Appendix: Resources on Older Adult Isolation and Relationships

Lisa Dezso

AARP

888-687-2277
601 E St., NW
Washington, DC 20049
www.aarp.org

The AARP encourages members to “make the most of each day.” To aid in that goal, they have published a list of 15 ways to make new friends. There is a “little more resistance” to forming new friendships in later life. With these tips and tricks, meeting and connecting with new people does not have to be difficult or uncomfortable.

A PLACE FOR MOM (SENIOR LIVING BLOG)

866-333-2174
www.aplaceformom.com/blog

A Place for Mom’s Senior Living Blog is a resource that focuses on topics like senior living trends, aging and health news, retirement, finances, caregiving, and more. This site is a hub for information, connecting to other resources and agencies, and all things aging related.

ADMINISTRATION FOR COMMUNITY LIVING

330 C St. SW
Washington, DC 20201
202-401-4634
www.acl.gov

The Administration for Community Living understands the importance of living in and staying connected with the community. They work with other organizations and foundations to provide programs, grants, news articles, videos, blogs, and more to keep older adults and individuals with disabilities at home and thriving in their communities.

ALTERNATIVES FOR SENIORS

800-350-0770
Info@alternativesforseniors
www.alternativesforseniors.com/blog

This blog features an array of topics to guide seniors to live their best lives as they age. Information found on this site is aimed at seniors, providers, and their caregivers, focusing on topics such as health and safety, Medicare/Medicaid, senior housing, nutrition, legal information, and more.

AMERICAN SOCIETY ON AGING (ASA)

800-537-9728
575 Market St., Suite 2100
San Francisco, CA 94105
www.asaging.org

The ASA is a leading resource in strengthening the knowledge and skills of those who work for and on behalf of older adults. Their publications *Aging Today* and *Generations*, which provide information, education and training opportunities, and articles on various aging topics are available to members and nonmembers alike.

CAMPAIGN TO END LONELINESS

3 Waterhouse Sq.
138 Holborn
London, EC1N 2SW
England
www.campaigntoendloneliness.org

The Campaign to End Loneliness is an initiative out of the United Kingdom that has inspired thousands of organizations and community members to fight loneliness in older adults. Using research to fuel the change, the campaign provides information on the risk factors of loneliness and what can be done, information on the physical and mental effects of loneliness, and a blog with real stories from seniors who have faced and dealt with loneliness and isolation.

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

800-232-4636

1600 Clifton Rd.

Atlanta, GA 30329

www.cdc.gov/aging/pdf/healthy-aging-in-action508.pdf

In this document published by the CDC, the authors take a multifaceted approach at healthy aging, including increasing older adults' access to opportunities for social inclusivity and connectedness. Included is a plan to address healthy aging, including loneliness moving forward as well as a list of federal initiatives that are in place to empower older adults, keep seniors active and engaged in the community, and create the space for healthy aging.

CONNECT 2 AFFECT

www.connect2affect.org

Powered by the AARP, Connect 2 Affect's aim is to gain a deeper understanding of social isolation in older adults in an effort to end said isolation. Their goal is to create a network of individuals and resources that can meet the needs of any older individual to build social connections. In this website you can find places to turn for help, stories of individuals affected by isolation and loneliness, opportunities to get involved, and much more.

ELDERCARE LOCATOR

800-677-1116

www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Expanding-Circles.pdf

This resource through Eldercare Locator offers facts about the effects of isolation and loneliness on an older adult, steps and ideas that can be used to help stay connected, self-assessment checklist to identify the risk of becoming isolated and lonely, as well as a list of national resources to turn to for more information and/or support for older adults.

THE GERONTOLOGICAL SOCIETY OF AMERICA (GSA)

202-842-1275

1220 L St. NW, Suite 901

Washington, DC 20005

www.geron.org

The GSA is a driving force behind advancing innovation in aging. Their website includes publications on the effects and prevention of isolation and loneliness, programs and services for interdisciplinary professionals on aging, webinars, and more. This site is a great resource for caregivers and scholars alike.

