

# Recognize the Signs



## CONNECT THROUGH COMMUNITY

A vibrant lifestyle can help seniors overcome loneliness through friendship, engaging activities, and the warmth of true connection. Look for these warning signs if you suspect your loved one is suffering from senior isolation.



### Reduced Social Interaction:

Withdrawing from social activities, not attending community events, or avoiding interactions with family and friends.



### Changes in Communication:

Not responding to phone calls, texts, or visits as frequently as they used to.



### Physical Appearance:

Changes in personal grooming or hygiene, as well as a decline in overall health or a lack of interest in maintaining their living space.



### Behavioral Changes:

Increased irritability, mood swings, or signs of depression as well as signs of anxiety or distress about leaving the house.



### Decline in Physical Health:

A lack of regular physical activity or noticeable weight loss might be linked to reduced social interaction.



### Neglecting Responsibilities:

Difficulty managing daily tasks, such as paying bills or managing medications



### Feelings of Worthlessness:

Comments about feeling unloved, forgotten, or a sense of purposelessness can be a sign of deep-seated isolation.



### Difficulty with Mobility:

If mobility issues are present, they might limit their ability to go out and engage with others, leading to increased isolation.

Life's Better *Together*

Contact us to learn more about how we help our residents stay connected, engaged, and happy.



**Tech Ridge Oaks**  
Assisted Living & Memory Care

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