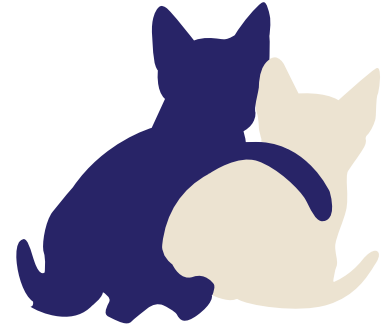




STAYING SOCIAL: HOW TO FORM FRIENDSHIPS AS AN OLDER ADULT



As people age, maintaining and forming new friendships can become more challenging. Life transitions such as retirement, relocation, or the loss of loved ones can contribute to feelings of isolation. However, staying socially connected is essential for emotional well-being and even physical health. Here are some practical ways older adults can make new friends later in life.

TIPS ON MAKING FRIENDS AS AN OLDER ADULT

- 1. Engage in Community Activities:** Participating in local events, classes, or workshops can introduce you to individuals with similar interests. Whether it's joining a book club, attending art classes, or participating in gardening groups, these activities provide natural settings for social interaction. As highlighted by the [Harris County Public Library](#), taking basic steps to engage in community activities can enhance one's social life.
- 2. Volunteer Your Time:** Volunteering offers a dual benefit: contributing to a cause you care about while connecting with others. Activities like delivering meals or participating in community projects not only provide social engagement but also personal fulfillment.
- 3. Pursue New Hobbies:** Exploring new interests can lead to meeting individuals outside your usual social circles. Whether it's learning a musical instrument, taking up painting, or joining a dance class, new activities can open doors to new friendships.
- 4. Join a Group Therapy Program:** Life's transitions, such as retirement or the loss of a loved one, can be challenging. Group therapy offers a space to share experiences and connect with others facing similar situations, fostering deep and understanding relationships.
- 5. Embrace Intergenerational Friendships:** Building relationships with individuals from different age groups can offer fresh perspectives and enrich your social life. Engaging in community activities that attract diverse age groups can facilitate these connections.

Our hospital-based outpatient program meets the unique needs of older adults experiencing depression and/or anxiety. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at 432-652-8626 Ext. 256