

## Combat Loneliness in Seniors with Caleb Caregivers

*(This article contains excerpts from a blog written by Sarah Stevenson for the website [aplaceformom.com](http://aplaceformom.com) in November 2019.)*

Nobody relishes the prospect of aging alone. A spouse, family member, or friend help people laugh at the ridiculous parts of aging and provide support through the difficult times. Unfortunately, many American seniors age this way. As the baby boomer generation crosses the over-65 threshold, it continues to grow. However, many of our aging loved ones are still feeling alone in the crowd.

According to the U.S. Census Bureau, 11 million, or 28% of people aged 65 and older, lived alone at the time of their last census. As people get older, their likelihood of living alone increases. The AARP reports that more and more older adults do not have children. That means that there are fewer family members to provide company and care as those adults become seniors.

Fighting the loneliness epidemic amongst seniors does not have to be difficult. When both caregivers and family members are committed to engaging in meaningful interactions with seniors, it's relatively easy to keep loneliness at bay. Some things you can start doing today to ensure loneliness does not negatively impact your elderly loved one's health are as follows:

- Visit your loved one as often as you can. When having a conversation, really listen to what he or she has to say.
- Take your elderly parent or grandparent out for lunch, dinner, Sunday church service, a movie, out to visit friends or anywhere else you think he or she might enjoy going. Most nursing home residents don't want to be there all day.
- When you can't visit, call and write often.
- Ask to participate in nursing home activities with them. If your loved one has yet to attend any, volunteer to accompany them to the first one. Your company will help him or her feel comfortable.
- Let your elderly family member teach you something. Older individuals love to pass on their knowledge, so give them an outlet to do so.

Senior isolation is neither inevitable nor irreversible. Getting the facts can help us prevent loneliness in our senior loved ones as they adjust to the changes of aging.

Have you or a loved one suffered from loneliness or social isolation during the aging process? Here's the chance to make a difference in someone's life as a volunteer. Consider reaching out to Caleb Interfaith Volunteer Caregivers of Whitefield, NH, a nonprofit organization specializing in enhancing independent living for seniors aged 60 and older. They can be reached at 603.837.9179, via their website at [calebcaregivers.org](http://calebcaregivers.org), via email [calebcaregivers@gmail.com](mailto:calebcaregivers@gmail.com), or via Facebook [@calebcaregiverswhitefield](https://www.facebook.com/calebcaregiverswhitefield).

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