

What is loneliness and social isolation?

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Loneliness:

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the feeling of being alone, regardless of the amount of social contact
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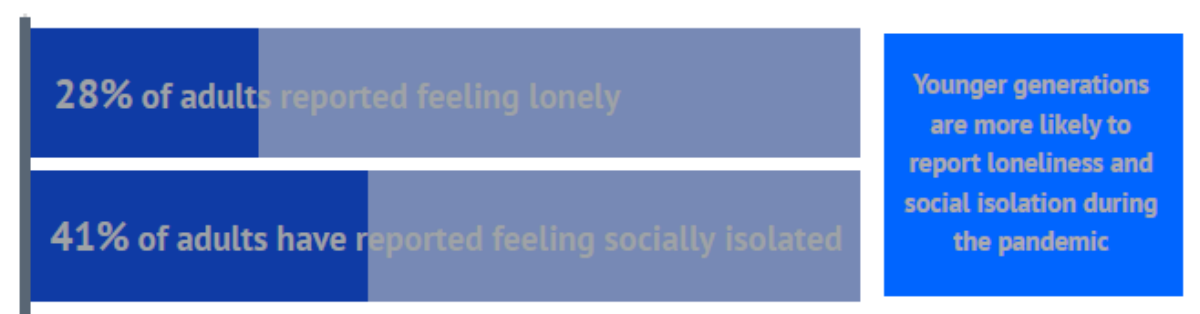
Social Isolation:

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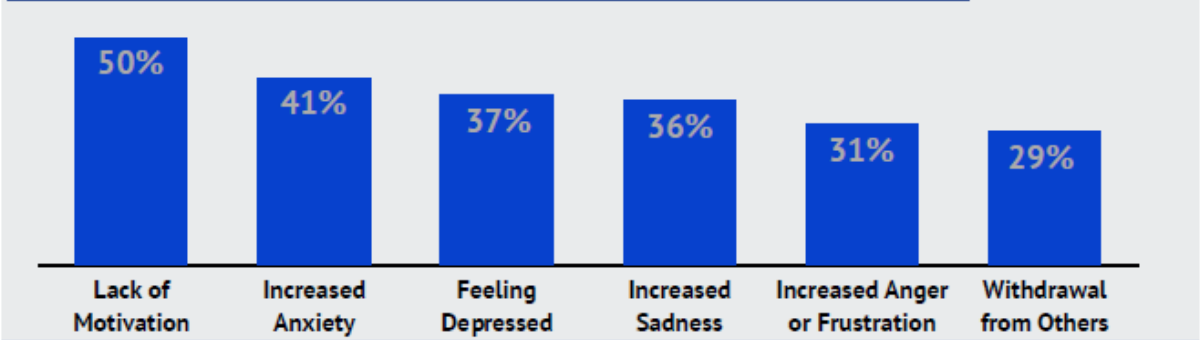
having few social relationships or infrequent social contact with others

