



A Plan For Senior Care's Guide To Helping Seniors With Loneliness and Isolation

Loneliness and isolation are common among seniors. Loneliness can put a senior at a higher risk for heart attacks, depression, strokes, anxiety, and a shorter life span. Often the lack of transportation, shrinking social circles, and decline in health lead to isolation. Both can be devastating to one's health and wellbeing. Below are some ways to combat loneliness and isolation and help improve quality of life.



Take Time To Listen

Seniors want to be connected to people and know someone is listening to them. They have a lot of knowledge and life experiences to share. Schedule times to visit or call to talk. Bring up old memories, travel, past careers, or current events to get the conversation started. Plan visits or calls with family and friends regularly.

Help Them Find Purpose

Volunteering and being involved in their community is a way to give back and help a senior to feel important. Knowing that they have commitments and people depending on them gives them something to look forward to. Volunteering at hospitals, schools, community centers, and houses of worship is always needed.

Communal Meals

Socialization is a great way to increase appetite and lift depression. Encourage the senior to eat with others. Religious, community, and senior centers offer meals to seniors. They often have entertainment and activities at the same time. Also, arrange to have meals with the senior either in their home or take them out for a meal. Try to schedule visits with friends and family that includes eating.

Schedule Activities, Outings, and Exercise

Having things to do and places to go helps seniors combat loneliness. Encourage hobbies and to be part of clubs or support groups. Art classes, gardening, book clubs, and exercise classes are great ways to stay active. Take the senior to enjoy the outdoors, go to the mall, museums, concert, senior center or parks. Sitting on a bench and people-watching is a great pastime for seniors.

Learn Something New or Learn Technology

Local colleges and community centers offer many classes specifically for seniors. Consider art, travel, exercise, or technology class. Helping a senior learn technology like a smartphone or iPad will help them to stay connected with others.

Pet Adoption

Studies show that pets enhance seniors quality of life. A pet helps to relieve loneliness, stress, and anxiety. Having a pet gives companionship, fulfillment, and purpose. Caring for a pet will make the senior feel that there is someone in their life that depends on them and returns their love.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.