

# Confronting Isolation and Loneliness



Older adults are at a higher risk of becoming socially isolated or enduring chronic loneliness.\* Living alone, the loss of family or friends, or hearing loss can all contribute to a secluded lifestyle. More than just feeling “blue,” isolation can lead to health issues that reinforce the situation, turning it into a cycle.

Thankfully, moving away from isolation can begin with something as simple as a few words of hello each day, or having lunch with others. Steps like these can be life changing for older adults, helping to ease feelings of loneliness one day at a time.

Community centers, senior centers, and senior living communities are also excellent resources. By providing additional opportunities to engage with peers and discover new passions, “the blues” can become a thing of the past.

## A Helping Hand Ready When You Are

At Watermark, our residents lead enriching and rewarding lives with confidence. Enjoy total peace of mind knowing that expert care is always just a moment away, allowing you to focus on the things that matter most to you.



Scan the QR code to learn more about extraordinary senior living at Watermark Retirement Communities®.



\* Hipp, D. (2023). What Is Assisted Living? Benefits, Requirements And Costs. Forbes Health. <https://www.forbes.com/health/senior-living/what-is-assisted-living>