More people are feeling lonely & isolated as the pandemic goes on

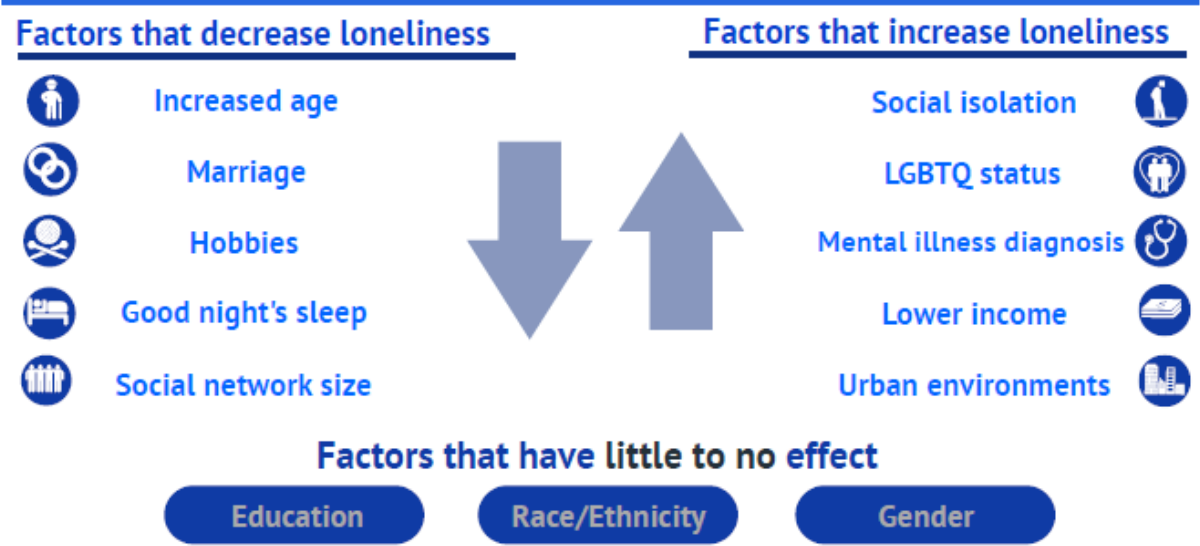
Before the pandemic approximately 20% of adults in the US said they often or always felt lonely or socially isolated. Reports from August 2020 showed:



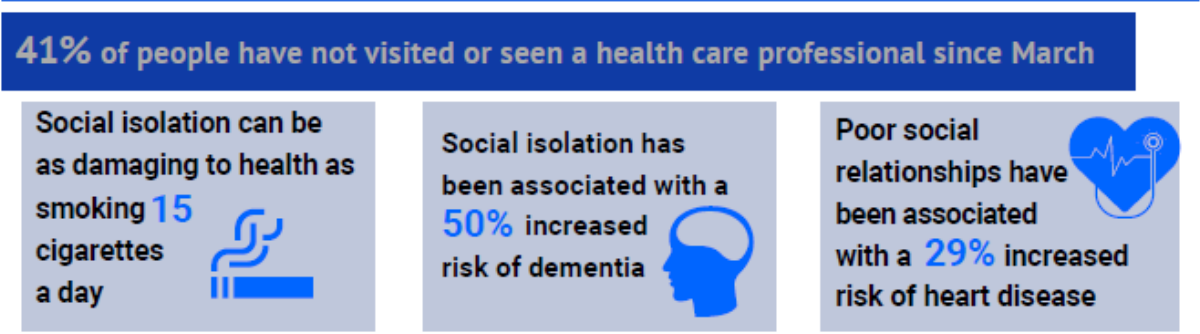
A majority of those experiencing social isolation also reported:



Risk factors of being lonely



Loneliness & social isolation can be damaging to physical health



Social isolation and loneliness significantly increase a person's risk of premature death from all causes

Solutions and strategies to combating loneliness & isolation

During COVID-19 social restrictions & beyond

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Talk with Family and Friends Regularly

Phone, virtual platform, email and social media
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Keep a Healthy Lifestyle

Eat a balanced diet, exercise and get quality sleep
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Get Outdoors as Much as Possible

Get as much sunlight, fresh air and nature as you can
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Get Help and Reach Out When Needed

Take part in support groups or therapy, virtual or in person

41%
of ADULTS
have reported
feeling socially isolated during
the pandemic.

In partnership with Covia, O3A is introducing a new free program called **Social Call.**

Social Call matches volunteers with individuals for a regular, old fashioned, friendly phone chat. This can be a group chat as well as a simple one on one call. Video chats are also available if you have that technology and want to use it.

Social Call is about building friendships over time.

Volunteers are matched based on interests, and are trained in helping conversations happen.

This is an easy option to try and if you find you don't like it after a few sessions no worries, you can stop. Or maybe you make some new friends from here locally or from all across the country.

**Call toll free
877-797-7299
and ask about
Social Call.**

Volunteers must be 18 and older. Recipients of Social Calls must be 60 or older.