

Social Isolation and Loneliness Impact Health

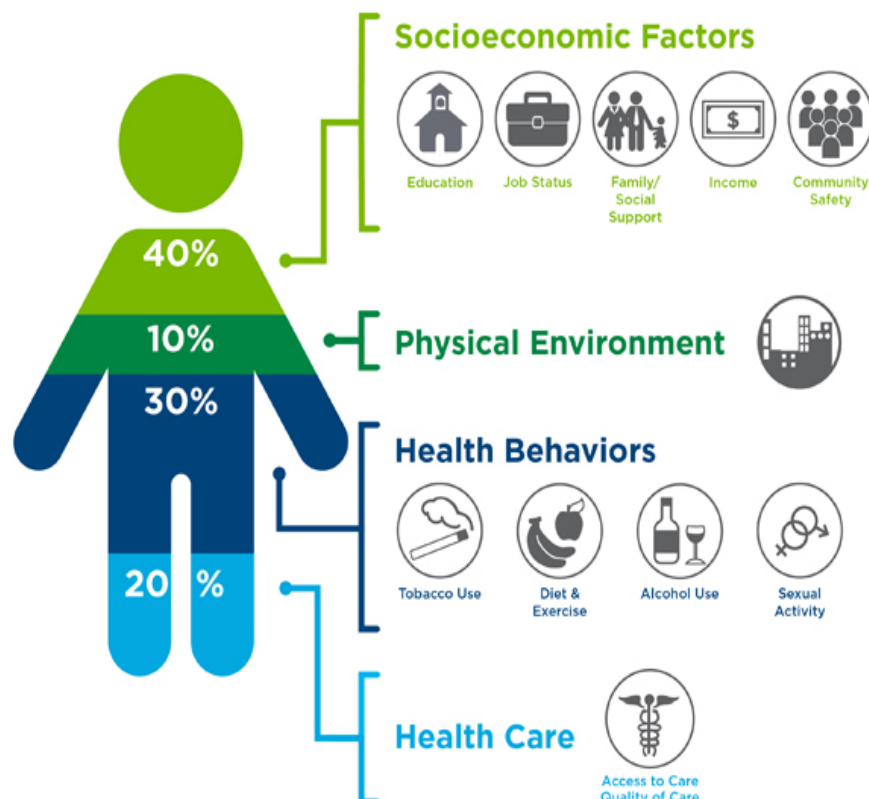
Social isolation is the objective lack of (or limited) social contact with others.

Loneliness is the perception of social isolation or the subjective feeling of being lonely.

The graphic below displays that many factors influence our health; how connected we are to our communities has a large impact.

INSERT LOGO and ADRC information here!

What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014). The Bridgespan Group.

COVID-19 has Drastically Impacted Social Connections

More than **seven in 10 adults** agree that the pandemic has made it more difficult for them to connect with friends.



More than **six in 10 adults**, at varying levels by age, have noticed their loved ones experiencing social isolation since the beginning of the pandemic.



Source: The [Pandemic Effect: A Social Isolation Report](#),¹ AARP Foundation

One in three adults over age 50 lack regular companionship.²



References

¹ Available at <https://connect2affect.org/wp-content/uploads/2020/10/The-Pandemic-Effect-A-Social-Isolation-Report-AARP-Foundation.pdf>

² Available at <https://www.aarp.org/health/conditions-treatments/info-2019/study-isolation-health-risks.html>

Loneliness, living alone, and poor social connections are as bad for your health as smoking 15 cigarettes a day.³

Check out:

The National Resource Center for Engaging Older Adults, [engAGED](https://www.engagingolderadults.org/),⁴ is a national effort to increase social engagement among older adults through a variety of activities. engAGED identifies and disseminates information about emerging trends, resources and replication strategies that the Aging Network can customize for use in their communities.

AARP's [Connect2Affect website](https://connect2affect.org/)⁵ includes a three-minute assessment to help you understand if you or a loved one are at risk for social isolation. It also includes information and helpful resources on getting connected, including opportunities for volunteering in your local community.

[Senior Planet](https://seniorplanet.org/),⁶ powered by OATS (Older Adults Technology Services), harnesses technology to change the way seniors age. They offer courses, lectures, workshops, and social events that help seniors learn computer basics and develop life-enhancing computer skills.

***INSERT ADRC SPECIFIC RESOURCES HERE!** This could include resources such as getting connected for wellness checks, friendly visitor programs, assistive technology, home delivered meals, and any other special programs.*

References

³ [Holt-Lunstad, Julianne; Smith, Timothy B.; Baker, Mark; Harris, Tyler; and Stephenson, David, "Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review" \(2015\)](#)

⁴ Available at <https://www.engagingolderadults.org/>

⁵ Available at <https://connect2affect.org/>

⁶ Available at <https://seniorplanet.org/>