

The *Quiet* Epidemic

When Isolation Becomes a Health Risk

Many older adults spend most of their day alone. Family members are busy. Friends move away or pass away. Health issues often make it harder to travel and stay connected.

Over time, isolation can quietly impact both physical and emotional wellbeing.

Signs a Senior is Becoming Isolated

- ☐ Declining invitations or activities.
- ☐ Spending more time at home.
- ☐ Having fewer phone calls or social interactions.
- ☐ Losing interest in hobbies.
- ☐ Experiencing changes in mood or outlook.
- ☐ Saying, "I don't want to bother anyone."



Why We Need to Pay Attention

Research has linked prolonged social isolation to...

- Increased risk of depression
- Cognitive decline
- Higher rates of hospitalization
- Poorer overall health outcomes

*Connection Matters.
Home Care Helps.*

Sometimes what makes the biggest difference isn't medical care. It's having support and companionship. Professional caregivers provide more than assistance with daily tasks. They offer regular social interaction and an important connection to the outside world.

- ✓ Someone who notices changes
- ✓ Someone who provides companionship and encouragement

No one should have to age alone.

Contact us to learn how home care helps seniors stay connected, engaged, and independent.



Serving the Greater Austin Area

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