

SOCIAL ENGAGEMENT: A Key Ingredient to Well-Being for Older Adults

Social Engagement Benefits for Older Adults

Improved mental health and higher quality of life (Luo et al., 2020)



Longer life spans (Holt-Lunstad, et al., 2010)

Improved health and physical fitness (Bath & Deeg, 2005)



Sense of purpose (Zhang et al., 2018)

Social Engagement Benefits for the Community

Social engagement reduces Medicare expenses, as social isolation costs Medicare **\$6.7 billion** every year (AARP Public Policy Institute, 2017)



Individuals share wisdom and experience through intergenerational mentoring and other community activities

Individuals share their knowledge, talent and skills when engaged



Older adults tend to volunteer more than others (Kent, 2011), with each hour of volunteering valued at **\$29.95** (Independent Sector, 2022)

USAging
Leaders in Aging Well at Home

engAGED
The National Resource Center
for Engaging Older Adults

ACL
Administration for Community Living