

# How to Recognize and Prevent Senior Isolation

As people age, it's common for their social circles to shrink due to retirement, mobility challenges, loss of loved ones, or health issues. These changes can lead to isolation, a quiet but serious threat to a senior's health. Studies have shown that chronic loneliness can be as damaging as smoking 15 cigarettes a day.

## Why Senior Isolation Matters



### Health risk

Increases the risk of depression, cognitive decline, and heart disease.

### Hidden danger

Isolation often goes unnoticed until it significantly affects well-being.

## Signs a Senior Might Be Isolated

Be on the lookout for the following warning signs:

Withdrawal from regular social or recreational activities

Noticeable decline in communication with others

Changes in eating or sleeping habits

Loss of interest in hobbies or routines they once enjoyed

A general sense of disconnection or sadness

You can play a major role in preventing isolation by taking the following steps:

### 1. Stay Connected Regularly

- ✓ Schedule routine check-ins via phone, video call, or in person
- ✓ Send texts, photos, or voice messages to stay emotionally present

### 2. Encourage Social Engagement

- ✓ Invite your loved one to join:
  - Local senior centers or day programs
  - Faith-based groups or clubs
  - Hobby or interest-based meetups
- ✓ Help them attend events by arranging transportation or going with them

### 3. Provide Companion Care

- ✓ Consider hiring a professional caregiver for regular visits
- ✓ Coordinate with friends or neighbors to drop by and spend time with them

### 4. Leverage Technology

Set up easy-to-use devices like tablets or smart speakers  
Teach them to:

- Video chat with family and friends
- Join online communities or support groups
- Play brain games or participate in virtual classes



Contact Us!  
(877) 707-9111  
info@apexcare.com  
www.apexcare.com

Preventing isolation isn't just about making sure seniors are busy—it's about helping them feel seen, heard, and valued.