

Boosters for Joy

A Guide on Ways to Connect

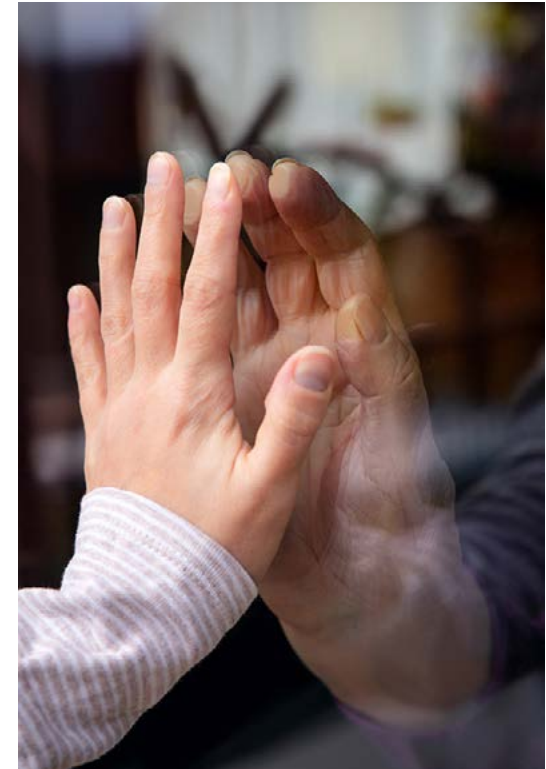


Look through the different articles, programs, and offerings collected here and find something that sparks your interest. As much of the country begins to experience colder weather and we need to remain careful about indoor, in-person social gatherings, there are still many ways to safely connect with other people. While for many, the holiday season is a much-anticipated time that brings people together, it can also be a time that unleashes stress and anxiety and can amplify feelings of loneliness. This guide of resources collected by AARP and friends of the Global Council on Brain Health (GCBH) was developed with the recognition that Fall 2021/Winter 2022 will bring continued disruptions to people's social circles as we navigate life during the pandemic. Our aim is to help you discover joy and boost your social connections during these challenging times no matter where you live.

This guide builds on previous reports^{1,2} by the GCBH that highlight the link between social engagement, mental well-being, and brain health. From a brain health perspective, research suggests that older people who are more socially engaged and have larger social networks tend to have a higher level of cognitive function. Relationships and social contact with others through pleasurable activities usually contributes to people's feelings of well-being. Finding ways to maintain these social connections has been a challenge for everyone during the pandemic.

The highly contagious nature of COVID-19 brought about sudden stay-at-home orders and dramatic changes in our day-to-day routines. We have all experienced dramatic changes in the ways in which we socialize with family and friends, shop for basic items such as groceries or prescriptions, exercise, and our interactions with others more generally. These changes have tested all of us in ways we never imagined. While the pandemic has impacted us all in different ways, feelings of stress and uncertainty have been universally felt. Amid this public health crisis, older individuals have continued to face a disproportionate burden on mental and physical health.

It is well established in the scientific literature that loneliness and social isolation increase health risks, and particularly in older people. For example, one study found that the health impact of loneliness is roughly equivalent to smoking 15 cigarettes a day.³ And the risk for dementia also increases. Social isolation has been shown to increase dementia risk by about 50%.⁴



Earlier this year, the GCBH issued a [Special Report](#)⁵ with recommendations and practical tips to help older adults take steps to promote brain health and mental well-being during the pandemic. Since the release of our last report, the distribution of COVID-19 vaccines has transformed the trajectory of the pandemic by dramatically reducing community spread of the virus. It is clear, however, that given ongoing concerns surrounding highly infectious variants, we must all remain vigilant. This is particularly the case for older adults and those individuals with compromised immune function who remain highly vulnerable. A growing body of research has examined the link between COVID-19 and brain health. A deeper understanding of how COVID-19 affects neurological function continues to be investigated so that physicians can better understand why some people (the so-called “long-haulers”) suffer from symptoms longer than others. Initially thought to be rare, a recent study found that about one-third of COVID-19 survivors report experiencing one or more long-COVID symptoms between three and six months after initial infection.⁶ It is important that the different ways in which COVID-19 survivors experience chronic suffering is legitimized by healthcare providers, employers, and society-as-a-whole as people try their best to resume life following a COVID-19 infection.⁷

