

SOCIAL CONNECTION I-TEAM DISCUSSION GUIDE

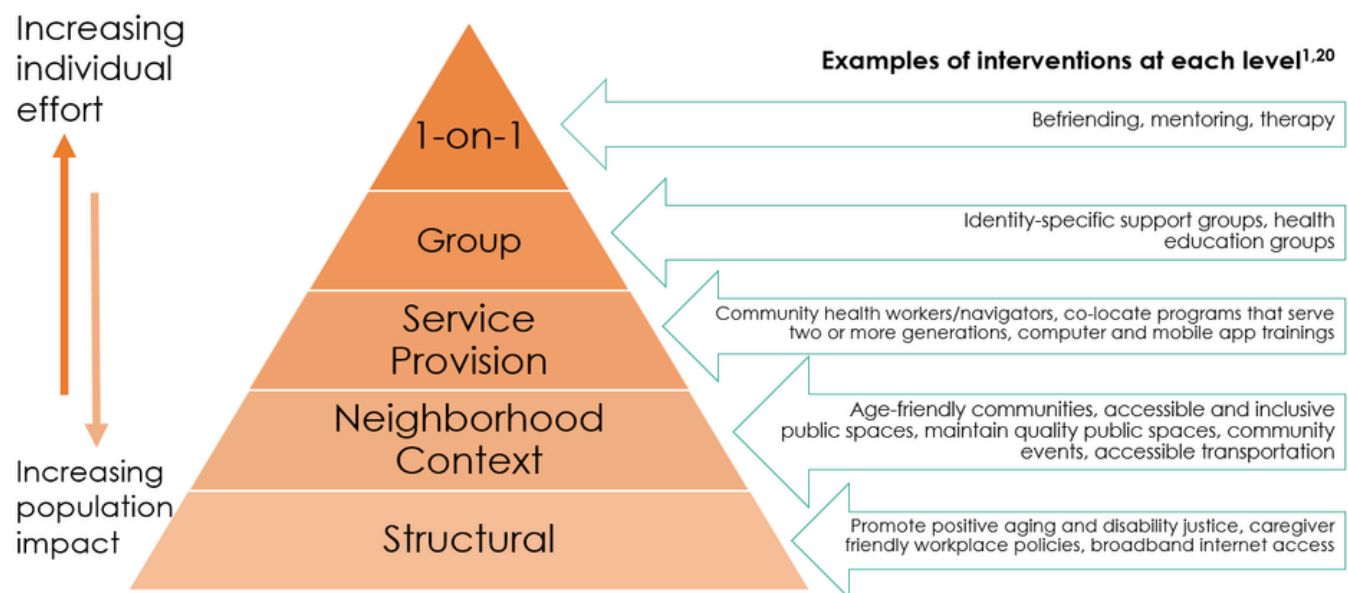
The **Wisconsin Coalition for Social Connection** is building a diverse network of people and communities across Wisconsin to live healthier and more socially connected lives.

Research shows that strong social connections can help people live longer, healthier lives. In contrast, **social isolation and loneliness** are linked to poorer health outcomes and can **increase the risk of elder abuse**.

Use the discussion questions on the following page to reflect on how social isolation and loneliness may be affecting the people you serve, and identify ways your I-TEAM can foster connection, strengthen support systems, and build a greater sense of belonging in your community. Use the Loneliness Impact Pyramid below to help explore intervention strategies and identify opportunities for action.

How to help...

Loneliness Impact Pyramid



Adapted from Thomas Frieden's Health Impact Pyramid²¹

Organizations and individuals alike can play an important role in creating more socially connected communities. The level of involvement may vary based on capacity, funding, and readiness—but everyone can contribute. Join us in strengthening connection and belonging across Wisconsin.

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Discussion Questions:



How is social isolation and loneliness showing up in older adults and people with disabilities in our community?



What type of interactions have you had with people that may be lonely, isolated, or disconnected?



In the work you do, what opportunities are there for intergenerational connection?



When considering elder abuse, how do you see social isolation and loneliness contributing to risk or shaping experiences in our community?

What did you discover? Share your findings, ideas, or “aha” moments with the Wisconsin Coalition for Social Connection and others advancing this work across Wisconsin. We’d love to hear what you learned and how you’re fostering connection in your community. Contact connectwi@wihealthyaging.org.

Learn more at ConnectWI.org