



Social Isolation & Loneliness Resources

Centralina Area Agency on Aging is committed to raising awareness about this community health concern and working to combat loneliness and social isolation through education of existing resources.

This downloadable PowerPoint provides an overview of loneliness and isolation and statewide resources. It is editable so you can include resources available in your area to combat social isolation and loneliness. [Centralina PowerPoint link](#)

Resources to Raise Awareness about Loneliness & Isolation:

Our Epidemic of Loneliness & Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

This 2023 report provides an overview of the impact of loneliness and isolation and recommendations for stakeholders to advance social connection.

[Our Epidemic of Loneliness & Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community Report](#)

engAGED Community Awareness Toolkit

This toolkit is for professionals and organizations working with older adults to help support social engagement programming. Materials in the Toolkit explain the impact of social isolation, describe ways to increase social engagement and explain the benefits of social engagement for older adults—and their communities. This includes materials that can be customized with your agency logo.

[engAGED Community Awareness Toolkit](#)

Resources to Help Combat Loneliness & Social Isolation

National:

Eldercare Locator

This service connects older adults and their caregivers with trustworthy local support resources.

[Eldercare Locator \(acl.gov\)](#)

[Expanding Your Circles Resource](#)

1-800-677-1116

North Carolina:

Area Agency on Aging

Contact your local Area Agency on Aging to connect to resources in your community

[North Carolina Area Agency on Aging Directory](#)

Senior Centers

Senior Centers provide older adults access to physical and social activities. These activities include special guest speakers for educational opportunities, engaging in the arts, participating in a variety of exercise programs, and more!

[North Carolina Senior Center Directory](#)

Senior Nutrition Program

The Senior Nutrition Program provides opportunities for qualifying older adults to receive home delivered meals or participate in congregate nutrition programs which provide meals in a group setting. Congregate Nutrition Programs also provide education and social programming.

[North Carolina Senior Nutrition Program Directory](#)

The Social Bridging Project

The Social Bridging Project aims to alleviate difficulties that accompany social isolation and loneliness for North Carolina residents <https://healthyagingnc.com/social-bridging-project/> 828-250-2399

One Hope

One Hope is a phone line that assists North Carolina residents 65+ who are experiencing isolation or loneliness. NCBAM Trained staff and volunteers encourage callers with a friendly voice.

<https://onehopencbam.org/>

866-578-4673

Centralina Region:

These services are offered through Centralina Area Agency on Aging to older adults who live in Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Stanly, Rowan, and Union Counties.

PEARLS (The Program to Encourage Active, Rewarding Lives)

PEARLS is designed to reduce depressive symptoms and improve quality of life in older adults (60+). The program includes six to eight sessions over the course of four to five months and can be offered in-home, over the phone, or virtually. [Centralina PEARLS](#)

Get Set Up

Older Adults in the Centralina Region can contact Centralina Area Agency on Aging to learn more about opportunities to connect to an online platform to engage with others, learn, and have fun! Contact 800-508-5777 to learn more about Get Set Up.

Evidence-Based Health and Wellness Programming

CAAA offers a variety of Health and Wellness evidence-based workshops throughout the region.

Workshops include:

- Matter of Balance
- Living Healthy with Chronic Conditions
- Living Healthy with Chronic Pain
- Living Healthy with Diabetes
- Building Better Caregivers

Contact Amanda Dawson at adawson@centralina.org or 704-348-4789 to learn more about participating in these workshops or volunteering to become a certified trained leader.



CENTRALINA
Area Agency on Aging

Social Isolation and Loneliness Among Aging Adults

Dr. Vivek H.
Murthy, U.S.
Surgeon
General

“The health and societal impacts of social isolation and loneliness are a critical public health concern.”



