Stress, Social Isolation and Loneliness among People with Serious Illness and Their Family Caregivers

Loneliness Proclamation, June 11, 2024

Ranak Trivedi, PhD, FSBM, FGSA

Associate Professor, Department of Psychiatry and Behavioral Sciences, Stanford University
Director of Education and Training, Center for Innovation to Implementation, VA Palo Alto
Director of Caregiving and Family Systems, Stanford Center for Asian Health Research and Education

Health Risk Factors for Loneliness

- **100+ million adults** in the United States have a serious or chronic condition
  - E.g., cancer, heart disease, and dementia
- **53 Million adults** are family caregivers of these adults
  - Having a caregiver improves outcomes
- **Both groups are at high risk for social isolation and loneliness**
  - Amplified among minoritized groups because of cultural and language barriers
- In San Mateo county, the top 3 racial/ethnic groups are White (37.0%) followed by Asian (30.3%) and Hispanic (23.9%).

What do we do?

- Governor’s initiative of getting to know 6 neighbors is a great start
- We need evidence-based interventions
- My team is is building a behavioral intervention for South Asian (e.g., Indian, Pakistani) families who manage breast cancer
- Looking forward to other initiatives and policies as San Mateo county leads the way!

SAFAD

South Asian Family Approaches to Disease

Stanford University

SAFAD
South Asian Family Approaches to Disease

Thank You

Email
Ranak Trivedi, PhD
ranakt@stanford.edu

Follow on X
@RanakTrivedi

Framily & Mental Health Lab Website
https://framilyveteranhealth.stanford.edu