



# Volunteering to Reduce Social Isolation & Loneliness

Presented by: East Central Illinois  
Area Agency on Aging (ECIAAA)  
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# Prevalence: 3/5 All Americans in 2019

Source: New York Times 12/21/21

## Why?

- Lack of Social Support
- Infrequent Meaningful Social Interactions
- Poor Physical and Mental Health
- Imbalances in Daily Activities



Nearly 25% Older Adults 65+



## Socially Isolated



# Loneliness- Unwanted Solitude



Kindness to Others

Volunteer!





“Volunteering is one of the best, most certain ways we can find a purpose and meaning in our life,”

Val Walker, the author of “400 Friends and No One to Call: Breaking Through Isolation and Building Community.”



## How it helps...

- Get to know more about oneself and broaden your view of the world.
- 98% Say Helps one stay physically and mentally active (AARP survey)
- Broadens social circle
- Helps with the goal “People want to matter and to be valued across their life”
- Direct Correlation between a lack of participation in social activities and cognitive decline among older adults. ( Geriatric 2021, 6,82.)



# Most Effective interventions to RSI

- I Reviewed a study conducted in '20-'21
- Study reviewed Data bases such as MedLine, Pub Med PsycINFO and Aging and Mental Health to review studies. Scanned 10,026 articles and 283 met the inclusion guidelines. Actually used additional inclusion criteria and used extracted data from 20 articles



# Most Effective Interventions

- Group Interventions over long term showed beneficial long-term outcomes in alleviating social isolation.
- Person Centered Services approach showed significant mental and physical benefits, while alleviating social isolation in older adults. Known to empower and motivate clients and recognize their individuality.



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# Thank You!

