

# Massachusetts Taskforce to End Loneliness & Build Community

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**AARP**® Real  
Possibilities  
Massachusetts





# Why we exist:

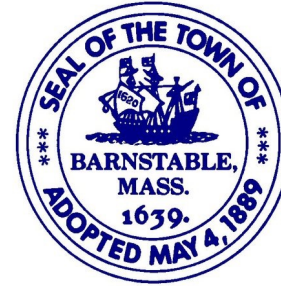
- The evidence is clear—being disconnected from other people has serious consequences for both mental and physical health.
  - Isolation contributes to mortality as much as smoking 15 cigarettes a day
  - 40% of Americans report insufficient social connections
  - Living alone, unmarried, mobility limitations are some risk factors for isolation
  - Geographic dispersion of families, linguistic barriers, and loss of social network members



# Our focus:

- Less evidence exists about how to prevent or alleviate social isolation. But why?
  - Capacity at the community level to collect evidence and disseminate their work is limited
  - Stigma prevents self-report
  - Lack of public awareness of the problem
  - Complex condition, with multiple confounding causes.

# Who we are:



Executive Office of Elder Affairs

# LBFE

LITTLE BROTHERS FRIENDS OF THE ELDERLY

BOSTON



AGE+

Age Strong



The Golden Youth

[www.thegoldenyouth.org](http://www.thegoldenyouth.org)

# HouseWorks

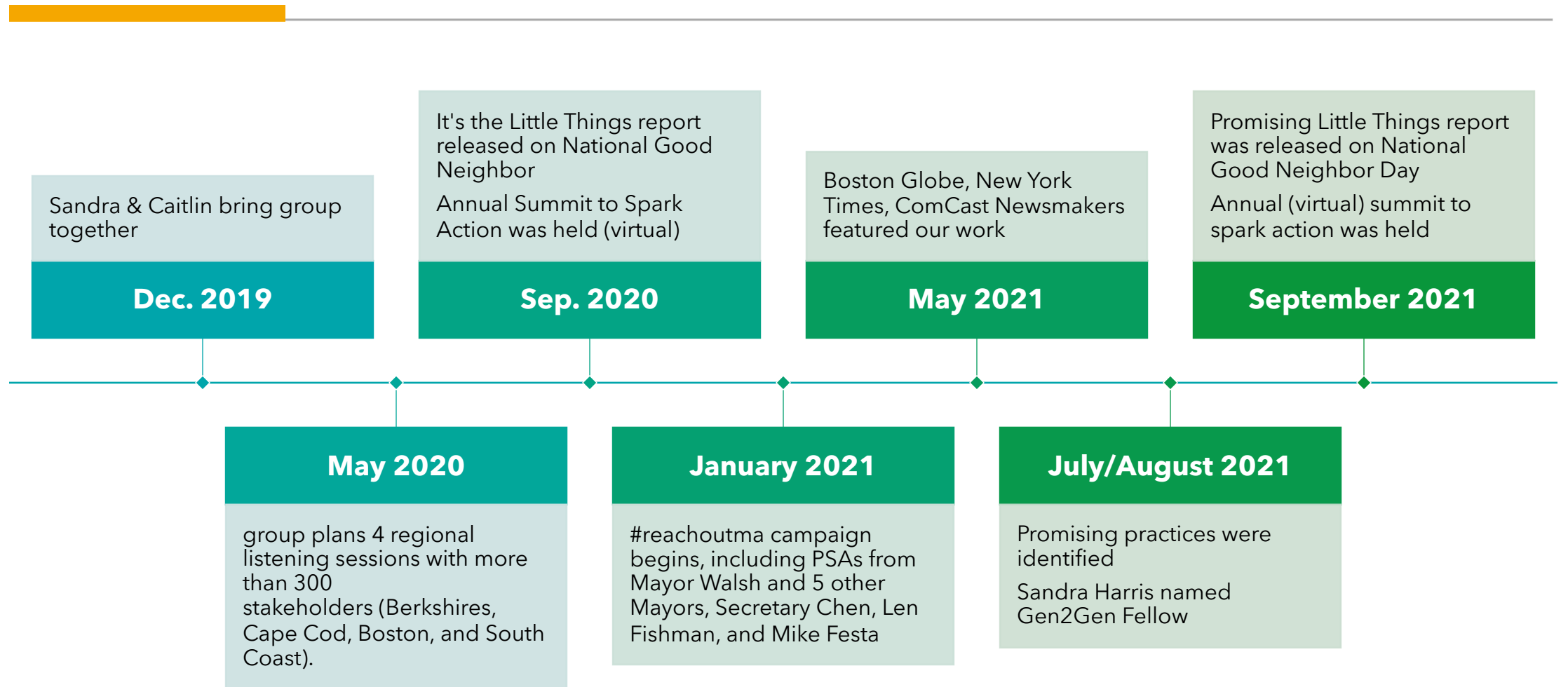




## Our mission:

To ensure all residents of the Commonwealth feel connected to their community and enjoy a strong sense of social wellbeing. We do this by mobilizing state-wide organizations, thought leaders and other partners to join forces and to use our collective resources and ingenuity for maximum impact in combating loneliness in Massachusetts.

# Timeline:





# Our Short-term Goals:

Develop new community-based program that are evidenced- based and easily replicated in local communities.

Focus includes:

- Providing educational, training and support programs for residents to become digitally savvy ,
- Helping to provide accessible and affordable devices,
- Helping to insure robust and affordable broadband/Wi-Fi,
- Designing intergenerational learning platforms that promote connections, and friendships,
- Collaborating with municipalities to improve social connections in outdoor/public spaces and housing.



# Our Long-Range Goals:

- To promote public awareness of the health benefits of being connected and the health risk of loneliness.
- To encourage Bay Staters to be good neighbors by reaching out to their neighbors.
- To seek research and funding opportunities to help build the evidence/inform the body of knowledge and to promote best practices
- To engage older residents, in helping to co-construct solutions and ensure Taskforce takes into consideration the voices of the very people for whom we are working to help.





# Thank you!

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