

Bridge the Gap with Your Aging Loved One!

Check out these ways to combat loneliness in older adults



As we age loneliness begins to play a more significant role. Lack of companionship may have a negative impact on your or your loved ones overall mental and physical health. As a part of our social construct as humans it's important we spend time with our friends and family or join a group to maintain a social lifestyle. Lack of social interaction can raise the probability for health issues like depression and heart disease. Bridge the gap with your aging loved one by checking out these ways to combat loneliness:



1. Communication is key

Oftentimes we get caught up in the midst of our own busy lives and could go a while without checking in with our loved ones. Making an effort to make communication a priority can help to combat some of you or your loved one's loneliness. Check out these ways to increase communication:

- Phone/video calls
- In person visits
- Encourage friends and family members to reach out as well

2. Encourage social interaction

There are plenty of local places for you or your aging loved one to be social and part of the community.

By joining a club or group, you can help increase your social interaction and decrease feelings of depression and loneliness. Check out these ways to be social through local organizations:

- Town/state sanctioned events
- Churches
- Get involved with a local senior center
- Fitness classes

3. Encourage the exploration of new hobbies

Encouraging yourself or a loved one to get back into a hobby they used to love or exploring new hobbies can help them to get back into something they enjoy. Check out some of these potential hobbies:

- Knitting circles
- Book clubs
- Card games
- Baking classes
- Adult education classes