This guide builds on the initial GCBH recommendations and provides a collection of resources for individuals of all ages, and particularly older adults, which may provide a boost for social connections. Here you can find different resources, ranging from podcasts, videos, articles, and other information to online games and activities, art projects, and in-person events, and volunteer opportunities. Resources are broken down by category (see Table of Contents at right) and include Spanish-language materials. To access a resource of interest, right-click on its title and open the hyperlink.

Public health recommendations are constantly being updated as more is learned about the state of the science and risks associated with social gatherings in different parts of the country. The GCBH strongly advises that you continue to monitor guidelines⁸ from the Centers for Disease Control and Prevention and listen to advice from your healthcare providers when making your plans to socialize.

Please note: this listing is intended as a helpful collection of resources and is not meant to be exhaustive, nor has every item identified been specifically reviewed/endorsed by AARP or the GCBH. The use of any information you provide to an organization listed here shall be governed by its own privacy policy.

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Arts Engagement



connect2culture®

CaringKind

Contact: mwong@cknyc.org

Description: Engaging opportunities for people living with dementia and their caregivers to stimulate conversation, memories, and connections through shared cultural experiences. Programs include dance workshops, music performances, and gallery talks. Virtual and in-person (New York, NY) options available.

Create+Collaborate

Los Angeles County Museum of Art

Contact: ksatzman@lacma.org

Description: Free 10-session virtual printmaking class designed for older adults (ages 65+) seeking to learn new skills and join a community of peers. Virtual-only options available.

Creating New Performances of Memory Loss, Dementia, and Growing Older

Life Performance Coaching

Contact: mseileen@gmail.com

Description: Short-term groups open to everyone interested in transforming the dementia experience. Program is delivered virtually.

Creative Aging (Winona, Minnesota area)

Minnesota Conservatory for the Arts

Contact: cdeysach@smumn.edu

Description: Seasonal classes in music, theatre, dance and visual art designed for adults ages 55+. In-person only.

Creative Arts/Integrative Therapies

University of Calgary

Contact: cllenave@ucalgary.ca

Description: Anyone visiting the website should go to the Collaborators section so they can contact the researchers directly and ask for details.

Creativity Center

TimeSlips

Contact: info@timeslips.org

Description: 45 minute training on creative engagement and how to weave creativity into your daily life to create meaningful moments of connection. Online options available.

Dementia-Friendly Online Programs

SilverKite Community Arts

Contact: info@silverkite.us

Description: Online intergenerational dementia-friendly arts program. One hour workshops vary each month.

Encore Creativity Resources

Encore Creativity for Older Adults

Contact: Info@encorecreativity.org

Description: Encore is the nation's largest choral organization for adults over the age of 55.

Feet to the Fire Writers' Workshops

Feet to the Fire Writers' Workshops

Contact: angela@feettothefirewriters.com

Description: Expressive writing programs through virtual groups, fostering reminiscence, life stories, and social connections.

Fine Wine Dance

Keshet Dance & Center for the Arts

Contact: frontdesk@keshetarts.org

Description: For individuals ages 55+ to explore movement and choreography, including body awareness space mapping, movement qualities, movement vocabulary, performance elements, and improv techniques. In-person (Albuquerque, NM) and remote.

Gathering Place

Phinney Neighborhood Association, Greenwood Senior Center

Contact: alisas@phinneycenter.org

Description: Early stage memory loss programs for people living with Alzheimer's, mild cognitive impairment, and other diagnosed memory disorders. The program fosters a strong sense of community while providing cognitive stimulation, exercise, cultural enrichment, and discussion. Virtual options only.

