

SUPPORT FOR SENIORS **FACING ISOLATION**

At times, seniors may face unique challenges due to health issues, the loss of loved ones, mobility limitations, or lack of social connections. It is important to offer support for those experiencing feelings of sadness, loneliness, or depression as these emotions can deeply impact mental health and also increase the risk of serious health problems, including cardiovascular disease and a weakened immune system. Here are ways you can help:

- ✔ **Communicate Clearly**
Use appropriate gestures, clear and simple language, and speak at a moderate pace.
- ✔ **Offer Support**
Provide rides to appointments, shopping, etc. Ensure that their living environment is safe and accessible and assist with chores, errands, and meals.
- ✔ **Recognize the Signs**
Watch for withdrawal, sadness, or disinterest. Note weight loss, poor hygiene, or neglect. Listen for talk of hopelessness or self-harm.
- ✔ **Build Connections**
Encourage participation in community events, clubs, or activities and help them utilize technology to stay connected.
- ✔ **Promote Well-Being**
Encourage physical activities that are suitable. Suggest activities that challenge their mind and discuss a balanced diet, hydration, and sleep.
- ✔ **Know Your Resources**
Connect them with senior centers, support groups, or volunteer opportunities. Encourage seeing a healthcare provider or mental health professional. Share info on hotlines or crisis services.



Southwestern
Behavioral Healthcare, Inc.
Improving Lives Together



812-423-7791 Appointments
812-422-1100 Crisis Line

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