

- Schedule a time each day to call a friend or visit someone, meet your neighbors—young and old.
- Don't let being a non-driver stop you from staying active, find out about your transportation options.
- Use social media to stay in touch with long-distance friends or write a letter to your friend.
- Stay physically active and include group exercise in the mix, like joining a walking club. or brain stimulating exercise
- Take a class to learn something new and, at the same time, expand your circle of friends.



- Revisit an old hobby you've set aside and connect with others who share your interests.
- Visit some faith-based organizations for spiritual engagement, like a Temple, Church, Mosque or Gurudwara.
- Get involved in your community by taking on a cause, such as making your community more eco-friendly or age friendly.

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Broaden Your Circle

Prevent Isolation and Loneliness as You Age

- One of the glaring problem of elderly in India is Loneliness.



- A lot of things change when you age. Retiring from a job, friends move away, you're not as fit as you were once, health takes a toll and suddenly you realize you're not the same person anymore.

- You may not fully realize how they will affect our ability to stay connected and engaged and how much they can impact our overall health and well-being.

- There are a lot of challenges associated with ageing and loneliness is one of the biggest.

What are the factors that put elderly at greater risk? .

- Living alone or only with Spouse

- Mobility or sensory impairment

- Major life transitions or losses

- Low income or limited financial resources

- Being a caregiver for someone with a serious condition

- Psychological or cognitive challenges

- Inadequate social support

- Unsafe and/or inaccessible neighborhood

- Transportation access challenges

- Language barriers



Negative health effects of isolation and loneliness associated with higher rates of:

- Chronic health conditions, including heart disease
- Weakened immune system
- Depression and anxiety
- Neurocognitive disorders
- Admission to Hospitals & Nursing homes
- Death



What Steps can elderly take to Stay connected and engaged?

- Nurture and strengthen existing relationships; invite people over for Tea or coffee or call them to suggest a trip to a museum or to see a movie.

