

EVERYTHING YOU NEED TO KNOW ABOUT *social health* IN SENIOR LIVING

People of all ages experience social isolation and loneliness. When it comes to seniors, the challenges can be more difficult to overcome. Loneliness can pose actual physical health risks.



The U.S. Centers for Disease Control (CDC) reports some alarming statistics about the risks of senior isolation and loneliness.



50%

increased risk of dementia



29%

increased risk of heart disease



32%

increased risk of stroke



57%

increased risk of ER visits

Causes of Senior Isolation and Senior Loneliness

When a senior is experiencing loneliness because they feel cut off from human interaction, the impact goes far beyond just being sad and bored.

Isolation for seniors can happen so slowly it's easy to overlook. As we go into our senior years, our social circles start to shrink for a few reasons, including:



- **Death of a spouse or close loved one**
- **Retirement or losing daily work connections**
- **Children who relocate and can't visit as often**
- **Physical limitations that make leaving the house difficult**

Staying Connected Is Key to Senior Socialization



The only way to combat the feelings of isolation and loneliness—and the fallout that comes with them—is to stay connected.

However, for seniors, staying connected can get difficult. This is especially true for seniors who no longer drive, have health issues that keep them homebound, or have family who lives out of town.

That's why more and more people are turning to senior living communities to experience the benefits of senior socialization, connect with others, and improve their quality of life.

How Seniors Can Stay Connected with Family & Friends

Senior living communities empower seniors to stay connected with family and friends. The best senior living communities accomplish this by helping residents:

- **Schedule family visits**
- **Attend special occasions**
- **Entertain in private dining spaces**
- **Welcome loved ones for meals**

Communities are designed to maximize senior socialization. For the families of seniors, this means all of the fun and none of the stress that goes into managing their loved one's social calendar.



Today's senior living is all about ...

FOSTERING COMMUNITY

Enjoy unlimited opportunities to connect, from peers to loved ones to community staff.

MEAL-TIME MEMORIES

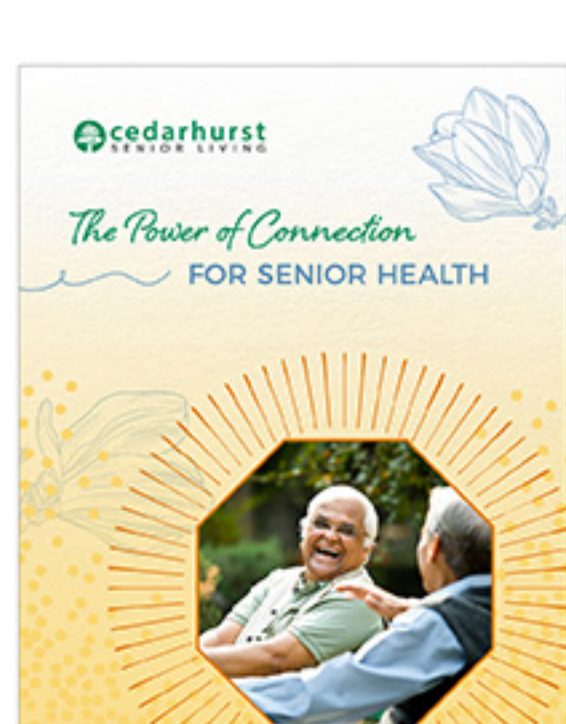
Every day, three times a day, folks get together to break bread and connect.

TAILORING THE SENIOR EXPERIENCE

Seniors get to have the lifestyle they want, including a packed social calendar if desired.

WELCOMING LOVED ONES

Residents' friends and family are encouraged to visit, even if it's just stopping in for lunch.



Find out more about senior socialization and how Cedarhurst can help. [Download the guide, The Power of Connection for Senior Health.](#)

[Download Guide](#)

Learn More About the Benefits of *senior socialization*

To help ensure our residents feel supported and connected from the start, Cedarhurst developed our [Pair to Prepare™](#) program, which starts well before move-in day—and that's just the beginning.

[Stop by your local Cedarhurst community today.](#)