



Social Connections:

Maintaining social connections is an essential part of quality of life for people of all ages, but more so for older adults. Connections reduce feelings of isolation and loneliness, improve mental/emotional health, provide cognitive stimulation, and help maintain socialization skills.

Using video chatting, online support/discussion groups, online classes, social media, platforms, smart devices and apps, enhances older adults' ability to connect with health care professionals, assistance programs, family and friends no matter where they are located, maintaining social connections that can be vital for those who live alone or are homebound.

[See Technology Resources/Links](#)

For Further Information & Resources Contact

Eastern Carolina Council Area Agency on Aging

Dr. Cynthia Livingston, Digital Navigator

252-638-3185, Ext 3016 / 252-671-7553

clivingston@eccog.org

January Brown, Lead Program Consultant

252-638-3185, Ext. 3011

jbrown@eccog.org