

Ideas to Decrease Isolation

Study after study has shown that healthy socialization, and a feeling of connection to peers, can positively affect aging adults. In fact, [we have written several articles](#) about it in the past years. However, even with all of the benefits of socialization for seniors, it can still be difficult to find ways to guide your loved one to connect with others outside of their home on a regular basis.



Unfortunately, your aging loved one may be living with a number of challenges when it comes to socialization. Perhaps their network of friends have passed away or moved to be with family. Perhaps your loved one no longer drives, or just isn't interested in what the local senior center offers in regards to activities. Maybe your loved one has a chronic health condition that makes leaving the home difficult. In any case, seniors who choose to stay at

home most of the time can be at risk for social isolation; this isolation can lead to increased memory loss, decreased physical activity and plenty of other negative consequences.

How can you guide your loved one out of isolation and into socialization? Try a few of our favorite tips to get you both on the road to healthy aging.

Find a neighbor.

For loved ones that cannot leave the home due to medical reasons, or for a senior who doesn't want to go too far, try enlisting the friendship of a friendly neighbor. You can find excellent and meaningful social interaction right on your loved one's block or apartment floor. Try to set up a friendship between your loved one and a mom with a young child – both parties are in desperate need of some friendly visits throughout the course of the week – by bringing over cookies or just stopping by to say hello.

Connect with a church.

If your loved one has a home church, connect with it! If your loved one doesn't have a home church but is spiritual, find a neighborhood church. Many churches offer rides to/from services by volunteers, as well as senior focused programming and events.

Stop by the senior center.

Even if your loved one is a bit resistant, continue to encourage a quick visit to the local senior center. Seniors are sometimes surprised that you can grab a cup of coffee and read the newspaper without attending a formal group activity, and some even serve lunch. It's a great reason to get out of the house and maybe make a friend over a sandwich.

Enlist your caregiver.

Our [Visiting Angels caregivers](#) are meant to provide care for your loved one, as well as to be a socialization force in the home. Our caregivers can be the extra encouragement and support that your loved one needs to get out to a social event, library, or other special place. Our caregivers are ready to help with that and keep your loved one safe.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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