

## Get & Stay Connected!

The overall goal of the Illinois Department on Aging, together with the 13 Area Agencies on Aging, is to reduce social isolation among older adults. There are many services available that play a vital role in reducing social isolation in your community, which may include:

- Home-Delivered Meals
- Community Dining Meals
- Information and Assistance
- Health Promotion and Disease Prevention Activities
- Caregiver Supportive Services
- Transportation

Contact your local Area Agency on Aging or the Senior Helpline at 1-800-252-8966 (1-888-206-1327 TTY) for more information about available services and programs in your community.



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Springfield, Illinois 62702-1271

[www.illinois.gov/aging](http://www.illinois.gov/aging)

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate State and federal statutes. If you feel you have been discriminated against, call the Senior Helpline at 1-800-252-8966, 1-888-206-1327 (TTY).

Printed by Authority State of Illinois IL-402-1275 (10/19 - 90,000)



State of Illinois  
Illinois Department on Aging



**OPPORTUNITIES  
TO CONNECT  
ARE WITHIN  
YOUR REACH**

*Reducing social isolation  
among older adults*

## 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
- Retirement
- Becoming a caregiver for a spouse or partner

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



## 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

## Communities Benefit When Older Adults are Socially EngAGED

Older adults who are socially engAGED in the community 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** in the community
- Serving others through **volunteering** with local organizations
- Seeking part-time **work opportunities**, or starting their own business

To learn about other opportunities to connect, contact your local Area Agency on Aging.