



## Loneliness & Isolation in Seniors

Why *Caring Connections* is So Important

- Social contacts tend to decrease as we age for various reasons such as retirement, death of friends and family, or lack of mobility.
- According to the US Census Bureau, 28 percent of people aged 65 and older live alone.
- 1 in 3 adults over 50 lack regular companionship.
- According to the National Center on Elder Abuse, studies show a connection between social isolation and higher rates of elder abuse.
- Researchers believe regardless of the reason a person is isolated, seniors who feel lonely and isolated are more likely to report having poor physical/mental health.

*\*Facts compiled from AARP.org and aplaceformom.com*

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I needed someone to cry with and you allowed me to cry with you. You don't know how that makes me feel.

– Bonnie S, *Senior*

————— ” —————



### For More Information:

ElderSource Volunteer Opportunities  
Volunteers@myeldersource.org  
904-391-6631

## CARING CONNECTIONS

The ElderSource Telephone Reassurance Program





## What is Caring Connections?

The ElderSource *Caring Connections* Telephone Reassurance Program provides friendly telephone calls from trained volunteers to older adults who are living alone and/or are homebound.

The goals of the *Caring Connections* program are to reduce isolation, loneliness, depression, anxiety and cognitive decline often faced by homebound seniors. Regular phone calls from volunteers help seniors stay connected to their community and engaged in meaningful relationships. Keeping seniors socially engaged also improves their overall quality of life physically, emotionally and mentally.



**It feels good to know that people care and want to help. I have made a new friend.**

– Jane M, *Senior*



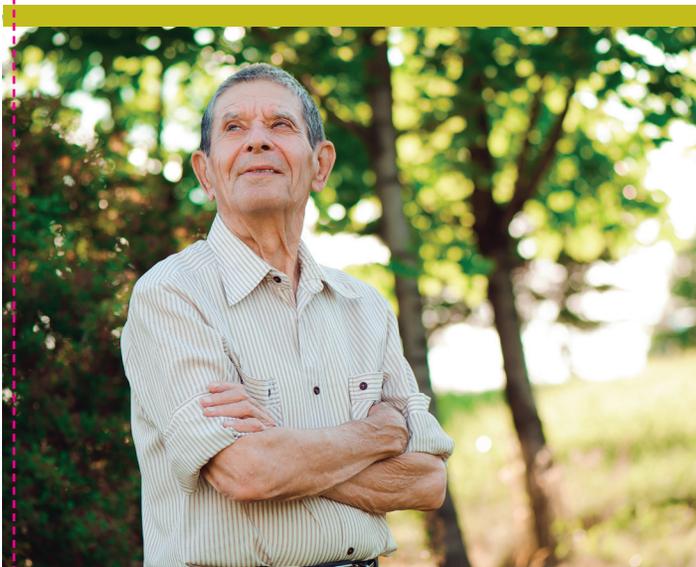
## Want Someone to Call You?

As we get older, maintaining social relationships can become harder as our lives change and evolve. Some obstacles may include death of a spouse or close friends, retirement, or even changes in physical health or mobility. While there may be many factors to consider, *Caring Connections* strives to overcome these barriers and help seniors build healthy social relationships that make them feel valued.

Seniors who are interested in receiving a telephone call from volunteers can sign themselves up or be referred by a caregiver, family member and friend or service provider.

### Seniors are eligible if they:

- Are 60-years-old or older
- Live alone or are homebound
- Reside in Baker, Clay, Duval, Flagler, Nassau, St. Johns or Volusia County
- Complete an application



## Want to Be a Volunteer?

*Caring Connections* is an excellent volunteer opportunity! Volunteers make a difference in the lives of seniors by keeping them connected to their community. We value our volunteers and their service to seniors. Our volunteers have a heart for seniors and making them feel cared for. Interested in volunteering?



### Volunteer qualifications include:

- Agree to a background screening and reference check.
- Attend orientation and training sessions.
- Willing to establish a friendly, caring relationship with seniors over the phone.
- Great listening skills.
- Willing to make a commitment to call a senior at least once a week for a minimum of six months to a year.

**“The phone calls give seniors new life and meaning to their day.”**  
– Mary Margaret B, *Volunteer*