

## Social Isolation prevention starts with YOU

Introducing a campaign to lift up older adults—



## Like A Good Neighbor



Do you know an older adult (or several!) that may need connections to help them feel **less alone** this holiday season? Contact Davidson County Senior Services to find out how you can involve your neighborhood, church, civic group or even family to help **prevent social isolation.**

**LONELY SENIORS  
HAVE A 59% HIGHER  
RISK OF PHYSICAL  
AND MENTAL HEALTH  
DECLINE**

Senior Services, along with community partners, can provide you with an **information packet** to get you started including a simple social isolation **questionnaire**, **ideas for fun activities** to engage older adults, and a **list of resources for additional help.**

### *Preventing Isolation & Lifting Up the Lonely*

Contact Senior Services to find out how you can get a toolkit to begin your own campaign to help prevent isolation & loneliness.

Available online at [www.co.davidson.nc.us/seniorservices](http://www.co.davidson.nc.us/seniorservices) or  
call 336.242.2290 or email  
[seniorservices@davidsoncountync.gov](mailto:seniorservices@davidsoncountync.gov)

*“Lonely is not being alone. It’s the feeling that no one cares.”*