CENTRALINA

Area Agency on Aging

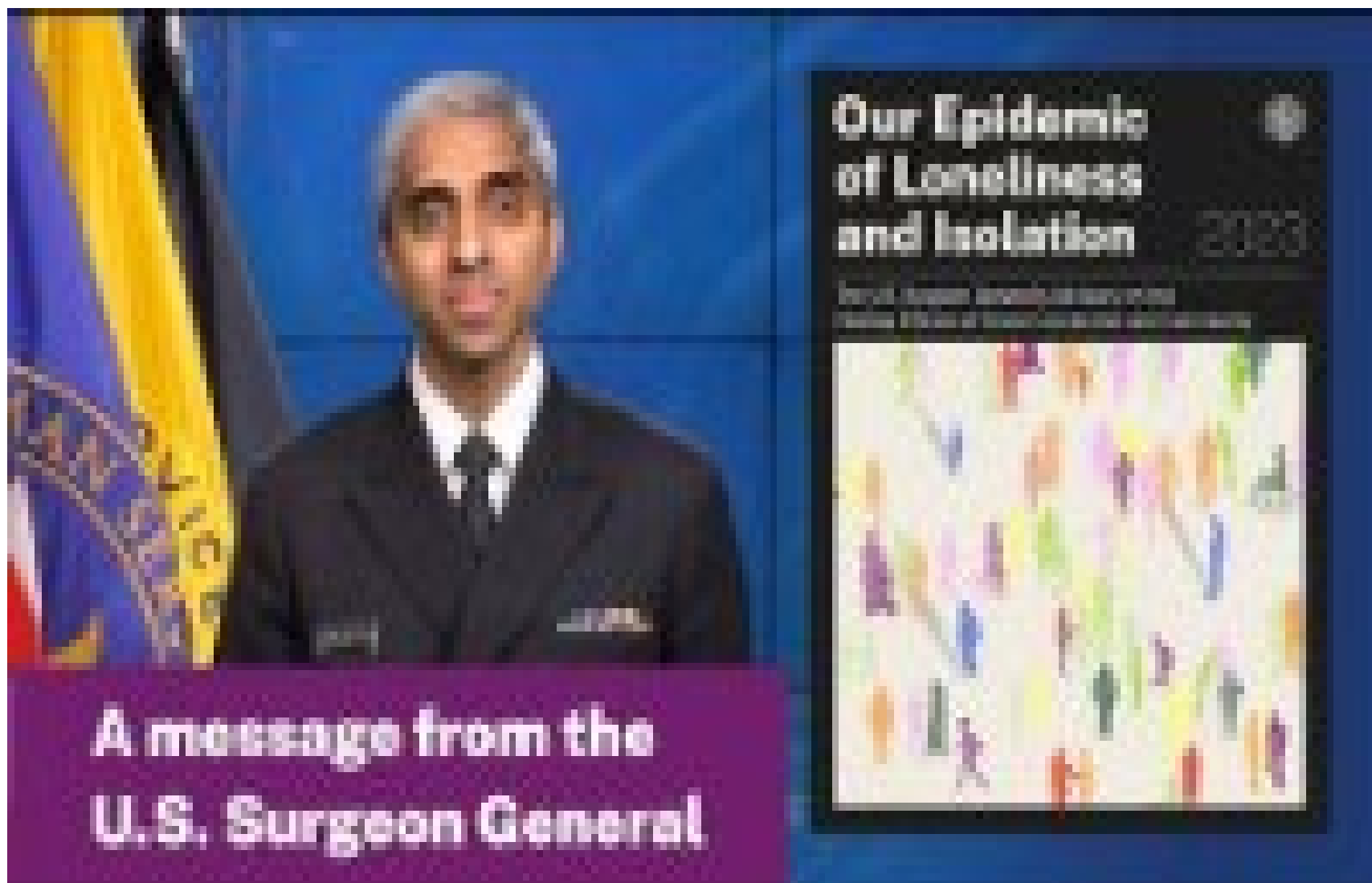
Our purposes are to plan, develop, coordinate and deliver a wide range of long-term senior services and supports to consumers in the region.



800.508.5777

www.CentralinaAging.org

Centralina Area Agency on Aging is a division of Centralina Regional Council, a nine-county member government organization based in Charlotte, N.C.



**Our Epidemic
of Loneliness
and Isolation**

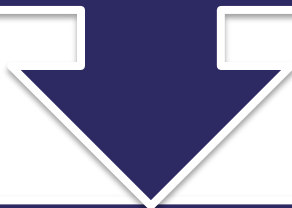
2023

Vivek Murthy, M.D., M.P.H.
Surgeon General of the United States Department of Health and Human Services

**A message from the
U.S. Surgeon General**

What is the difference between Social Isolation and Loneliness?

