

Is Social Isolation Affecting Your Health? (Sample)

Presenter:

Organization:

Logo of the
presenter's
organization



Introductions



Does emotional health improve with age?

With age, we

- can sense and manage emotional changes better
- choose to join activities that mean most to us
- value and remember events more positively
- seek to reduce negative situations
- create positive personality changes



Do all older adults experience positive emotional well-being with age?

No.

Awareness is important.



What is social isolation?

Is it different from loneliness?

Social isolation:

- Lack of contact with people and society
- Objective (not influenced by feelings)

Loneliness:

- Sadness due to lack of company
- Subjective (personal feelings)



Why be concerned with social isolation?

Social isolation is linked with

- lower general well-being
- more depression
- common colds
- higher level of disability from chronic diseases
- higher rates of premature death



Are older adults more likely to be socially isolated?

- Retirement and loss of contact
- Loss of significant others
- Reduced sense of purpose
- Reduced ability to get around or move
- Changing family structure
- Living alone
- Physical changes (e.g., hearing and vision loss)



Could I be at risk?

Ask yourself these questions:

- How much contact do I have with my family, friends, acquaintances?
- Am I involved with any social clubs, groups, or organizations?
- Am I experiencing vision or hearing loss?
- Am I able to get to places I need to go?



What can I do?

- Engage in meaningful activities
- Increase your social engagement
- Help others to increase their social engagement



I realized the importance of social support. I am very thankful for people and teams that have helped me. I think it would be very difficult to age without that.

—Darlene Eckert



Where can I go in my community?

- Senior centers
- Physical activity
- Faith-based groups
- Social clubs



Resources

- Sally Abrams (2014). *You are not alone: 6 steps to reduce senior isolation*, Senior Living Blog.
- Becky Squires (2014). *A purpose in life can prevent isolation*, AARP.
- AARP (2010). *Loneliness among older adults: A national survey of adults 45+*.
- Lynn Ponton (2007). *Coping with Loneliness: Tips for seniors*, Everyday Health.
- Lifeline (2010). *What are Loneliness and isolation? Retrieved from: <https://www.lifeline.org.au>*



Discussion

Talk about your favorite activities...

- What do you particularly enjoy about these activities?
- Are you currently engaged in these activities?

Talk about what you can do...

- What could you do to be more engaged in your community?
- What useful information did you learn today that you think you can apply when you leave?
- During transitions, what can you do to stay engaged?



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