



## The Toll Isolation Takes

Aging seniors often strive for remaining at home for as long as possible. Living at home, either alone or with a spouse, is often looked at as a sign of healthy aging and retained independence. However, there can be significant drawbacks to living at home as we age if we do not pay special attention to socialization.

In fact, "home" can look different for each senior we serve. Our team is committed to helping seniors live at home for as long as possible, wherever that home might be. We are honored to work with clients who live in single family community homes, as well as clients that live in assisted living or independent living apartments. We offer assistance in homes of all types, and we do it with compassion and friendship.



### ***Why should I be worried about isolation?***

Seniors that live at home in the community are often at a higher risk to experience decreased socialization. Complex medical issues or decreased mobility can lead to less and less social opportunities outside of the home. If the senior no longer drives, the chances for socialization in the community decreases further. Also, friends and neighbors that once were a key component of the senior's support system move away, pass away, or are no longer able to meet for

coffee. Family members, even the most engaged ones, stop by on weekends or evenings, but often don't meet the socialization needs of the senior population. This isolation can start slowly, but the effects of loneliness can take hold quickly.

Isolation has serious repercussions for the senior population. Research has recently begun to demonstrate that isolation can lead to accelerated dementia progress, increased signs of depression, and even decreased physical abilities. Staying at home, with or without a spouse, can do more harm than good in regards to health and independence.

### ***How can I stay engaged with the community?***

Seniors that age in a healthy way often report good friendships or a network of support as an integral part of their life. Consider a day in your life – are you having meaningful conversations with other

people, leaving your home to meet up with friends, or entertaining friends at your home on a regular basis? If you are worried that you simply aren't getting socialization throughout your daily experience, you can begin resolving the issue by making intentional choices.

- Call a friend to set a date for coffee or lunch
- Get to know your neighbors
- Join a club at your senior center, church, or park district
- Participate in a walking club, birding club, or other exercise group

Most importantly, if you are finding that your obstacles to socialization include the lack of access to transportation or a friendly and helpful face, [call our office](#). We have many Angels who are ready to support you as you get out and about more. We would be honored to join your team!

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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