Social isolation is the lack of social connections and/or contacts and having few people to interact with regularly.



Loneliness is the distressing feeling of being alone or separated.



Target Population and Statistics

In North Carolina, **26.8%** of **people 65** and older **live alone** and are vulnerable to social isolation.

Of the socially isolated population, **21.4%** of people aged 65 or older are part of **a racial or ethnic minority population**.

Groups at highest risk for social disconnection

Low-income adults



Young adults



Older adults



Adults living alone



People with chronic diseases and disabilities



Immigrants



Individuals who identify as lesbian, gay, bisexual, transgender, and questioning (or queer)

Risk factors

Live alone

Can't leave your home

Had a major loss or life change, such as the death of a spouse or partner, or retirement

Struggle with money

Are a caregiver

Have psychological or cognitive challenges or depression

Have limited social support

Have trouble hearing

Live in a rural, unsafe and/or hard-to-reach neighborhood

Have language barriers where you live

Experience age, racial, ethnic, sexual orientation and/or gender identity discrimination where you live

Are not meaningfully engaged in activities or are feeling a lack of purpose

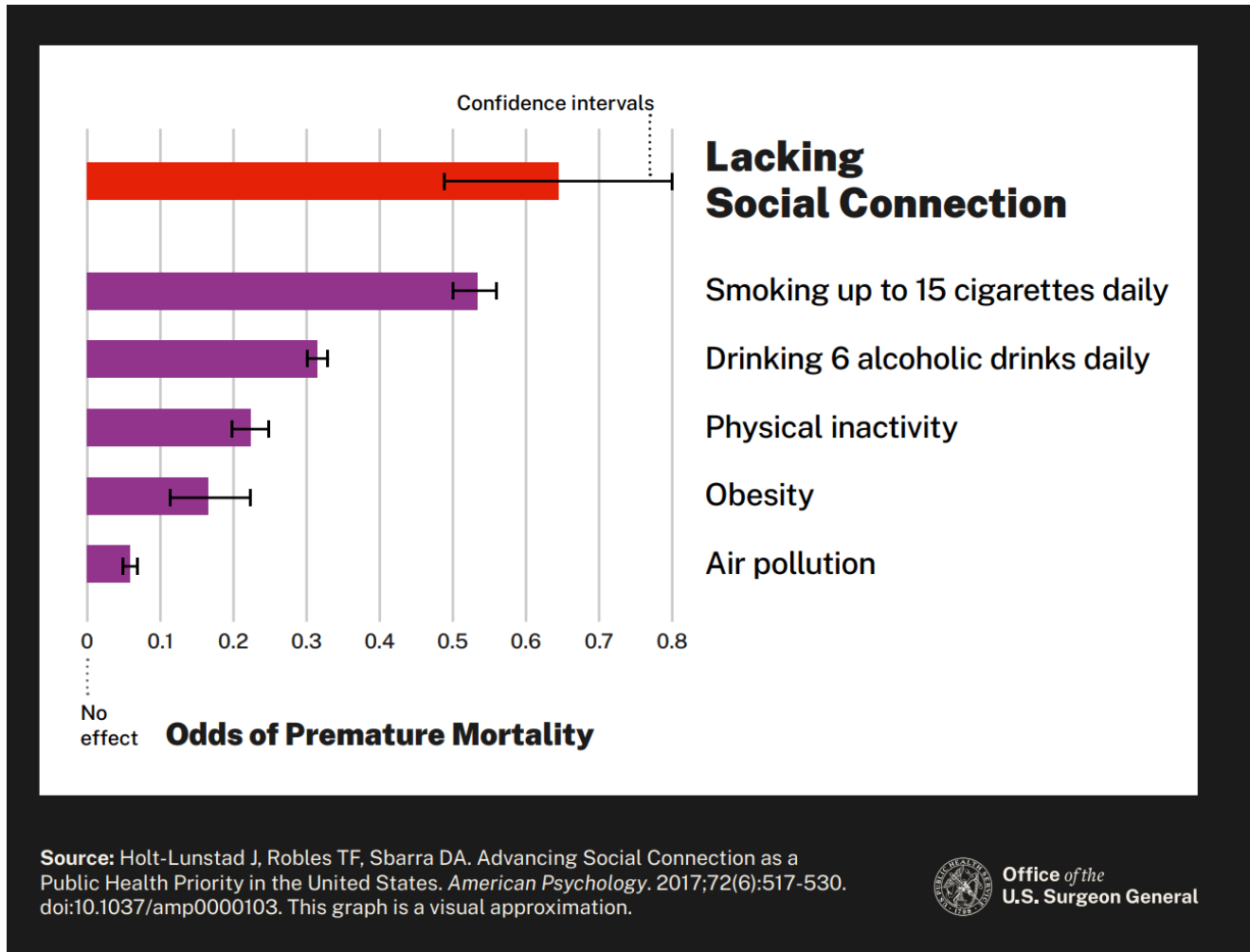


Health Impact

“Over four decades of research has produced robust evidence that lacking social connection and, in particular, scoring high on measures of social isolation, is associated with a significantly increased risk for early death from all causes”

-2020 Consensus Study Report

Health Impact



Health Risks

High blood
pressure

Heart disease

Obesity

Weakened
immune
function

Anxiety

Depression

Cognitive
decline

Dementia,
including
Alzheimer's
disease

Premature
death

Health Risks

Loneliness among heart failure patients was associated with a nearly:

