

## **Social Engagement**

Programs that provide social interaction for adults who have a low level of contact and interaction with family, friends, neighbors, the broader community and other sources of social support. Social isolation may be due to a number of factors including pandemic, loss of a spouse, living alone, death of family members or friends, retirement, disabilities, poor health, transportation issues, place of residence, low self-esteem or poverty.

Article

### **How Does Social Connectedness Affect Health?**

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

Source

[Centers for Disease Control \(CDC\)](#)

Links

### **Coalition to End Social Isolation and Loneliness**

Source

[Coalition to End Social Isolation and Loneliness](#)

Links

### **Internet Archive: Free Books, Movies, Software, Music**

Source

[Internet Archive: Free Books, Movies, Software, Music](#)

Article

## **5 Secret Health Benefits of Gardening**

Gardening boosts mood, lowers dementia risk, and offers opportunities for physical activity and, in the case of community gardens, socialization.

Source

[AARP](#)

Links

## **Senior Planet: Live Virtual Classes from AARP**

Source

[Senior Planet: Live Virtual Classes from AARP](#)

Links

## **Social Engagement Finder: Making Community Connections**

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[Social Engagement Finder: Making Community Connections](#)

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## **Social Engagement Tools and Resources**

Finding ways to stay socially engaged is important to everyone. There are many tools that can help older adults, people with disabilities, veterans, caregivers, and families find community resources and supports.

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## **Connect2Tools to Overcome Social Isolation**

Social Isolation is more than feeling lonely. How connected are you?

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[AARP](#)

Article

## **Commit to Connect: Combatting Social Isolation and Loneliness in All Communities**

Connecting with other people is essential to our health and well-being.

Source

[Administration for Community Living](#)

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## **Commit to Connect: Combatting Social Isolation and Loneliness in All Communities**

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[Commit to Connect: Combatting Social Isolation and Loneliness in All Communities](#)

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