

## What is Social Isolation?

Social isolation is the lack of relationships and having few people to interact with regularly. Feeling isolated doesn't just affect our mental well-being, it also takes a toll on our physical health, which can result in heart disease, high blood pressure and sleep disorder. Data indicates that the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.



You could also be at greater risk for social isolation if you:

- *Can't leave your home*
- *Had a major loss or life change*
- *Are a caregiver*
- *Feel a lack of purpose*
- *Have limited social support*
- *Are not meaningfully engaged in activities*
- *Are in poor health*
- *Are affected with depression*

## Steps to Stay Connected

### Create Connections *Without* Technology:

- Call a family member or friend
- Send a card or write a note
- Stay Active (mentally and physically)
- Restart an old hobby or take a class to learn something new
- Consider adopting a pet if you are able to care for them
- Volunteer to help others in your community

### Use Online Tools to Overcome Social Isolation:

- Connect2Tools (AARP) - <https://connect2affect.org/>

### Local Resources:

#### Cuyahoga County Division of Senior and Adult Services

List of senior centers in Cuyahoga County:  
<https://hhs.cuyahogacounty.us/departments/dsas/list-of-community-social-services-program-senior-centers>

Centralized Intake Line:  
 (216) 420-6700

#### Rose Centers for Aging Well

<https://www.benrose.org/rose-centers-for-aging-well>  
 (216) 791-8000

#### Western Reserve Area Agency on Aging

<https://www.areaagingsolutions.org/>  
 (800) 626-7277

#### Cleveland Department of Aging

<http://www.clevelandohio.gov/CityofCleveland/Home/Government/CityAgencies/Aging>  
 (216) 664 -2833

#### Greater Cleveland Volunteers

Connecting You with Opportunities to Serve  
<https://greaterclevelandvolunteers.org/>  
 (216) 391-9500

#### MeetUp (Cleveland area)

[www.meetup.com/cities/us/oh/cleveland/](http://www.meetup.com/cities/us/oh/cleveland/)