- Four times increased risk of death
- 68% increased risk of hospitalization
- 57% increased risk of emergency department visits



Socially Connected Communities



Decades of research across disciplines show that higher levels of social connectedness suggest better community outcomes, ranging from population health to community safety, resilience, prosperity and representative government.



These studies establish that social connection is vital not only to our physical, mental and emotional health, but also to the health and well-being of our communities

Page 36- Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community. 2023



The Six Pillars to Advance Social Connection

1

Strengthen Social Infrastructure in Local Communities

Design the built environment to promote social connection

Establish and scale community connection programs

Invest in local institutions that bring people together

4

Reform Digital Environments

Require data transparency

Establish and implement safety standards

Support development of pro-connection technologies

2

Enact Pro-Connection Public Policies

Adopt a “Connection-in-All-Policies” approach

Advance policies that minimize harm from disconnection

Establish cross-departmental leadership at all levels of government

5

Deepen Our Knowledge

Develop and coordinate a national research agenda

Accelerate research funding

Increase public awareness

3

Mobilize the Health Sector

Train health care providers

Assess and support patients

Expand public health surveillance and interventions

6

Build a Culture of Connection

Cultivate values of kindness, respect, service, and commitment to one another

Model connection values in positions of leadership and influence

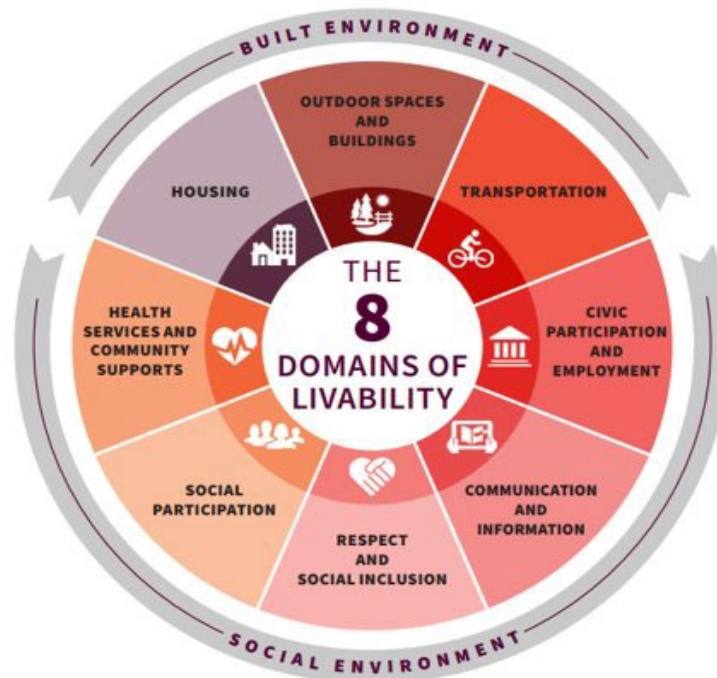
Expand conversation on social connection in schools, workplaces, and communities



