



1 in 4 older adults are
socially isolated.

Here's how to stay connected!

Many of the normal processes and transitions that happen as one grows older, including hearing loss, the death of close loved ones, and impaired mobility, put individuals at increased risk for loneliness and isolation.

The good news is that with greater awareness, you can take steps to stay connected.

Tips to stay connected:

- Call a friend or visit someone every day.
- Meet your neighbors — young and old.
- Write letters to stay in touch with friends.
- Join a group exercise program – like a walking club.
- Take a class to learn something new.
- Revisit an old hobby you've set aside, seek out others who share your interests.
- Volunteer to help others.
- Check out faith-based organizations for spiritual engagement, activities, and events.
- Find out about your transportation options.
- Get involved in a cause, such as AARP or Mass Senior Action to advocate for age-friendly policies.

If you are struggling with loneliness, make a pledge to connect. Strengthen those all-important bonds – **because when we connect, we all thrive.**

For more information, or to talk to a professional, contact:

Salem Council on Aging
401 Bridge Street
Salem, MA 01970
(978) 744-0924



*Fostering Healthy Minds Through
Community Connections*



Center for Aging and Disability
Education and Research
Boston University School of Social Work