

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## [Connect2Tools to Overcome Social Isolation](#)

### **Social Isolation is more than feeling lonely**

Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health.

### **Did you know?**

- ▶17% of adults age 65 and older are isolated
- ▶26% are at increased risk of early death due to subjective feelings of loneliness
- ▶46% of women age 75 and older live alone

### **Social Isolation Assessment**

Are you or a loved one at risk for social isolation? [Take this assessment to find out if you are at risk.](#)

### **Connect2Affect**

Explore online resources and ways to find help in your local community on the [Connect2Affect website.](#)

### **Commit to Connect**

AARP Foundation is part of a new public-private coalition with the Administration for Community Living to connect older adults and people with disabilities with services and supports to build the social connections they need to thrive.

[Learn More](#) about Commit to Connect.

Article Source

AARP

Source URL

<https://connect2affect.org>

Last Reviewed

Tuesday, January 2, 2024