

Senior Inclusion and Participation Project

SIPP is an innovative, community-based project to raise awareness of the loneliness experienced by many of today's elders and to reduce the impact social isolation has on their health and psychological well-being.

Addressing the Social Isolation and Loneliness of Elders

AGE 50



An estimated one in five adults over age 50 - at least 8 million - are affected by isolation. ¹

AGE 65+



About 29 percent of people age 65+ live alone. ²

AGE 75+



Almost 50 percent of older women age 75+ live alone. ²

F/M



Twice as many women live alone as men. ²

¹ AARP Foundation (May 2012), "Framework for Isolation in Adults Over 50." Perspectives on Psychological Science, Holt-Lunstad-10(2), 227-237 (2015)

² Administration on Community Living (May 2016), "A Profile of Older Americans: 2015"

If You Are Isolated and Lonely Now, What Can You Do?

Reach out to family, friends and neighbors



If you feel you are currently socially isolated and grappling with chronic loneliness, reach out to your family, friends and neighbors. Explore the local resources described below to connect with others. There are many local opportunities for you to get engaged in activities you will like, with people you will enjoy.

Visit your primary physician



You may want to visit your primary physician and explain how you feel. Recognizing that you feel isolated or that you're having trouble maintaining a social network that meets your needs is the first step to improving your quality of life.

Connect through Local Resources



El Camino Hospital – Older Adults Health

Comprehensive Services for Adults over 55
elcaminohospital.org/services/older-adults-health



Community Services Agency – the community's safety net.

Services include Senior Case Management and Food and Nutrition. csacares.org # 650.968.0836



Friendship Line – both a crisis intervention hotline and a

“warm” line for non-urgent calls that provide emotional support and well-being check-ins. # 1 (800) 971.0016



Adult Protective Services – The Santa Clara County Adult

Protective Services program provides services to protect, prevent, and remedy abuse of elders and dependent adults.
408.975.4900



Los Altos Recreation & Community Services

Great variety of classes offered for the Older Adult
LosAltosRecreation.org # 650.947.2790



Bay Area Older Adults – offers outdoor, social

and cultural activities for adults age 50+.
bayareaolderadults.org



Club 55 – First Fridays: A Pop Up Nightclub

for folks 55+. Music, Wine, Food & Friends.
losaltoscf.org/blog/club-55



Senior Brunches – quarterly held free lunches to

connect seniors with people of all ages in a fun, story-sharing environment. Details: Sipp.cafe@gmail.com



StoriesUnfolding – weekly friendship-building small group

meetings for women who enjoy sharing and listening to personal life stories. Details: Storiesunfolding.com



LinkAges – builds healthy communities through a network

that connects people of all ages including group events and one-on-one skill sharing. community.linkages.org



Home Safety Services – home safety

assessments and modification services.
homesafety.net # 1.888.388.3811

More information?

sipp.cafe@gmail.com

650.279.7428



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