



Engagement: Combatting Isolation and Loneliness in Older Adults

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Loneliness and isolation are major health risks for older adults, even among those living in senior living communities. Historically senior living models attempt to tackle loneliness through programs and activities, potentially leading to “group isolation.”

In this program we will discuss the evolution of senior living and explore the role of ageism that often unintentionally drives traditional approaches. Fostering a culture of relationship, connection and purpose can go a long way towards tackling isolation.

Following this presentation the participant will be able to:

- Explain the existence and risks of loneliness for older adults inside and outside of the senior living setting
- Discuss the pivotal transitions in the historic evolution of senior living
- Define ageism and its role in driving and supporting society stereotypes that impact institutional approaches to senior “activities”
- Articulate how a culture of relationship, connections and purpose help to combat “group isolation” and reduce loneliness

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- Call (312) 977-3711 for more information about contact hours.