



## Help for Older Adults Experiencing Loneliness and Isolation



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No matter where you live, there are a variety of resources that could help you feel less lonely. National organizations help seniors throughout the country by providing friendly check-ins, volunteer projects, socialization opportunities and other initiatives. There are also organizations that serve seniors over a multistate service area. In the chart below, you'll find some notable organizations that help fight loneliness.

Nationwide

Call (800) 677-1116 or visit the [Eldercare Locator](#) to find your local AAA

AAAs are nonprofit agencies that serve seniors within their city, county or region. Contact your local AAA to learn about the services and supports available to lonely seniors in your area. These resources could include support groups, senior centers and transportation programs.

### **Aging and Disability Resource Centers**

Nationwide

To find your local ADRC, visit the [Eldercare Locator](#) or call (800) 677-1116

ADRCs connect seniors with programs and services that support healthy aging. Seniors who are isolated due to physical or financial barriers can turn to their ADRC for help. Resources may include senior transportation services, assistive device programs and help with accessing government benefits.

### **AmeriCorps Seniors Program**

Nationwide

Call (800) 942-2677

AmeriCorps Seniors is a national volunteer program for people 55 and older. Each year, more than 170,000 older adults find local volunteer roles through AmeriCorps Seniors. By volunteering, you can make friends your own age and stay connected to your community.

### **AARP Friendly Voice Program**

Nationwide

Call (888) 281-0145

AARP's Friendly Voice provides free phone check-ins to older adults. Seniors can sign up to receive regular calls from trained volunteers. A different volunteer calls each time, giving seniors the opportunity to talk to many new people.

### **Meals on Wheels America**

Nationwide

Call (888) 998-6325 or contact [your local program](#)

Meals on Wheels provides home-delivered meals and friendly check-ins to homebound seniors. Each day, seniors can look forward to chatting with a caring meal delivery volunteer. Meals on Wheels also operates community dining programs where seniors can mingle and make friends.

### **Lifeline Program**

Nationwide

Call (800) 234-9473

The Lifeline program helps low-income seniors pay for the telecommunications services they need to stay in touch with friends and family. Eligible seniors could receive a monthly discount on their phone or internet service.

### **Local Senior Centers**

Nationwide

Contact your local center

America's nearly [10,000 senior centers](#) welcome over 1 million older adults daily. Senior centers offer a variety of social activities to help older adults make friends. Programming varies from one center to another but could include bingo games, fitness classes, book clubs and other senior-friendly activities.

### **Osher Lifelong Learning Institutes**

Nationwide

Call (415) 861-5587

Seniors with a love of learning can make friends with similar interests at Osher Lifelong Learning Institutes. OLLIs are hosted at 125 colleges and universities nationwide and funded by the nonprofit Bernard Osher Foundation. Seniors can participate in engaging classroom experiences or join classmates on field trips to local destinations.

## **Pets for the Elderly**

35 states

Call (480) 625-4679

Pets for the Elderly helps lonely seniors adopt dogs and cats from animal shelters. The charity provides financial assistance with adoption fees, veterinary services, pet food, supplies and other costs of senior pet ownership.

## **Shepherd's Centers of America**

17 states

Call (816) 960-2022

This nonprofit organization helps older adults reduce isolation and loneliness. Its 55 affiliate centers offer engaging courses and workshops for lifelong learners. The centers also schedule fun group activities for older adults, including book clubs, day trips and holiday parties.

\*Resources information, via Caring.com

Call (800) 558-0653

<https://www.caring.com/resources/help-for-seniors-experiencing-loneliness-and-isolation/>