



Tips to Reduce Social Isolation and Loneliness



01

JOIN A SUPPORT GROUP

Local support groups may help you find common ground with caregivers in similar situations and offer a feeling of community in the midst of your isolation.

02

STAY CONNECTED WITH LOVED ONES

Schedule time each day to stay in touch by email, social media, voice call, or text. Talk with people you trust and share your feelings.

03

VOLUNTEER

Get involved in your community by taking on a cause as a way to deepen your purpose and meet others.

04

PARTICIPATE IN ONLINE EVENTS

Attend online caregiver forums as a way to network and advocate for caregivers.

05

CONSIDER ADOPTING A PET

Animals can be a source of comfort and may also lower stress and blood pressure.

06

JOIN AN INTEREST CLUB

Find an activity that you enjoy, restart an old hobby, or take a class to learn something new. You might have fun and meet people with similar interests.

