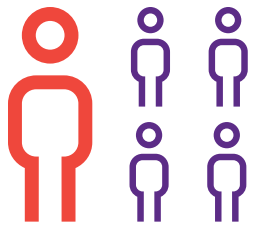
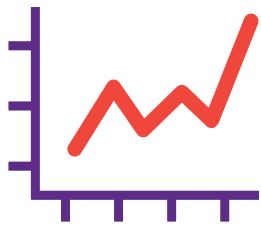


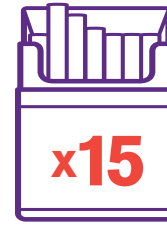
## SOCIAL ISOLATION IS A BIGGER PROBLEM THAN YOU MAY KNOW



Nearly **1 in 5** adults over age 50 is at risk of social isolation



Subjective feelings of loneliness can increase risk of death from **26% to 45%**



The health risks of prolonged isolation are equivalent to smoking **15** cigarettes a day

# Fixing broken connections can help people thrive.

## WAYS WE CAN WORK TOGETHER TO END SOCIAL ISOLATION

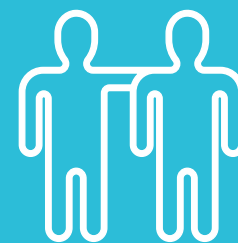
Treat health issues that create barriers to connection

**SOLUTION:**  
Fall prevention programs that increase balance, strength, and the confidence to go out more often



Provide support through major life transitions

**SOLUTION:**  
Support groups to help someone feel connected while coping with significant change



Address societal barriers that exclude older adults

**SOLUTION:**  
Policy changes that support retraining and retention of older workforce



Ensure availability of services and support tailored to the needs of diverse communities

**SOLUTION:**  
Home-sharing models that make aging in place more affordable for all



Create opportunity for affordable and accessible transportation

**SOLUTION:**  
Volunteer transportation services that make it easier for older adults to get around their community



TO LEARN HOW YOU CAN CONNECT VISIT [CONNECT2AFFECT.ORG](https://connect2affect.org)