HEALTH IN AGING

212-308-1414

800-563-4916

40 Fulton St. 18th Floor

New York, NY 10038

[info@health](mailto:info@healthinaging.org)

www.healthinaging.org

Created by the American Geriatrics Society's Health in Aging Foundation, Health in Aging provides resources tailored for older adults, their caretakers, and providers. The site provides links to finding geriatric healthcare professionals, tip sheets for managing health, and aging and health topics.

KAISER HEALTH NEWS (KHN)

www.khn.org

Not to be confused with Kaiser Permanente, KHN is a nonprofit news source committed to covering all things healthcare. Supported by the John A. Hartford Foundation, KHN provides special information related to aging and improving the lives of older adults among other health-related topics.

MAYO CLINIC

www.mayoclinic.org

Committed to education and research, clinical practice, and providing expert care, the Mayo Clinic is a nonprofit organization with locations in Arizona, Florida, and Minnesota. Through their website and publications *Forefront* and *Mayo Clinic Magazine* you can find research articles, philanthropy efforts,

and the latest on best and holistic patient care practices and resources. All publications and newsletters are free and available in print and online.

MCMASTER OPTIMAL AGING PORTAL

905-525-9140

McMaster University

1280 Main St. West

Hamilton, Ontario L8S4L8

Canada

www.mcmasteroptimalaging.org

Powered by the Labarge Optimal Aging Initiative and McMaster University, the Optimal Aging Portal provides easy access to evidence-based information on how to stay healthy as you age. Blog posts, research, evidence-based summaries, and links to other web-based resources are all written and provided by professionals with expertise in aging.

MORNINGSIDE MINISTRIES

700 Babcock Rd.

San Antonio, TX 78201

www.mmlearn.org

mmLearn.org is an online training center for those who care about, and are caring for, older adults. With over 300 training videos on the site, it is a tool that can assist any caretaker, provider, or family member with helping the older adult in his or her life meet the individual's physical, emotional, and/or spiritual needs.

MY HEALTHEVET

www.myhealthevet.va.gov

Designed specifically for veterans and their families, this site provides access to resources to learn about benefits, healthcare, self-assessment tools, preventative techniques, prescriptions, and more.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

1-800-950-6264

www.nami.org

The NAMI is an organization that is dedicated to improving the lives of Americans who are affected with mental illness. Their primary publication,

The Advocate, a bi-yearly magazine, covers a variety of topics related to mental health, including research, arts, pop culture, and personal stories, and their digital newsletters, *NAMI Now* and *NAMI E-News*, feature blogs, information on mental illness, research, federal action alerts, and legislation and policy updates.

NATIONAL ASSOCIATION OF AREA AGENCIES ON AGING (N4A)

202-872-0888

1730 Rhode Island Avenue, NW, Suite 1200

Washington, DC 20036

www.n4a.org

The N4A is an organization whose aim is to build a society that values and supports individuals as they age by engaging in policy work in Washington; offering training and educational events; improving and expanding in the fields of transportation, volunteerism, and livable communities; and raising the visibility of Area Agencies on Aging and the individuals they help.

NATIONAL COUNCIL ON AGING (NCOA)

202-479-1200

1901 L St., NW, 4th Floor

Washington, DC 20036

www.ncoa.org

The NCOA's mission is to improve the health and economic security of older adults. They partner with many other organizations to help individuals improve their health, find careers, age in place, remain connected to their community, seek benefits, and more.

NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION (NHPCO)

703-837-1500

1731 King St. Suite 100

Alexandria, VA 22314

nhpco_info@nhpco.org

www.nhpco.org

Using advocacy and education, NHPCO is devoted to improving end-of-life care. This organization's searchable website provides articles and stories on the effects of isolation and loneliness and prevention strategies.

