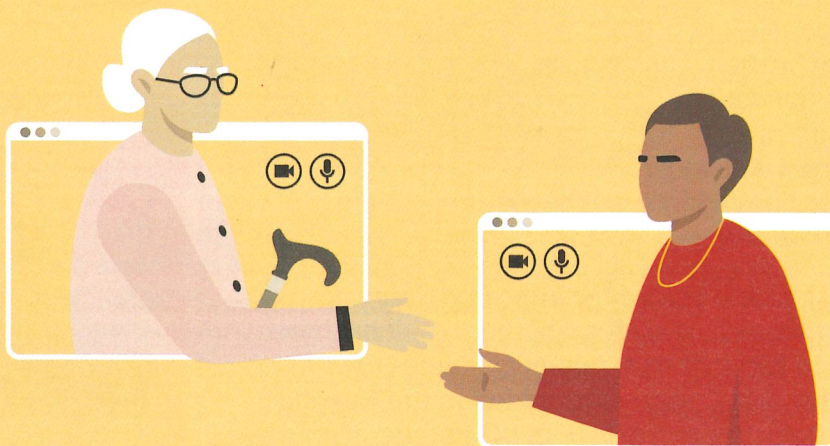


## HOW SOCIAL CONNECTIONS BUILD SECURITY



**W**e've known for some time that social isolation takes a toll on the mental and physical health of millions of seniors throughout our nation. What's less well known is its impact on all aspects of older people's lives, including their financial security.

The basic statistics are disturbing: Some 17% of adults over the age of 65 report feeling socially isolated. And studies show that subjective feelings of loneliness can pose a *26% increased risk of early death*.

That's why for nearly a decade AARP Foundation has been fostering the kinds of social connections that experts agree are the best antidote to loneliness and social isolation — and that are also a means to helping older adults achieve financial stability, that can open the door to economic opportunity. It's a mission more important than ever as the pandemic has left in its wake increasing numbers of older adults who have been forced to lead

lonely lives, cut off even from the sources of financial assistance.

All of our efforts to fight social isolation fall under the umbrella of AARP Foundation Connect2Affect, a platform that brings together the public and professionals to provide older adults and their families with the tools, resources, and information they need to prevent social isolation and foster the kinds of meaningful, beneficial social connections that we all need to thrive.

Connect2Affect relies on in-depth research and innovative approaches to create a deeper understanding of loneliness and isolation, draw crucial attention to the issue, and spur practical action to bring an end to social isolation among older adults. Our goal is to create a network of resources for anyone who is at risk of or currently experiencing isolation, so they can return to the more active roles in their communities that can be a path to economic security.

As we begin to return to in-person gatherings, Connect2Affect provides resources that help older adults ease back into social settings. Connect2affect.org includes insights and practical tips about mindfulness, and guidance on using technology to foster social connection.

We are proud to report that AARP Foundation is a nationally recognized leader on the issue of social connection and its impact on health, well-being, and financial security.

Just as you were there for older adults during the worst days of the pandemic, we trust that you will continue to join us and support our efforts in 2023 to address this major challenge to the mental and physical health of people 50 and older.

Are you battling  
isolation and loneliness?  
Please check out our website at  
[connect2affect.org/find-help/](https://connect2affect.org/find-help/)  
to find resources and tips about how  
to become better connected!