

A Guide to Combating Social Isolation & Loneliness

Social isolation: a lack of social contacts and few people to interact with regularly.

Loneliness: the distressing feeling of being alone or separated.

Did You Know?

- Social isolation can lead to feelings of loneliness.
- Studies show that staying connected can decrease **risks for health problems like depression, cognitive decline, and dementia.**

Social Isolation

- ✓ Difficulty getting out and about
- ✓ Loss of a loved one
- ✓ Health changes, like hearing, vision, memory

Loneliness

- ✓ Increased time spent alone
- ✓ Skipping family fiestas
- ✓ Feeling distant from familia, amigos



Tips to Stay Connected

Pro Tip: Talk with a Doc

If you are feeling isolated or lonely a lot of the time, you may want to tell your doctor or another health care professional.

Pro Tip: “¿Cómo estás?”

Check-in on aging adults and neighbors!



First, take care of yourself. To help manage stress and stay as mentally and physically healthy as possible, exercise, eat healthy, get enough sleep, and pursue activities you enjoy.

1

Connect with familia

- Call, text, FaceTime
- Share a meal together
- Attend family fiestas
- Make time for los abuelos

2

Connect with amigos

- Join/start a walking group
- Learn a new hobby
- Meet amigos for lunch
- Use tech to keep in touch

3

Connect in la comunidad

- Volunteer
- Visit a senior center
- Attend church
- Attend community events
- Join a community group
- Try adult education classes

Use the Eldercare Locator to connect with trustworthy local support resources for older adults and their families.



800-677-1116

Learn about loneliness and social isolation!

