



LONELINESS IN OLDER ADULTS

Student Name

Date

Course

Professor

AGENDA

- Act of Kindness
- Societal impacts of loneliness
- Positive impacts of connection
- Outcomes of the act of kindness
- Community resources
- References





INTRODUCTION

A proposal for an intergenerational act of kindness, in which a younger person approaches an older person they see eating alone regularly and asks if they may join.

LONELINESS AFFECTS PHYSICAL HEALTH

Loneliness is linked with cardiovascular and neurocognitive disorders in older adults, as well as other health problems (Newman & Zainal, 2020).

LONELINESS IMPACTS MENTAL HEALTH

There is a link between “social disconnectedness and depression and anxiety” in older adults (Newman & Zainal, 2020).

SHARING A MEAL CAN PROMOTE HEALTHY LIVING

Older people and unrelated young people sharing a meal together can promote healthy living (Biggs & Haapala, 2021).

INTERACTIONS CAN INCREASE HAPPINESS

Even brief, single encounters with strangers have been shown to increase happiness (Van Lange & Columbus, 2021).

Conducting the act of kindness

An intergenerational act of kindness, in which a younger person approaches an older person they see eating alone regularly and asks if they may join.

Creating a situation of safety

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Taking steps to preserve the
older person's dignity

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Positive impacts on both
participants (Van Lang &
Columbus, 2021).

Resources for older adults to connect with others

Big & Mini, bigandmini.org/

An online platform that connects older adults and youth through video calls.

Eldera, app.eldera.ai/signup/elder

Pairs kids with older adults for virtual story times or help with schoolwork.

Letters Against Isolation,
www.lettersagainstisolation.com/

Young people send cards to seniors at care facilities.

Sharing Smiles,
empoweringtheages.org/sharing-smiles/

An initiative of Empowering the Ages that helps older people find pen pals.

References

Biggs, S., Haapala, I. (2021). Intergenerational commensality: a critical discussion on non-familial age groups eating together. *International Journal of Environmental Research and Public Health*, 18, 7905. <https://doi.org/10.3390/ijerph18157905>

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