | SHARON GEORGE

Texas Health

MB 3769 3/24