Practical Ways to Alleviate Loneliness and Isolation Among Older Adults

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Over 14 million older adults live alone in the U.S., according to the Administration on Aging[^1]. Unfortunately, loneliness and isolation are serious issues with deleterious health implications. Both are linked to decreased physical and mental health, as well as increased mortality. In fact, The National Institute on Aging notes loneliness and isolation can lead to higher risk of depression[^2] in people as they age.

Understanding how loneliness and isolation manifest in real-world scenarios can help you spot the signs in yourself or those you love and know how to help.

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