

## Bridge the Gap with Your Aging Loved One!

Check out these ways to prevent and combat loneliness in older adults

As we age loneliness begins to play a more significant role. Lack of companionship may have a negative impact on your or your loved one's overall mental and physical health. As a part of our social construct as humans, it's important we spend time with our friends and family or join a group to maintain a social lifestyle. Lack of social interaction can raise the probability of health issues like depression and heart disease. Bridge the gap with your aging loved one by checking out these ways to prevent and combat loneliness:



### 1. Communication is Key

Oftentimes we get caught up in the midst of our own busy lives and could go a while without checking in with our loved ones. Making an effort to make communication a priority can help to avoid some of your or your loved one's loneliness. Check out these ways to increase communication:

- Phone/video calls
- In person visits
- Encourage friends and family members to reach out as well

### 2. Encourage Social Interaction

There are plenty of local places for you or your aging loved one to be social and part of the community.

By joining a club or group, you can help increase your social interaction and decrease feelings of depression and loneliness. Check out these ways to be social through local organizations:

- Town/state sanctioned events
- Churches
- Get involved with a local senior center
- Fitness classes

### 3. Encourage the Exploration of New Hobbies

Encouraging yourself or a loved one to get back into a hobby they used to love or exploring new activities can help them to get back into something they enjoy. Check out some of these potential ways to stay socially connected:

- Knitting circles
- Book clubs
- Card games
- Baking classes
- Adult education classes

### About Lourdes Noreen McKeen

Lourdes Noreen McKeen in West Palm Beach, FL is committed to providing compassionate care that encompasses their physical, social, psychological, emotional, and spiritual needs. Our services include independent living, assisted living, skilled nursing, and rehabilitation, and our community offers nearby shopping and entertainment, wonderful and nutritious dining options, and a multitude of classes and opportunities to socialize. Lourdes Noreen McKeen's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.