



Activity 7.1: Three-Item Loneliness Scale²²

You may want to consider if the person you are caring for is experiencing loneliness. One way to explore feelings of loneliness is to ask the person the questions offered in the tool below.

Discuss each of the questions below with the person you care for and circle the appropriate score. Once completed, add the scores together for a total.

Scores closer to nine (9) indicate that the person is likely experiencing loneliness. Anything over a score of six (6) should be discussed with a health care professional.

Sharing these results with a health care professional could lead to a helpful conversation about the services available to increase social engagement.

Question:	Hardly Ever	Some of the Time	Often
First, how often do you feel that you lack companionship: Hardly ever, some of the time, or often?	1	2	3
How often do you feel left out: Hardly ever, some of the time, or often?	1	2	3
How often do you feel isolated from others? Hardly ever, some of the time, or often?	1	2	3
Score	/9		

²² Hughes, M., Waite, L., Hawkey, L., Cacioppo, J. (2004). A Short Scale for Measuring Loneliness in Large Surveys: Results From Two Population-Based Studies. *Res Aging*, 26(6), 655-672; Retrieved from: <https://static1.squarespace.com/static/5b855bd5cef372d1e9a8ef0e/t/5ccc5008b208fd615da0870/1556893704715/Measuring+Loneliness+Scale+SEOAT.pdf>