Kairosalive

Kairos Alive

Contact: maria@kairosalive.org

Description: Weekly, Zoom-based dance, music, and story interactive show to promote health and wellbeing. Approximately 45 minutes in duration with captioning available.

MacPhail Music for Life™

MacPhail Center for Music

Contact: rupp.kristyn@macphail.org

Description: Variety of music-based classes and ensembles specifically designed for adults 55+, including programs developed to meet the needs of patients with dementia and their caregivers. Virtual and in-person (Minneapolis, MN) available.

Meet Me at MoMa

MoMa

Contact: accessprograms@moma.org

Description: Discuss art with specially trained MoMA educators about themes, artists, and exhibitions. Varied, accessible programming. Virtual and in-person (New York, NY) available.

Memories in the Making (Wisconsin area)

Alzheimer's Association, Wisconsin Chapter

Contact: klhayen@alz.org

Description: Program offers creative art expression for folks with memory and cognitive disorders using watercolor as a means for social engagement, storytelling, communication, and relaxation. Program is also offered virtually upon arrangement.

Memory Cafes **(Fox Valley, Wisconsin area)**

Fox Valley Memory Project

Contact: courtney@foxvalleymemoryproject.org

Description: Offered at different locations throughout the Fox Valley area in Wisconsin. Designed for individuals living with memory loss and their care partners, and provides opportunities for them to participate in various creative engagement activities (singing, games, conversation, etc) in a safe and inclusive environment.

Minneapolis Institute of Art Tours **(Minneapolis, Minnesota area)**

Minneapolis Institute of Art

Contact: dberus@artsmia.org

Description: MIA tour guides and docents offer tours to Osher Lifelong Learning (OLLI) participants through University of Minnesota. These are hugely popular and a fabulous way to experience the art at MIA! More offerings coming in the spring.

Mixed Ability Dance

Keshet Dance & Center for the Arts

Contact: sadie@Keshetarts.org

Description: Mixed Ability classes (multi-generational) focused on celebrating the expression of all individuals and abilities in dance. In-person (Albuquerque, NM) and remote options available.

On a Positive Note Chorus

Fox Valley Memory Project

Contact: susan.h.mcfadden@gmail.com

Description: Group that meets once a week in person (with a zoom option) to sing. The group is accompanied by a pianist with a Ph.D. in piano performance and a director with a background in music education and directing various choral groups. Zoom and in-person (Fox Valley, Wisconsin) offerings available.

Opening Minds Through Art

Scripps Gerontology Center at Miami University

Contact: ScrippsOMA@MiamiOH.edu

Description: College students and older adults work in groups for one academic semester and spend about 45 minutes each week completing creative art activities, including storytelling, writing poetry, discussing music, and creating art. All activities are completed virtually.

Personal Connections

Los Angeles County Museum of Art

Contact: ksatzman@lacma.org

Description: Virtual art session with a teaching artist who guides care partner and persons living with dementia/ Alzheimer's to view and discuss works of art from the museum's collection. Program is offered once a month on Tuesdays at 1 pm Pacific Time.

Sparkling Creativity with Poetry

Alzheimer's Poetry Project

Contact: garyglaznerpoet@gmail.com

Description: Poetry for Life: Call-in Show, every Thursday, 11:30am EST. Call 609-663-1816.

Reading2Connect Program

Reading2Connect®

Contact: Susan@Reading2Connect.com

Description: Age- and dementia-friendly books and training program for care staff/partners that offer opportunities to support individuals with dementia in the reading process.

Reminiscence Theatre and Community Arts

Intergenerational Applied Theatre Arts

Contact: trudypauluth.penner@gmail.com

Description: Video and information on Reminiscence Theatre, which brings older adults and applied theatre students together to facilitate playful and explorative storytelling workshops and collective theater.

Reimagining Dementia: A Creative Coalition

Reimagining Dementia: A Creative Coalition for Justice

Contact: reimaginingdementia@gmail.com

Description: Information on an international group of dementia activists sharing a diverse and humanizing vision of care and support, promoting inclusion, relationality, creativity, joy and the possibility of growth for everyone living with and impacted by dementia.