Age-Friendly Communities

- Social Connectivity plays an important part in Age-Friendly Communities.
- Domains include:
 - Respect & Social Inclusion
 - Social Participation
- Other domains can support social connectivity such as:
 - Outdoor spaces and Buildings
 - Transportation

The **8 Domains of Livability** is the framework used by states and communities enrolled in the network to organize and prioritize their work. The availability and quality of these community features impact the well-being of older adults and people of all ages.





What can you
do to build
social
connectivity?

Recommendations for Stakeholders

National, Territory, State, Local, and Tribal Governments

Health Systems & Workers

Public Health

Workplaces

Community-Based Organizations

Caregivers

Individuals

How do you know you're at risk?

UCLA 3 Questions Loneliness Scale

Questions

1. How often do you feel that you lack companionship?

Hardly ever		1
Some of the time		2
Often		3

2. How often do you feel left out?

Hardly ever		1
Some of the time		2
Often		3

3. How often do you feel isolated from others?

Hardly ever		1
Some of the time		2
Often		3

The scores for each individual question can be added together to give you a possible range of scores from 3 to 9. Researchers in the past have grouped people who score 3 – 5 as “not lonely” and people with the score 6 – 9 as “lonely”.

Healthy Aging NC

Social Engagement Self-Assessment

This assessment, the Lubben Social Network Scale (LSNS-6), is a validated tool designed to measure social isolation risk by measuring the number and frequency of social contacts with family and friends. This brief, six question assessment can be self-administered. Scores of 0-12 suggest that an individual is at-risk for social isolation. Scores of 13-30 suggest stronger social connectedness.

FAMILY: Considering the people to whom you are related by birth, marriage, adoption, etc.

1. How many relatives do you see or hear from at least once a month? (Required)

☐ none ☐ 1 relative ☐ 2 relatives ☐ 3-4 relatives ☐ 5-8 relatives ☐ 9+ relatives

2. How many relatives do you feel at ease with that you can talk about private matters? (Required)

☐ none ☐ 1 relative ☐ 2 relatives ☐ 3-4 relatives ☐ 5-8 relatives ☐ 9+ relatives

3. How many relatives do you feel close to such that you could call on them for help? (Required)

☐ none ☐ 1 relative ☐ 2 relatives ☐ 3-4 relatives ☐ 5-8 relatives ☐ 9+ relatives

Weblink: <https://healthyagingnc.com/social-engagement-landing-page/>



Healthy Aging NC

Social Engagement Self-Assessment

FRIENDSHIPS: Considering all of your friends including those who live in your neighborhood.

4. How many of your friends do you see or hear from at least once a month? (Required)

☐ none ☐ 1 friend ☐ 2 friends ☐ 3-4 friends ☐ 5-8 friends ☐ 9+ friends

5. How many friends do you feel at ease with that you can talk about private matters? (Required)

☐ none ☐ 1 friend ☐ 2 friends ☐ 3-4 friends ☐ 5-8 friends ☐ 9+ friends

6. How many friends do you feel close to such that you could call on them for help? (Required)

☐ none ☐ 1 friend ☐ 2 friends ☐ 3-4 friends ☐ 5-8 friends ☐ 9+ friends

Results

Weblink: <https://healthyagingnc.com/social-engagement-landing-page/>



Strengthening Social Connections

- Invest time in nurturing your relationships
- Seek out opportunities to serve and support others
- Check out resources and programs at your local social service agencies, community and senior centers and public libraries
- Reduce practices that lead to feelings of disconnection from others
- Use communication technologies to help keep you engaged and connected
- Consider adopting a pet
- Stay physically active
- Seek help during times of struggle

NORTH CAROLINA ASSOCIATION OF AREA AGENCIES ON AGING (NC4A)

