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Reduce the Risk of Isolation with Resources and Support of Aging Life Care Professionals

As we age, the opportunities to engage in social activities can start to become limited. Spouses and friends pass away, mobility becomes more difficult, and driving is no longer a possibility. However, the loss of interaction with others can result in poorer health outcomes. According to the NIH, social isolation can result in high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death.

Some signs that an older adult is at risk of social isolation include:

- Living alone
- Family living at a distance
- Poor hearing and/or vision
- Memory loss or other cognitive problems
- Difficulty getting around (trouble walking, unable to drive or access transportation)
- Significant life changes such as the recent loss of a partner or moving to a new home

Luckily, social isolation does not have to be an inevitable part of aging. Some ways to make sure that older adults stay engaged are:

- Visiting children, grandchildren, friends and neighbors
- Participating in faith activities, services, studies and social events
- Signing up for trips sponsored by local community centers
- Volunteering at schools, hospitals or local non-profit organizations
- Taking classes or attending lectures at local libraries, schools and other community venues
- Joining a book group or social club

If you or a loved one are feeling isolated, but unsure where to begin reaching out, an Aging Life Care Professional can help. Also known as geriatric care managers, these experts can help older adults connect to different resources in their area, from organizations that host events to transportation. Many of them provide check-ins to the older adult at home, providing an opportunity for conversation, connection and support.

If your family is in need of care management services, you can find a local Aging Life Care Professional at www.aginglifecare.org. Care Resources has served the West Coast of Florida (Pinellas, Pasco and Hernando) for over 20 years now with their exceptional care management staff.