Singing for the Mind **(Surrey, England area)**

Farnham Maltings Arts Centre

Contact: topazsinging@gmail.com

Description: Group for people with dementia and their caregivers to sing popular songs in a choir format. Supported by volunteers and preceded by socialising.

Song Circle

Phinney Neighborhood Association, Greenwood Senior Center

Contact: alisas@phinneycenter.org

Description: A memory loss inclusive song circle for everyone who likes to sing. Online only.

The Joy of Dementia **(You Gotta be Kidding!)**

East Side Institute

Contact: mfridley@eastsideinstitute.org

Description: Workshop with improvisational games, creative exercises and philosophical/performed conversation for people living with dementia, their care partners, and other family and community members. Virtual options available.

Virtual Brain Health Center

Virtual Brain Health Center

Contact: krystal@virtualbrainhealthcenter.com

Description: Variety of brain-based events focused on brain health including physical movement programs, cognitive engagement/lifelong learning, restfulness-based programs (stretch, meditation), and creative arts programs.

Young at HeART

The Olana Partnership

Contact: ckeogh@olana.org

Description: Gives the aging community (55+) an opportunity to develop their creativity in a variety of artistic expression through 6 and 8 session skill-building courses. Currently, we are offering a virtual memoir-writing course focused on our current exhibition, "Cross Pollination."

COVID-specific Resources



86-Year-Old Therapist Shares 5 Tips to Help Seniors Endure Pandemic Loneliness

NBC Today

Description: Experiences and tips from an 86-year-old therapist dealing with loneliness in quarantine.

A Guide to Self-Care While Social Distancing

Risk Bites

Description: Video on self-care for elderly adults participating in socially distanced social activities.

AARP COVID-19 Tracker: Wave 5, Social Connections and Loneliness

AARP Research

Contact: cthayer@aarp.org

Description: Reports from an AARP-led study of COVID's effects on aging communities.

Coping with Isolation: Connecting the Dots

Wichita State University

Contact: Marcus.wright@wichita.edu

Description: Video, 5-day plan for dealing with social isolation.

COVID-19 and Brain Health

Global Council on Brain Health

Contact: GCBH@aarp.org

Description: Report on addressing social isolation and improving mental well-being as the pandemic continues.

COVID-19 Resources for Older Adults: Ways to Create Connections Using Technology

National Association of Area Agencies on Aging

Contact: info@engagingolderadults.org

Description: How to use technology and other online resources for connecting with others.

Enhancing Social Engagement of Older Adults

engAGED National Resource Center

Description: Video on social engagement for older adults during COVID.

How to Handle Coronavirus Isolation and Anxiety

WebMD

Description: Advice on coping with social isolation and anxiety.

Loneliness Among Older Adults Before and During the Pandemic

National Poll on Healthy Aging

Contact: clampkin@aarp.org

Description: A report on the impacts of COVID on loneliness and isolation.

Mental Health Among Older Adults Before and During the Pandemic

National Poll on Healthy Aging

Contact: clampkin@aarp.org

Description: Video and other resources on the impact of isolation and loneliness on mental health.

Online Resources for Social Distancing and Self-Isolation

Survivors' Network

Description: Apps, tools, hotlines, and other information for dealing with isolation and loneliness.

The Pandemic Effect: A Social Isolation Report

AARP Foundation

Description: A report on social isolation and its effects during the pandemic.

Quarantine in a Shared Living Space Social Media Toolkit

Johns Hopkins Center for American Indian Health

Description: Resources for social media engagement and awareness campaigns relating to social isolation in quarantine.

Search. Find. Help.

NORC at the University of Chicago

Contact: young-eric@norc.org

Description: Online library to support older adults and caregivers during public health emergencies including COVID-19.

Strategies to Address Social Isolation and Loneliness

National Governors Association

Description: Federal and state government efforts and other resources to address loneliness and social isolation in the context of COVID.