- Website:
<https://www.nc4a.org/>
- Contact Information:
Nc4a.org@gmail.com
- NC4A's mission is to build capacity and coordinate the activities of the 16 Area Agencies on Aging (AAAs) in North Carolina.
- AAAs are charged with helping older adults and people with disabilities, along with their caregivers, live in their communities in the least restrictive environment with maximum dignity and independence for as long as possible.



advocacy | action | answers on aging

Healthy Minds

The Healthy Minds Program gives seniors free short meditations to develop four skills of well-being:

- Awareness
- Insight
- Connections
- Purpose

Website:

<https://hminnovations.org/>

healthyminds program™ *Well-Being for Older Adults*



A FREE Healthy Minds phone App based on neuroscience to supplement your current programming with well-being tools!

Free short meditations to develop the four skills of well-being:



Awareness

Be more calm and focused by practicing mindfulness & strengthening attention.



Connections

Learn simple skills to build healthy relationships & foster caring interactions with others.



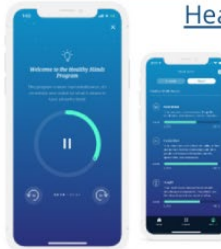
Insight

Increase the skill of self-inquiry to understand how our thoughts, emotions, and beliefs shape our experience.



Purpose

Clarify and deepen your personal values and principles to bring depth to relationships & meaning to your pursuits.



Healthy Minds - <https://hminnovations.org/>

Get the Healthy Minds
Phone App Today
**"Well-being
is a skill."**

- Dr. Richard J. Davidson, Neuroscientist,

The Center for Healthy Minds at the University of Wisconsin- Madison



HEALTHY AGING NC

www.healthyagingnc.com

Permission granted to NCCHW by Healthy Minds Innovations to share.



Social Bridging Project

The [Social Bridging Project](#) is a free service that pairs older adults who feel isolated with trained callers who can provide the following:

- A conversation and friendly check-in.
- Help using your technology devices to connect with loved ones, remotely access fitness classes or faith communities, access medical care via telehealth and more.
- Referrals to resources such as transportation services, meal deliveries, no-cost wellness programs and more.

Send an email
at socialbridge@unca.edu or
call at (828) 250-2399



One Hope/NCBAM

- One Hope helps those who are experiencing social isolation and loneliness.
- They connect the lonely with community resources and with Christ.



Phone: (877)506-2226

onehopencbam.org

NCBAM
201-A Idol Street
Thomasville, NC 27360

A ministry of Baptist
Children's Homes of NC

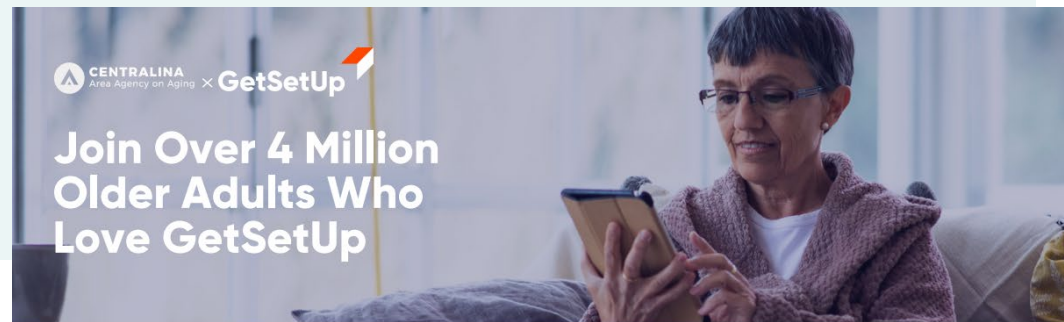
Get Set Up

Live online learning platform that provide hundreds classes 24 hours a day, 7 days a week to keep you mentally, physically and socially active.

Centralina AAA offers FREE access through our membership plan!

