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## Social Isolation and Loneliness Resources & Tools

The National Institute on Aging (NIA) has developed resources to reduce social isolation and loneliness for older adults and caregivers.

### Stay Connected

Feeling lonely and being isolated are bad for your health. Learn more about the health risks associated with loneliness and social isolation, find out if you are at risk, and explores ideas for staying connected.

[Stay Connected to Combat Loneliness and Social Isolation with an animated graphic of a light](#)

⇒ [Download the Stay Connected Infographic \(PDF, 598K\)](#)

### Social Isolation Statistics & Health Risks

- Did you know that 1 in 4 adults age 65 and older are socially isolated? **A lack of regular interaction with others can affect your health and well-being.** Explore activities you can do to stay connected, such as starting a new hobby or taking a virtual class.
- **Feeling lonely and being isolated can be bad for your health.** The good news is that you can help reduce your risk! Find tips for staying connected with friends and family here.
- Loneliness and social isolation have been associated with higher rates of depression, a weakened immune system, heart disease, and dementia. Learn about steps you can take to help reduce feelings of loneliness and social isolation.
- **Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections**, such as memory loss and/or the loss of family and friends. Read more about risk factors of social isolation and loneliness here.
- **Know the risk factors for loneliness and social isolation so you can help reduce your risk** — or a loved one's. Learn about steps you can take to

help reduce feelings of #loneliness and prevent social isolation.

⇒ Explore tips for staying connected at <https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected>

## Consumer Resources

 Feeling Lonely or Socially Isolated? with graphic of an older black woman holding a hot drink

⇒ [Download the Feeling Lonely or Socially Isolated? flyer \(PDF, 541K\)](#)

 How to Stay Connected booklet

⇒ [Download, share, or order the booklet](#)

 Older African American woman combats loneliness and social isolation by video chatting with

⇒ [Read and share NIA's health information on social isolation and loneliness, English](#)

 Una pareja mayor habla por videollamada con sus seres queridos para mantenerse conectado

⇒ [Read and share NIA's health information on social isolation and loneliness, Spanish](#)

## Additional Resources

### Find additional information and resources.

- [Commit to Connect Campaign](#)
- [Commit to Connect Activities and Resources](#): View and share resources to help you stay connected.
- [Eldercare Locator](#): Use this free national service to find local resources for reducing social isolation.

Article Source

National Institute on Aging

Source URL

<https://www.nia.nih.gov>

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