



# Are you feeling lonely?



Talk to your care team about the senior-friendly approach for loneliness.

**Loneliness is a health concern your care team can help you with. Talk to us if:**

- ✓ You feel alone in a room full of people
- ✓ You feel that you lack companionship
- ✓ You feel left out
- ✓ You feel isolated from others
- ✓ Your level of social activity is less than you would like it to be

**or anything else...**

**Your  
care is why  
we're all  
here!**

**sfCare**<sup>TM</sup>  
Senior Friendly Care



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