



Community Engagement and Connection

Planning to stay socially connected and engaged in your community

Research suggests that older adults who remain socially active and participate in their community maintain their mental and physical health longer. In fact, people with strong social networks tend to be more active, feel happier, and are more supported.

Questions to think about when planning for community engagement and social connections:

How do you stay connected with your friends, family and community?

Do you plan varied and regular interactions with others? Consider volunteering, taking a class, mentoring, working, or participating in community activities.

Should you make more of an effort to stay socially engaged? Social interaction helps maintain cognitive functions and support mental and emotional health and well-being.

Do you have friends you can share a walk with, or talk to when you need an ear?

Do you make an effort to connect with different generations? Older adults who have intergenerational contact report less depression and greater life satisfaction.

Is your community age-friendly and does it support social interaction? Age-friendly communities provide welcoming public spaces, accessible transportation, affordable housing options, employment and volunteer opportunities, as well as information and services that fit the needs of seniors.

What change would you like to see in your community?

Does your community serve your needs? Consider how you can be involved in making your community work for you, whether it's through having more age-appropriate programming at the local community centre, to creating a community garden, planting more trees, organizing transportation, or installing more benches, cross walks or pathways.

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