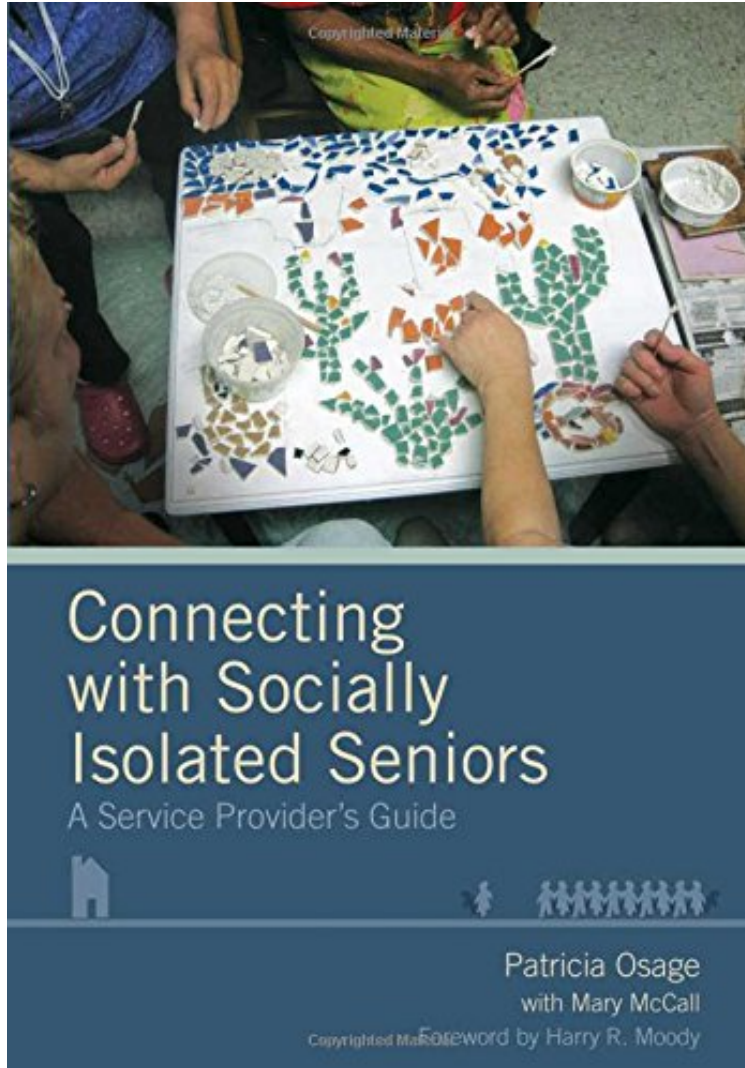


(Free read ebook) Connecting with Socially Isolated Seniors

Connecting with Socially Isolated Seniors

Patricia Osage

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Patricia Osage : Connecting with Socially Isolated Seniors before purchasing it in order to gage whether or not it would be worth my time, and all praised Connecting with Socially Isolated Seniors:

Nothing causes seniors to experience a greater decline in health and emotional well-being than social isolation. Producing more than just feelings of loneliness and hopelessness, social isolation makes seniors less safe, puts them at greater risk for financial, emotional, or physical abuse, and may contribute to rapid deterioration. This book offers service providers valuable tools for combating these negative outcomes.Written in concise, easy-to-understand

language, this resource will help you identify seniors in the community and in residential care whose health and well-being are in jeopardy. Learn to recognize the symptoms of social isolation and find concrete suggestions for reaching out to those living in your community but not thriving in it. Based on decades of experience with individuals living in senior housing, the book focuses on ways to address 10 factors that lead to social isolation, including: Physical health problems and disabilities Behavioral and cognitive health issues Gender disparities Loss of partner, friends, and pets Minority sexual orientation Language barriers Validated by research, *Connecting with Socially Isolated Seniors* includes findings from a large survey of older adults living in independent senior housing communities and from focus groups conducted with senior caregivers, service coordinators, and activities directors. This resulting guide highlights the role of empathy and an inclusive attitude when exploring seniors' needs and the importance of getting to know each older adult as a unique human being to be effective in supporting those who live alone. Facts, checklists, and a quiz help to easily identify individuals who are at risk for social isolation. Additionally, practical *How to Help* sections show how to intervene with specific, actionable suggestions. Community-based senior housing providers, assisted living communities, area agencies on aging, and other state and regional aging services organizations will find *Connecting with Socially Isolated Seniors* to be an invaluable addition to their staff resources.

This book shines the spotlight on how social isolation impacts the health and functioning of elders. More importantly, it identifies practical suggestions for providers to address this issue. It is a 'must read' for staff who work with elders in congregate senior living settings. --Joanne Handy, RN, MS, President and CEO, Aging Services of California
The book by Osage and McCall has uncovered all the critical issues impacting the isolation of seniors. The chapter on Emotional Health clearly points to the need for destigmatizing mental health so that seniors feel more comfortable in accessing resources that can enhance their well-being and longevity. --Solomon Belette, CEO, Catholic Charities of the East Bay
As a former administrator of a 110 unit, HUD subsidized apartment building for low income older adults in San Francisco, I have personally witnessed how easily residents can become increasingly isolated as their health becomes frailer. Through the efforts of our service coordinator, we were quite successful at helping our frailest residents 'age in place' but, looking back on it now, I realize we could have done more to help our residents 'age in community' and, by doing so, reduce their isolation. The steps, strategies, ideas and facts contained in this book will make it possible for any HUD subsidized senior apartment manager/service coordinator to reach out to their isolated residents in a variety of ways that are right for each individual and, by doing so, reduce their isolation, help foster community and improve the quality of life of not only their isolated residents but others as well. --Roy Earnest, MSW, LCSW, Pacifica, CA
About the Author
Patricia Osage is the Director of Resident Services at Satellite Housing in Berkeley, California, and has over two decades of experience in the human services field. Through program development, public policy change, and awareness education, Osage collaboratively seeks to challenge and change social norms and perceptions associated with aging and income disparity. Satellite Housing provides affordable, service-enriched housing that promotes healthy, dignified living for people with limited options.
Mary McCall, Ph.D., is professor of psychology at St. Mary's College of California and an expert on the social policies of housing, health, and support services for low-income seniors, as well as the role of cultural values in social policies around the world regarding aging.