Events and Volunteer Opportunities



AmeriCorps Seniors Program

AmeriCorps

Contact: help@americorps.gov

Description: AmeriCorps-sponsored volunteer opportunities for seniors, including a search tool.

Creative Care: A Revolutionary Approach to Dementia and Elder Care

Anne Basting, TimeSlips

Contact: info@timeslips.org

Description: Schedule of virtual readings and other events related to dementia and elder care. In-person and virtual options available.

How to Volunteer as a Senior

Aging in Place

Description: Resources, search tool for identifying volunteer opportunities in your area.

Senior Planet Events

Senior Planet from AARP

Description: A calendar of events organized to help elderly people engage with their communities. Virtual and in-person opportunities.

Onward

Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases, UT Health San Antonio

Contact: FloresM16@uthscsa.edu, Masoud@uthscsa.edu

Description: A community enrichment program for families impacted by dementia and other neurodegenerative conditions, with opportunities including Virtual Gentle Yoga, bilingual Memory Cafés, Caregiver Support Groups, Community Choir, and other arts-focused social activities.

Caring for the Caregiver

Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases, UT Health San Antonio

Contact: UTcaregivers@UTHealthSA.org

Description: Provides education and engagement for family caregivers of persons living with dementia. The Essentials of Caregiving is an online series of lectures that promotes learning and social engagement among family caregivers.

Faith-based Engagement



4 Ways Religious Involvement Can Help You Age Well

Dementia-Friendly Worship Service

Faith Partners

Faith, Spirituality, and Aging

Religious Based Senior Care

Psychology Benefits Society

Description: Information on the benefits of faith-based engagement when aging.

Faith Village Research

Description: Worship service videos to be watched with family members or friends affected by dementia.

Habitat for Humanity

Description: Opportunities for faith-based community service.

PBS

Description: Discussion with Rev. Jennifer Brower on faith and aging.

SeniorLiving.org

Description: Search tool for Protestant, Catholic, and Jewish senior care facilities.

Games, Activities, and Puzzles



10 Best Games to Play with Seniors

Mon Ami

Description: Games that engage seniors' minds.

AARP Memory Activity Book

AARP

Contact: JLipson@aarp.org

Description: Book of activities for engaging elderly people who suffer from memory loss or dementia.

A List of Free, Online, Boredom-Busting Resources

ChatterPack

Description: Free activities, games, and tips for overcoming boredom at home.

Best Social Games to Play Online While at Home Alone

The Arbor Company

Description: Online games that boost your social interactions.

Color Your Way Content: When Caring for a Loved One

AARP

Contact: JLipson@aarp.org

Description: Coloring books for engaging with and supporting adults.

Creative Care: A Revolutionary Approach to Dementia and Elder Care

Anne Basting, TimeSlips

Contact: info@timeslips.org

Description: Different resources, events, and virtual readings for the elderly and those with dementia (calendar of activities available).

Creative Care Imagination Kit

Anne Basting, TimeSlips

Contact: info@timeslips.org

Description: Creativity-based activity kit for engaging and connecting with the elderly.

Creativity Center: Tools to Spark Meaningful Engagement

TimeSlips

Contact: info@timeslips.org

Description: Events, tips, and tools for engaging with elderly loved ones.

Healthy Living's Home Workout Playlist

LifePath

Description: Exercises and songs for home workouts.

Meditations for Caregivers

AARP

Contact: JLipson@aarp.org

Description: Mental health and wellness resources, meditations for those who care for seniors.

Senior Activities & Wellness Programs

Senior Lifestyle

Description: Engaging activities, events, and groups to support and promote mental health and overall wellness.

Serious Games: How Digital Games Can Help Older Adults Combat Social Isolation

Age-Well NCE

Contact: info@agewell-nce.ca

Description: Video on how games can help elderly adults connect with others.

Staying Sharp

AARP

Description: AARP's holistic approach to brain health based on the 6 Pillars of Brain Health.

