

# Social Engagement

# Benefits of Socialization

- ▶ Social engagement improves the quality of life for older adults, resulting in dramatic health benefits, including:
- ▶ Longer life spans
- ▶ Decreased risk of disability and functional mobility decline
- ▶ Decreased likelihood of depression
- ▶ Decrease in cognitive decline

# Risks of Loneliness

- ▶ Individuals experiencing loneliness and/or social isolation:
- ▶ Experience an increased risk of cardiovascular disease.
- ▶ Disproportionately report lower incomes and having a debilitating health and/or mental health condition.
- ▶ Cost Medicare an estimated \$134 more per person monthly (\$1,608 annually), compared to individuals who were not socially isolated. In total, the study estimated that a lack of social contact among older adults is associated with an estimated \$6.7 billion in additional Medicare spending annually.

# Opportunities for Social Engagement

- ▶ Volunteering for a variety of organizations and institutions
- ▶ Exploring and participating in creative arts
- ▶ Looking for intergenerational opportunities to support youth
- ▶ Taking lifelong learning course or technology training at local colleges and universities
- ▶ Seeking employment opportunities or developing entrepreneurial skills
  
- ▶ Visit [www.engagingolderadults.org](http://www.engagingolderadults.org) to learn more.