



# 5 TIPS TO HELP SENIORS COMBAT LONELINESS

Socialization is important for people of any age, but it's critical for older adults - especially if they live alone. ♥



At HCAN, we understand that distance, work and family obligations might limit the amount of time friends and family members can spend with their aging loved ones - that's why we provide companionship services.

Learn more about professional services that will benefit your aging loved one's overall health and well-being while giving you much needed peace of mind.



## To help boost your senior's mood and keep loneliness at bay:



**1.** Encourage them to schedule time every day to touch base with family, friends and neighbors - in person or by email, social media, phone calls or text.



**2.** Support their interest in volunteering, hobbies, clubs and other activities that will keep them socially engaged.



**3.** If they're able to care for one, help them adopt a pet. Whether it's a dog, cat or bird, pets are a great source of comfort and may lower stress and blood pressure.



**4.** Encourage them to stay physically active. A walk outdoors - even if it's just to the mailbox and back - can help keep spirits lifted.



**5.** Check out resources and programs that are offered through local social service agencies, churches and senior centers.



**HomeCare**  
ADVOCACY NETWORK