

Hello NEIGHBOR!



**ALLEVIATING SOCIAL ISOLATION
AND LONELINESS BY STAYING
ACTIVE AND ENGAGED**

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

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

Other Programs:

- Friendly Visitors
- Telephone Reassurance
- Options Counseling
- Education and Interactive Activities

For More Information

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