



Isolation in older adults is rarely caused by a single event. More often, it's the result of multiple causes, including poor physical and mental health, poorly designed communities, and major life events such as loss and retirement. Risk factors include:

about
Social Isolation
 from Connect2Affect.org

Most prevalent
 causes of isolation



Responses that
 may prevent or
 reduce isolation



<p>Transportation Challenges</p>	<p>Lack of accessible and affordable transportation options Driving retirement</p>	<p>Volunteer-based ride programs Liveable/age-friendly community initiatives</p>
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<p>Poor Health and Well-being</p>	<p>Untreated hearing loss Mobility impairments Frailty Poor mental health</p>	<p>Falls prevention programs Chronic disease self-management</p>
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<p>Life Transitions, Role Loss or Change</p>	<p>Leaving the workforce Loss of a partner or friends Becoming a caregiver</p>	<p>Support groups Lifelong learning (Volunteering) Senior Centers Creative/artful aging</p>
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<p>Societal Barriers</p>	<p>Ageism Lack of opportunities for older adults to engage and contribute</p>	<p>Intergenerational programs Lifelong learning (Volunteering) Policies to support an older work force</p>
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<p>Lack of Access and Inequality</p>	<p>Poverty Rural living Marginalized groups (racial/ethnic/minorities, LGBT, etc.)</p>	<p>Resiliency & empowerment models Home-sharing models Technology training</p>
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