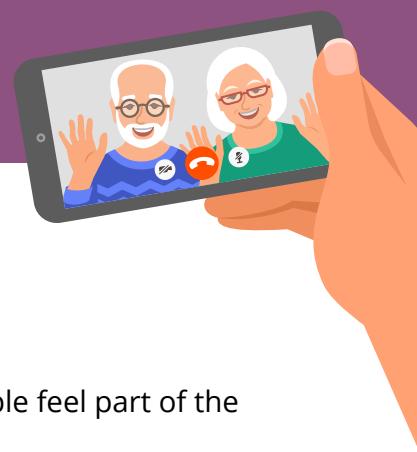


Encouraging social connections

Five practical tips for care workers



Take the time to listen

This can help reduce loneliness and can help older people feel part of the community, and belong.



Share memories

Invite older people to share memories by talking about their photos, videos, and music. Ask about important life events like holidays and family traditions.



Connect people through technology

Technology keeps us connected. Support older people to use technology to talk with loved ones. Offer help if needed.



Promote group involvement

Invite people who may be feeling lonely to join in group activities to connect with people, build friendships, and have fun.



Respect choices about joining in

People will have different preferences for engaging and interacting with other people. It's important to respect and understand each person's choice.

Visit the **ARIIA Knowledge and Implementation Hub** for more helpful tips on how you can improve the aged care sector.