Hospitalization and Delirium Resources



The Epidemic Within the Pandemic: Delirium

The New York Times

Description: Background information on issue of delirium during the COVID-19 pandemic and how to address.

Battling Loneliness: The American Geriatrics Society's CoCare: Hospital Elder Life Program

American Society on Aging

Description: Information on the AGS CoCare: HELP program designed for optimizing patient care in hospitalized older adults, including methods to combat loneliness.

The Importance of Delirium and Delirium Prevention in Older Adults During Lockdowns

JAMA Insights

Description: Information on the role of hospital environments and risk factors for delirium during COVID-19.

Preserving Your Brain Health During Illness or Surgery

Global Council on Brain Health (GCBH)

Description: Report examining the impact of delirium and recommendations to preserve adults' brain health during illness or surgery.

LGBTQ Resources



National Resource Center on LGBT Aging

Sage: Advocacy & Services for LGBT Elders

Contact: cdacosta@sageusa.org

Description: A variety of health and wellness information and resources for aging LGBTQ communities.

Stay Gold (Tucson, Arizona area)

MOCA Tucson

Contact: harrison@moca-tucson.org

Description: An intergenerational LGBTQIA+ arts program that runs weekly each semester. Participants make and share art, interact with each other, and learn about contemporary art.

Mental Health Information and Care Resources



5 Tips for Dealing with Social Isolation

Prospero

Description: Information on social isolation and strategies for dealing with it.

6 Things to Do When Dealing with Loneliness at an Old Age

Aging in Place

Description: List of suggestions for overcoming loneliness.

10 Things You Can Do Today to Combat Senior Isolation

aPlaceforMom

Contact: customercare@aplaceformom.com

Description: List of tips for helping elderly individuals overcome challenges of isolation.

12 Ways to Help Seniors Avoid Social Isolation

Samvedna Senior Care

Contact: contact@samvednacare.com

Description: Suggestions for helping seniors avoid social isolation by engaging with others.

20 Questions to Ask Elderly Loved Ones to Connect and Reminisce

aPlaceforMom

Contact: customercare@aplaceformom.com

Description: Resource to help friends/family engage with their elderly loved ones.

Care for the Mind

Healthinaging.org

Contact: info@healthinaging.org

Description: Resources to support age-friendly care for mental health concerns among older adults.

Coping with Loneliness: Tips for Seniors

PsychCentral

Description: More resources for seniors to help deal with the burden of loneliness plus a search tool for therapy.

DCS Program

ADRC of Dodge County

Contact: rgriesel@co.dodge.wi.us

Description: Programs, including Memory Cafes, SPARK!, Meeting of Minds, Conversations Group, Support Groups, Lending Library for books, activities, and supplies.

Find the Best Local In-Home Care

Aging in Place

Description: Location-based search tool for finding local in-home caretakers.

Loneliness and Social Isolation—Tips for Staying Connected

NIH National Institute on Aging

Contact: niaic@nia.nih.gov; adear@nia.nih.gov

Description: Strategies for seniors who want to connect with others and avoid loneliness.

Mental Health Online Quiz

Centers for Disease Control and Prevention

Description: A quick assessment to test the status of one's mental health.

Monthly Webinar Series

Dementia Alliance International

Contact: kateswaffer@infodai.org

Description: Monthly series of webinars to educate, inform, and motivate people with dementia, their family members or care partners, and the wider dementia community.

National Council of Dementia Minds

National Council of Dementia Minds

Contact: Brenda@DementiaMinds.org

Description: Develop and support a national corps of Dementia Minds groups (persons living with dementia) who create opportunities for dialogue and education about strategies to live.

**Social Isolation, Loneliness,
and Social Connection
Resources**

The Coalition to End Social Isolation and Loneliness

Contact: info@endsocialisolation.org

Description: Reports, toolkits, and other resources to help individuals suffering from loneliness and isolation.

