



# SOCIAL Aging

## SOUTH CAROLINA'S OPERATION TO CONFRONT SOCIAL ISOLATION & LONELINESS

Our mission is to engage in a diverse network of partners to address both the causes and adverse effects of social isolation and loneliness in South Carolina's aging population.

### WHAT WE'RE WORKING ON: COALITION ACTIVITIES



#### 1. Public Awareness & Advocacy

Launch a statewide communication campaign to highlight the issue of social isolation & loneliness in older adults, and educate funders on the importance of supporting solutions.



#### 2. Standardized Screening

Research and adopt a validated, statewide screening tool for use by health and human service organizations to detect social isolation and loneliness, and measure its severity.



#### 3. Best Practices & Resource Mapping

Compile proven intervention strategies - especially technology-based approaches - for reducing isolation, and gather replicable models from studies and pilot programs. Identify existing programs and resources in South Carolina that promote social connectedness.



#### 4. Data Identification

Determine what data already exists about social isolation in the state to support effective planning, prevention, and intervention efforts.



#### 5. Improving Access to Support

Add information about social isolation and related assistance to GetCareSC.com so older adults and caregivers can easily find connection-building resources.



#### 6. Expanding Volunteer & Intergenerational Opportunities

Identify places where older adults can find volunteer roles and foster meaningful intergenerational connections.

## WHAT IS SOCIAL ISOLATION AND LONELINESS?

### *Social Isolation*

is objectively being alone, having few relationships or infrequent social contact.

### *Loneliness*

is subjectively feeling alone from a discrepancy between one's desired level of connection and one's actual level.

*“You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.”*



## *How to Experience* **THE GIFT OF CONNECTION**

1. JOIN A SENIOR CENTER
2. SCHEDULE ROUTINE VISITS WITH FAMILY, FRIENDS, OR NEIGHBORS
3. VOLUNTEER IN YOUR COMMUNITY
4. LEARN SOMETHING NEW
5. JOIN AN EXERCISE GROUP



CONNECT WITH US

### **JOIN THE SOCIAL AGING COALITION**

We are always looking for new members to join SOCIAL Aging. Collaborate with us to promote healthy aging or connect with our office:

**CALL OUR OFFICE: 803-766-1794**

**EMAIL US: OSA@SC.EDU**

**VISIT US ONLINE: OSA-SC.ORG**

