

Helping Seniors with Hearing Loss Stay Connected

Risks of Social Isolation

Benefits of Maintaining Connections

Cognitive decline

Hearing loss may hasten cognitive decline and the beginnings of dementia.



Better mental health

Engaging in consistent social interactions with strong emotional support can contribute to a positive state of mind.

Depression and anxiety

Miscommunication in social situations can increase the risk of anxiety and depression.



Longevity

Engaging in social activity leads to happiness and satisfaction, enhancing one's lifespan.

Physical inactivity

Communication barriers can restrict social interactions, which in turn can impact physical activity.



Healthier brain

Studies show that regular social engagement can slow down cognitive decline.

Poor health habits

Limited social interactions can result in unhealthy habits such as smoking, overeating, excessive alcohol consumption and poor sleep quality.



Belonging

Participating in community and having friends help older adults feel valued.

Reduced social participation

Communication barriers can restrict social interactions, which in turn can impact physical activity.



Increased physical activity

Social activity that involves group exercises and daily walks encourage regular movement.