



TIPS FOR GROWING YOUR SOCIAL CONNECTIONS

Connecting with others—whether in person or virtually—can help reduce isolation and feelings of loneliness. We call this being “socially engaged!”

Growing older can bring about changes that mean you connect with people less often, whether you’ve chosen to retire, moved to a new area, lost a loved one or found it more difficult to engage due to mobility or other limitations.

It’s important to remember that there are ways to stay socially engaged! You can volunteer or work, take education or wellness classes and participate in activities like art and book clubs. Many of these options can be in person, over the phone or on online platforms like Zoom.



Benefits of Being Socially Engaged

Being engaged and connected to others and your community can lead to:



Improved emotional well-being and mental health



Better physical health



Renewed sense of purpose



Longer life span



Strengthening your community. Sharing your knowledge, talents, skills and wisdom benefits both you and your community!

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The National Resource Center
for Engaging Older Adults

Take a Short Quiz

Are you wondering whether you or a loved one might be experiencing social isolation or loneliness? Take this short quiz called the UCLA Three-Item Loneliness Scale! Select one of these three answers for each question:

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



Give yourself 1 point for Hardly Ever, 2 points for Sometimes and 3 points for Often.

If your score is higher than 5, consider using some of the ideas included in this brochure. There are many ways you can continue to engage in your community!

You Can Engage in the Community By:

-  Volunteering for an organization or institution, whether it's a local club, nonprofit organization, faith community or another type of organization.
-  Rekindling creative talents or learning new ones by taking art classes, learning how to play a musical instrument or singing in a choir.
-  Getting involved in intergenerational opportunities to support youth, such as mentoring or tutoring programs.
-  Taking lifelong learning courses, educational classes or technology training at a senior center, local college or university.
-  Participating in health and wellness classes.
-  Using technology to connect to friends and family.
-  Seeking employment opportunities or developing entrepreneurial skills.

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