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Connect2Tools to Overcome Social Isolation

Social Isolation is more than feeling lonely

Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health.

Did you know?

- ▶17% of adults age 65 and older are isolated
- ▶26% are at increased risk of early death due to subjective feelings of loneliness
- ▶46% of women age 75 and older live alone

Social Isolation Assessment

Are you or a loved one at risk for social isolation? [Take this assessment to find out if you are at risk.](#)

Connect2Affect

Explore online resources and ways to find help in your local community on the [Connect2Affect website](#).

Commit to Connect

AARP Foundation is part of a new public-private coalition with the Administration for Community Living to connect older adults and people with disabilities with services and supports to build the social connections they need to thrive.

[Learn More](#) about Commit to Connect.

Article Source

AARP

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