**Social Isolation and Loneliness
Outreach Toolkit**

NIH National Institute on Aging

Contact: niaic@nia.nih.gov; adear@nia.nih.gov

Description: Outreach toolkit of helpful resources to help elderly people facing social isolation; includes infographics, social media content, etc.

Understanding Loneliness

AARP Relationships

Description: General information and frequently asked questions on the potential harm caused by loneliness.

Podcasts



AARP Podcasts

AARP

Description: Podcasts about health, work, money, aging, entertainment and more.

Caring for Caregivers with the CDC

Sole Source

Description: Information on supporting the health and well-being of caregivers for the elderly.

CDC Highlights Social Isolation and Loneliness Among Older Adults and What You Can Do to Help

Sole Source

Description: Information from CDC experts on social isolation and loneliness among older adults.

Coping in Isolation—Mental Health During the COVID-19 Pandemic

Asia & the Pacific Policy Society

Description: Conversation on coping with isolation in the context of COVID.

Coping with Isolation with Jodi Taub, LCSW

The Fibromyalgia Podcast

Description: Practical advice for coping with social isolation.

COVID-19 Is Making Us Lonelier: Is There a Way Out?

The Commonwealth Fund

Contact: info@cmwf.org

Description: Overview of how COVID is making us lonely and ways to cope.

How to Deal with Social Anxiety in a Post-Pandemic World with Dr. Dawn Potter

Cleveland Clinic

Description: Guide to dealing with in-person social interaction considering COVID.

How to Cope with Loneliness During the Coronavirus Pandemic

Verywell Mind

Description: Advice and other information to help you deal with loneliness amidst the pandemic.

Social Isolation During COVID-19

Mayo Clinic

Description: Mayo Clinic Q&A podcast on social isolation.

The Kind Place Podcast

The British Red Cross Society

Contact: contactus@redcross.org.uk

Description: Group of people discussing personal experiences with loneliness and their tips for coping.



Resources to Connect

Activities and Resources to Help You Connect

The Administration for Community Living

Description: Variety of resources, toolkits, and support to help you connect with other seniors.

Connect2Affect

AARP Foundation Connect2Affect

Contact: ConnectionNetwork@aarp.org

Description: Tools and resources from AARP on connecting with others.

engAGED Innovations Hub

engAGED: The National Resource Center for Engaging Older Adults

Contact: info@engagingolderadults.org

Description: Events, organizations, and other resources aimed at engaging elderly adults.

Little Brothers Friends of the Elderly

Little Brothers Friends of the Elderly

Description: Information on a national program that helps isolated elderly adults cultivate long-term relationships.

Staying Connected at Home During COVID-19

engAGED: The National Resource Center for Engaging Older adults and the Eldercare Locator

Description: Handout on ways to connect with other seniors from the comfort of your own home.

Village Connector Experience

Juanita C. Grant Foundation

Description: Engagement for older adults impacted by COVID-induced social isolation through calls from a trained ambassador, and other social distancing activities.

Resources in Spanish

THE BELOW ARE AVAILABLE IN BOTH SPANISH AND ENGLISH



5 Ways to Sharpen Your Social Skills After Isolation

5 maneras de afinar tus habilidades sociales después del aislamiento

AARP

Description: Tips for honing your social skills after extended isolation.

Pandemic Has Created Loneliness Epidemic, New Report Shows

La pandemia ha creado una epidemia de soledad, según un nuevo informe

AARP

Description: Report on the threat of loneliness amidst the pandemic.

Is There a Medical Cure for Loneliness?

¿Existe un tratamiento médico para la soledad?

AARP

Description: Article on loneliness and medicine.

Loneliness During Pandemic Can Lead to Memory Loss

La soledad durante la pandemia puede causar pérdida de memoria

AARP

Description: Information on how loneliness may impact memory loss.

Test Your Mental Health a Year Into the Pandemic

Pon a prueba tu salud mental a un año de la pandemia

AARP

Description: Assessment for your mental health.

5 Ways to Be Happier Now

5 maneras de ser más feliz ahora

AARP

Description: Tips for finding joy and being happier.

