

Optimum Life®

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Continuing Education Series



Engagement: Combatting Isolation and Loneliness in Senior Living

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Loneliness and isolation are major health risks for older adults, even among those who 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.