

LEARN ABOUT

MAKING SOCIAL CONNECTIONS AS YOU GROW



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

Use Your Hearing Aids

- When you don't hear sounds around you, your brain stops listening
- This can make it harder to think and remember things over time
- Using hearing aids keeps your brain active

Go Out of the House

- Some older adults stay home because they have trouble seeing, walking, or getting around
- But, it's good for your brain and body to go outside when you can
- When you leave the house, you see new things and meet new people
- This helps your brain by making you think, remember, and learn new things
- It's exercise for your brain!

Look for Ways to Connect With Others

- Make a schedule to call, write, or message friends and family
- Get a pet for companionship and a chance to meet new people
- Stay active by walking with a friend or doing fun activities like dancing
- Say hello to neighbors and start small conversations, maybe even plan a block party
- Take a class or join a club through your local library, faith organization, or community center
- Volunteer at a school or charity to meet people and help others

Prepare for Times You Might Feel Lonely

- **Retiring from work:**
When you stop working, you might not see work friends as much. Try to stay in touch with them after you retire
- **Losing a partner:**
This is very hard. Talking to a close friend or joining a grief group can help you feel less alone
- **Moving to a new place:**
Moving can be fun, but it can also feel lonely. Try meeting new people and joining groups in your new neighborhood to feel more at home

