

## Communities Benefit When Older Adults are Socially Engaged

When older adults are socially engaged in the community, they are able to share their knowledge, talent, skills, experience and wisdom when they:

-  Perform caregiving activities and mentor others
-  Make contributions to the local economy
-  Become entrepreneurs and start small businesses
-  Serve as experienced and resourceful employees
-  Support community organizations through volunteerism



## Older Adults Can Engage in the Community By:

-  Using technology to connect to friends and family
-  Rekindling creative talents or learning new ones
-  Learning something new through classes designed for older adults
-  Participating in intergenerational programs
-  Serving others through volunteering with local organizations
-  Seeking part-time work opportunities, or starting your own business

## STAYING ACTIVE AND CONNECTED: A Guide to Social Engagement for Older Adults



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The National Resource Center  
for Engaging Older Adults

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## Overcoming Social Isolation by Engaging in the Community

### What is social isolation?

When an older adult has limited or no contact with others but would prefer more, they are socially isolated.

Social isolation can lead to loneliness and can impact physical and mental health.

Older adults are more likely than others to feel socially isolated because they have experienced life transitions such as:

- the loss of a spouse or partner
- a chronic or limiting medical condition
- loss of employment

### Become more socially engaged by getting involved in your community!



## Quiz! Are You Socially Isolated?

Take a short quiz\* to help determine whether you are socially isolated. Select one of these three answers for each question: Hardly Ever, Sometimes, or Often

1. How often do you feel that you lack companionship?  
 Hardly Ever  Sometimes  Often
2. How often do you feel left out?  
 Hardly Ever  Sometimes  Often
3. How often do you feel isolated from others?  
 Hardly Ever  Sometimes  Often

Score your answers. Give yourself 1 point for Hardly Ever, 2 points for Sometimes, and three points for Often.

If your score is higher than 5, consider using some of the ideas included in this brochure to get more socially engaged in your community.

\*This quiz is based on the UCLA Three-Item Loneliness Scale.

## Benefits for Socially Engaged Older Adults

Staying connected contributes to a better quality of life for older adults because it leads to:



1. Improved emotional well-being and mental health



2. Better health and physical fitness



3. Renewed sense of purpose



4. Longer life spans

