

SOCIAL ENGAGEMENT:

A Key Ingredient to Well-Being for Older Adults

Ways Older Adults Can Get—and Remain—Socially Engaged



VOLUNTEERING

Volunteering, whether for a local club, a nonprofit organization or a faith community.



THE ARTS

Rekindling creative talents or learning new ones by taking art classes, learning an instrument or singing in a choir.



WORK & EMPLOYMENT

Seeking employment opportunities or developing entrepreneurial talents.



TECHNOLOGY

Using technology such as a personal computer or mobile device to connect to friends and family.



INTERGENERATIONAL ACTIVITIES

Participating in intergenerational opportunities to support youth, such as mentoring or tutoring programs.



LIFELONG LEARNING

Taking educational courses at a senior center, local college or university or participating in health and wellness classes in the community.

USAging
Leaders in Aging Well at Home

engAGED
The National Resource Center
for Engaging Older Adults

ACL
Administration for Community Living