

Lake County Social Isolation and Loneliness Initiative

You don't have to go very far to see the face of loneliness. It is everywhere.

- Up to 50% of those 60+ are at risk of social isolation
- Approximately 1/3 of people will experience some degree of loneliness later in life
- Social isolation impact on an individual's health is comparable to smoking and is associated with an increased risk for early death, cognitive decline, mental health conditions

Lake County companies and organizations have partnered together to start the "Lake County Social Isolation and Loneliness Initiative" to reduce social isolation and loneliness in the county.

The partners include: Lake County Commissioners, Lake County Council on Aging, The Lakeland Foundation, hChoices, Lake Health, Lake County YMCA, Western Reserve Area Agency on Aging, Lake County General Health District, All Choices Matter, RSVP, ADAMHS, Laketrans, IBB, Ohio Living, Hospice of Western Reserve, and the Lake County Senior Centers and Public Libraries.

The Initiative invites all Lake County residents to participate. Participants will get access to a secure online wellness website featuring health tracking, wellness assessments, challenges, educational presentations, featuring local and regional experts, support groups, and more. The online services are accessible from any internet ready device, including nine Wellness Stations installed throughout the county, or the individual can participate using a traditional telephone. Participants will also have access to classes, trips, screenings, and events through the partners.

By working together, we hope to increase awareness, engage residents, and positively impact our community members struggling with Social Isolation or Loneliness. To learn more, volunteer, or participate: hchoices.com/LakeCounty | Gerri.Hubbell@hchoices.com | 440-478-5640