SOCIAL ENGAGEMENT: A Key Ingredient to Well-Being for Older Adults

Social Engagement Benefits Older Adults and the Community

Benefits to Older Adults

- Improved emotional well-being and mental health
- Improved health and physical fitness
- Longer life spans
- Sense of purpose

Benefits to the Community

- More consumers spending money in the community
- Caregiving activities/mentoring others
- More than 16% of adults age 65+ are self-employed
- 24% of adults age 55+ will be in the workforce in 2024
- 1 in 4 volunteers age 65 and older spend about 94 hours volunteering each year, with each hour valued at approximately $25

Contact us to learn how you can get engAGED in your community!
www.engagingolderadults.org