

STAYING CONNECTED IN OLDER AGE

Spending time with friends and family can directly benefit your physical and mental health while reducing your risk of experiencing elder abuse.



Learn how to use your smartphone and social media



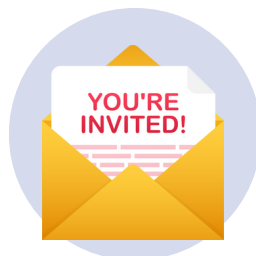
Regularly attend local social groups for older people



Check your local community centre for senior groups



Don't be afraid to initiate contact first sometimes



Be receptive to invitations and social opportunities



Invite friends and family over for tea or a board game



Join an exercise or hobby group



Become a regular at a local cafe



Attend local cultural groups or activities



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