

Breaking the Silence: How Home Care Combats Senior Loneliness



Loneliness affects **43% of seniors**, contributing to depression, cognitive decline, and even premature death.

Home care provides companionship, emotional support, and connection, offering seniors the opportunity to feel engaged and valued.

Home Care Connection Program

- **Companionship:** Caregivers offer engaging conversations and activities to reduce isolation.
- **Reconnection:** Caregivers facilitate visits, calls, and outings to connect with family and friends.
- **Mental Health Monitoring:** Caregivers recognize signs of depression and guide seniors to necessary support.

Engaging Seniors, Connecting Lives

To combat loneliness, caregivers can engage seniors with meaningful questions that inspire reflection & connection. Here are a few suggested conversation starters...

- "What's a favorite memory from your childhood?"
- "If you could relive any moment in your life, what would it be?"
- "What's something you've always wanted to learn?"
- "Who has been the most influential person in your life?"
- "What's the happiest moment you remember?"



Your Referral Matters

Home care is more than just assistance. It's about fostering connection and enhancing emotional wellbeing.

Help seniors rediscover joy through our

Home Care Connection Program