

CONNECT 2 TOOLS TO OVERCOME SOCIAL ISOLATION

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Social Isolation Is More Than Feeling Lonely

How connected are you?

Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health.

Are you or a loved one at risk for social isolation? Take this assessment to find out if you are at risk.

[TAKE THE ASSESSMENT](#)**17%**

of adults age 65 and older
are isolated

**26%**

increased risk of early
death due to subjective
feeling of loneliness

**46%**

of women age 75 and older
live alone



Here to Help During the Coronavirus Pandemic

We've assembled resources to help you stay connected during this challenging time.

[View Coronavirus Resources](#)

Need Help? Find Support Services in Your Area.

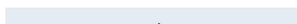
Search our Local Assistance Directory for free or reduced cost services that may combat or prevent social isolation. You'll also find services like medical care, food, job training and more.

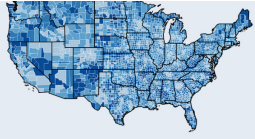
To help us better serve you, please answer a few questions.

What Would You Like Help With Today?

[Next Question](#)

Recent Research





MAP

Mapping Social Isolation in Older Adults

This mapping tool allows you to visualize measures of social isolation and loneliness in older adults in the United States. The tool integrates individual measures of social isolation at the state and county level including demographics, health and health behaviors, health care utilization, health system capacity and COVID-19 data.

AARP



The Pandemic Effect: A Social Isolation Report

REPORT

This report explores the impact of the COVID-19 pandemic on adults of all ages, to understand levels of social isolation during the pandemic, and to assess knowledge of how social isolation can impact a person's health.

Funded by AARP Foundation with the support of a grant from United Health Foundation.

AARP FOUNDATION



Social Isolation and Loneliness in Older Adults Opportunities for the Health Care System

REPORT

Even the most socially isolated individuals — those who have no or very few community connections — interact with the health care system.

This report details the meaningful role the health sector can play to help people overcome isolation along with recommendations to enhance that role.

NATIONAL ACADEMY OF SCIENCES

Learn More

We all have a role to play in addressing this complex public health issue

I am...

Find Help

Search our directory to find programs and services near you.

Get Help

Sign Up for Email

Join us to receive helpful tips and information on building social connections.

Sign Up