



Preventing Social Isolation As We Age

What is Social Isolation?

Social isolation is a lack of social connectedness. This can be from an absence of meaningful relationships, or not feeling a sense of belonging.

Social isolation is not the same as loneliness. However, social isolation can often lead to feelings of loneliness.

Effects of Social Isolation

Prolonged social isolation can lead to an increased risk of several physical and mental health concerns.

Physical Health

- Less physical activity
- Sleep disorders
- High blood pressure
- Heart disease
- Diabetes
- Stroke
- Premature death

Mental Health

- Stress
- Anxiety
- Depression
- Cognitive decline
- Substance abuse

Tips to Combat Social Isolation

- Make a regular schedule to stay in touch with your loved ones (via phone calls, texts, emails, letters, etc.)
- Try a new hobby, or restart an old one
- Attend a variety of virtual and in-person social events in your community
- Connect with nature and stay active, including group exercise - like a walking club
- Consider the benefits of adopting a pet
- Volunteer for an organization that aligns with your values

Resources

agec.UAMS.edu

PatientsLearn

Self-paced educational virtual programs

Ageless Grace

Seated exercise program videos



AR Connect

Free virtual mental healthcare services

Call 501-526-3563 or

800-482-9921. Accessible 24/7.

Connect with us

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