**Older Adults Report Better Mental Health Than Younger Ones
During Pandemic**

***Los adultos mayores disfrutan de mejor salud mental que los jóvenes
durante la pandemia***

AARP

Description: Information on differing mental health experiences among younger and older people.

Feeling SAD? How to Fight Back Against Seasonal Depression

¿Te sientes triste? Cómo luchar contra la depresión estacional

AARP

Description: Tips for dealing with seasonal affective disorder.

Take Action

Salud America!

Description: Resources and action campaigns to help build health equity for Latino and all kids.



Tech Resources in Spanish

THE BELOW ARE AVAILABLE IN BOTH SPANISH AND ENGLISH



How to use FaceTime

Cómo usar FaceTime para hacer videollamadas

AARP

Description: Guide on how to use FaceTime.

How to use Facebook's Messenger

Cómo hacer una videollamada por Facebook

AARP

Description: Tips for using Facebook Messenger.

How to use Skype

Cómo hacer una videollamada por Skype

AARP

Description: How-to guide for Skype video conferencing.

How to Use Zoom to Stay Connected

Cómo usar Zoom para mantenerte conectado durante el coronavirus

AARP

Description: How-to guide for using Zoom.

Tech Products to Help Loved Ones Age in Place

Productos tecnológicos que ayudan a los seres queridos a envejecer en su hogar

AARP

Description: Information on tech products that help loved ones age in place.

Isolation and Loneliness: Voice-Activated Technology Might Help

Tecnología de altavoz: un dispositivo eficaz para evadir el aislamiento y la soledad

AARP

Description: Technology options for combatting loneliness.

Innovations to Fight Isolation

Innovaciones para luchar contra el aislamiento

AARP

Description: Overview of technological innovations for fighting isolation.

Technology How-to Guides



Guide to Helping Older People Use the Internet

Good Things Foundation

Contact: hello@goodthingsfoundation.org

Description: Report and information on accessing and using the internet for elderly adults.

How to Make a FaceTime Call on Your iPhone, iPad, iPod Touch, Mac

AARP Home & Family

Description: Detailed guide on how to make a FaceTime call on Apple devices.

How to use Facebook's Messenger

AARP

Description: Tips for using Facebook Messenger.

How to use Skype

AARP

Description: How-to guide for Skype video conferencing.

How to Use Zoom to Stay Connected

AARP

Description: How-to guide for using Zoom.

Acknowledgements

We gratefully acknowledge the ideas and contributions of Anne Basting, PhD (scholar and artist) and Tessa Barlow, who assisted with the Arts Engagement portion of this guide. Special thanks as well to the Global Council on Brain Health Governance Committee and Issue Experts for their continued leadership. We express our appreciation to Ian Daniel, GCBH intern, for helping to prepare this document for publishing. And MANY THANKS to our colleagues in the aging world in the above organizations that created and contributed their resources for the benefit of older adults everywhere.

This document was designed by David Griffin (D Griffin Studio, Inc.)

About GCBH

The Global Council on Brain Health (GCBH) is an independent collaborative of scientists, health professionals, scholars, and policy experts from around the world who are working in areas of brain health related to human cognition. The GCBH focuses on brain health relating to people's ability to think and reason as they age, including aspects of memory, perception, and judgment. AARP convened the GCBH to offer the best possible advice about what older adults can do to maintain and improve their brain health. GCBH members gather to discuss specific lifestyle issues that may affect people's brain health as they age, with the goal of providing evidence-based recommendations for people to consider incorporating into their lives. GCBH's work empowers individuals to benefit from insights on the cutting edge of brain health science to enhance well-being across lifespans.

For questions and inquiries, please contact GCBH@aarp.org

Citation

Global Council on Brain Health (2021). "Boosters for Joy: A Guide on Ways to Connect" Available at www.GlobalCouncilOnBrainHealth.org. DOI: <https://doi.org/10.26419/pia.00105.001>

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