



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.