NATIONAL INSTITUTE ON AGING: PUBLICATIONS AND AGE PAGES

800-222-2225

Building 31, Room 5C27

31 Center Drive, MSC 2292

Bethesda, MD 20892

niaic@nia.nih.gov

www.nia.nih.gov/health

This website offers an extensive list of free publications, articles, and information on upcoming events on various health and aging topics including isolation and loneliness, diet, exercise, caregiving, sleep, and more.

NATIONAL INSTITUTES OF HEALTH, HEALTH TOPICS A–Z

www.nih.gov

This is a searchable website that provides the user with links to articles and other national organizations that address general health topics including those surrounding isolation and loneliness in seniors.

NEXT AVENUE

www.nextavenue.org

With content updated daily, Next Avenue is a one stop shop for all issues and perspectives surrounding aging. With articles contributed by providers, caregivers, and older adults, Next Avenue's content is easy to understand and implement at home and in the community.

OXFORD ACADEMIC PUBLIC POLICY & AGING REPORT

academic.oup.com/ppar

The *Public Policy & Aging Report* is published quarterly through the Oxford University Press. Each issue explores topics of importance to older adults, examines public policy, and highlights areas of emerging concern, end-of-life care, social connectedness, and more.

RURAL HEALTH INFORMATION HUB

800-270-1898

info@ruralhealthinfo.org

www.ruralhealthinfo.org

Formerly the Rural Assistance Center, the Rural Health Information Hub is committed to providing current and reliable information on the needs of individuals in rural settings across the country. Searchable by topic or by state, this site is a great tool for meeting the needs of the individuals in your area.

SCIENCE CARE

800-417-3747

www.sciencecare.com/tools-and-resources-that-help-seniors-lessen-loneliness-and-isolation

Although Science Care's business is in medical research and full body donation, do not let that scare you from their tools and resources list to help seniors lessen isolation and loneliness. In it, you will find information on local places to meet other seniors, ideas and opportunities to get involved with the community, other health-related activities, and links to other nonprofit organizations and resources working to fight senior isolation and loneliness.

SIXTY & ME

sixtyandme.com

Sixty & Me is a lifestyle website for individuals age 60-plus. It focuses on topics of interest to older adults ranging from community connectedness, brain health, nutrition, and retirement to cruises, dating, sexuality, and make-up. This website is easy to access and navigate. It is a perfect resource for those looking to learn more about aging-related topics while avoiding medical and technical jargon.

UNITED STATES GOVERNMENT GUIDE FOR SENIORS

844-872-4681

www.usa.gov/features/usagovs-guide-for-seniors

Published by USA.gov, the guide for seniors offers information focusing on topics important to older adults. This guide's aim is to empower seniors to face challenges head on and to make the most of life during the golden years.

UNITED STATES GOVERNMENT SENIOR CITIZENS' RESOURCES PAGE

www.hhs.gov/aging/index.html

The Senior Citizens Resources page is a searchable site with information on all things of interest to and for older adults. Resources on this page include

information on fighting isolation and loneliness, government benefits, caregiving, retiring, housing, and much more.

U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS)

877-696-6775

200 Independence Ave., SW

Washington, DC 20201

www.hhs.gov

The goal of the HHS is to protect the health and well-being of all Americans. This searchable site provides many resources regarding isolation and loneliness including research articles, programs, and services for seniors, as well as general information and links for social services programs, grant funding, health insurance, finding providers in your area, and education and training opportunities.

U.S. NATIONAL LIBRARY OF MEDICINE

8600 Rockville Pike

Bethesda, MD 20894

www.nlm.nih.gov

The U.S. National Library of Medicine, a part of the National Institutes of Health, is the world's largest medical library. With books and journals about all aspects of health and medicine on its shelves and Internet archives, this organization can provide you with information on many aging-related topics.

WORLD HEALTH ORGANIZATION

202-974-3000

North American Office

525 Twenty-Third St, N.W.

Washington, DC 20037

www.who.int

The World Health Organization's (WHO) goal is to build a healthier future for individuals across the globe. With offices in over 150 countries, WHO's website offers local and global perspectives on isolation and loneliness through research articles, news releases, videos, and fact sheets. Visit their health topics web page for more information.