

Age Well Live Well

Be Connected: Isolation Self-Assessment

Do you live alone?

Yes No

How often do you see or talk to friends or family members?

Are you a caregiver?

Yes No

Do you need assistance to leave your house?

Yes No

How satisfied are you with your social and community involvement? (Check one)

Very Satisfied Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

How do you stay engaged with your community? (E.g. local community, activity or senior center, faith based organization, online, civic organizations, family/friends)

Do you feel left out or isolated?

Yes No

How often do you participate in community events or volunteer in your community?

Never Daily Weekly Monthly Yearly

If you answered yes to many of these questions and are not actively engaged in community activities you may be at risk for isolation. The good news is that connecting to your community can help! To get started:

1. Learn more about connection opportunities in your community.
2. Encourage others to get involved; they might even like to volunteer with you.
3. Take advantage of community engagement opportunities at local community, activity or senior center, faith-based organizations and by participating in community-wide events.
4. Visit the HHSC Age Well Live Well website for resources on being connection:
<https://hhs.texas.gov/about-hhs/community-engagement/age-well-live-well>.