Website & Access Code:

<https://www.getsetup.io/partner/centralina>

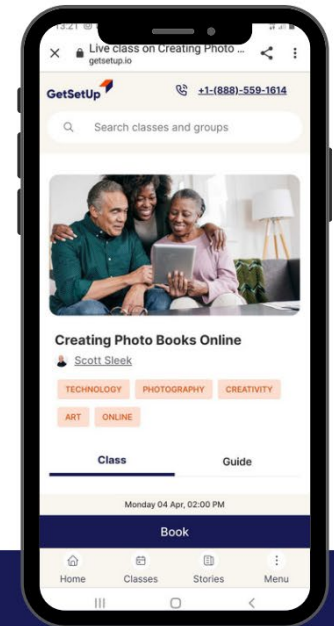


The Centralina Area Agency on Aging has partnered with GetSetUp to provide free virtual classes for older adults taught by peers – ask questions, make new friends, learn new things and have fun.

Try an Online Class Today!
www.getsetup.io/partner/centralina

Live Classes Taught by Older Adults Across Multiple Categories



- Aging in Place
- Communication
- Cooking
- Creativity
- Financial Planning
- Health and Wellness
- Fitness
- Music
- Photography
- Social Hours
- Social Media
- Technology
- Travel
- Business





Terri T.
GetSetUp Ambassador

"I'm leading groups, taking nursing and social work classes to build my curriculum, and using my new Google Slide skills to present. Thank you, GetSetUp, for helping me to get my life back."

Health Promotion & Disease Prevention Programs/Workshops

 <p>Living Healthy</p>	<p>If you have conditions such as diabetes, arthritis or high blood pressure, this workshop can help you learn how to stay healthy.</p>	<p>6 Sessions 2.5 Hours per Session 12-15 Participants</p>
 <p>Living Healthy with Diabetes</p>	<p>This workshop is designed to help you better manage your diabetes and gain control of your health.</p>	<p>6 Sessions 2.5 Hours per Session 12-15 Participants</p>
 <p>Living Healthy with Chronic Pain</p>	<p>This workshop helps people experiencing chronic pain learn how to manage their conditions.</p>	<p>6 Sessions 2.5 Hours per Session 12-15 Participants</p>

Health Promotion & Disease Prevention Programs/Workshops

 The logo for 'Building Better Caregivers' features a purple square with a white geometric icon of three interlocking shapes at the top. Below the icon, the text 'Building Better Caregivers' is written in white, with 'Building' and 'Better' on one line and 'Caregivers' on the line below.	A workshop designed for caregivers to help you reduce stress, manage difficult behaviors, increase communication skills and locate needed local resources.	6 Sessions 2.5 Hours per Session 12-15 Participants
 The logo for 'A Matter of Balance' features a blue square with a white icon of a person with arms raised inside a circle at the top. Below the icon, the text 'A Matter of Balance' is written in white, with 'A Matter' on one line and 'of Balance' on the line below.	This workshop can help reduce the fear of falling and increase the activity levels of those concerned about falling.	8 Sessions 2 Hours per Session 8-12 Participants

For more information and to register for a workshop please visit: <https://centralinaaging.org/what-we-do-services/health-wellness/>

PEARLS

(Program to Encourage Active, Rewarding Lives)

A community-based program (evidence-based) designed to reduce depressive symptoms, isolation and improve quality of life in older adults.

PEARLS coaches will provide six to eight in-home or virtual sessions to help you:

- Recognize the symptoms of depression
- Use a seven-step approach to identify and solve problems
- Plan social and physical activities, which often improve the mood of people living with depression

Who is eligible?

- 60 years of age and up
- Adults who have minor depression or persistent depressive disorder (PDD)
 - An ongoing, low-grade depression of 2 or more years.
- Adults who have major depression
- Adults with epilepsy and co-occurring depression

Contact Kamiya Williams for more information.
kwilliams@centralina.org / 704-688-7036

LET'S TALK ABOUT IT



Don't Face Depression Alone

Did you know that one in five older adults experiences depression? It's the most common mental health problem among those age 65 and older.



If you or a loved one are experiencing social isolation and/or loneliness:



Talk to your provider



Look into state, county and local resources that may be offered to you



Contact someone if you need help



THANK YOU

704-372-2416 | info@centralina.org | 10735
David Taylor Drive, Suite 250, Charlotte, NC
28262 | www.CentralinaAging.org