

Information Memorandum Transmittal Aging and People with Disabilities



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Number: APD-IM-20-034

Issue date: 4/10/2020

Topic: Mental Health

Due date:

Subject: Statewide Senior Loneliness Line

Applies to (check all that apply):

- | | |
|---|---|
| <input type="checkbox"/> All DHS employees | <input checked="" type="checkbox"/> County Mental Health Directors |
| <input checked="" type="checkbox"/> Area Agencies on Aging: Types A and B | <input type="checkbox"/> Health Services |
| <input checked="" type="checkbox"/> Aging and People with Disabilities | <input type="checkbox"/> Office of Developmental Disabilities Services (ODDS) |
| <input type="checkbox"/> Self Sufficiency Programs | <input type="checkbox"/> ODDS Children's Intensive In Home Services |
| <input type="checkbox"/> County DD program managers | <input type="checkbox"/> Stabilization and Crisis Unit (SACU) |
| <input type="checkbox"/> Support Service Brokerage Directors | <input type="checkbox"/> Other (<i>please specify</i>): |
| <input type="checkbox"/> ODDS Children's Residential Services | |
| <input type="checkbox"/> Child Welfare Programs | |

Message:

OHA is providing funding to expand the Senior Loneliness Line statewide during COVID-19. Please see the attached brochure, flyer, and share these materials with older adults that may benefit from this free phone support and reassurance line that can help in dealing with loneliness and isolation.

If you have any questions about this information, contact:

Contact(s): Nirmala Dhar, Older Adult Behavioral Health Project Director, OHA

Phone: (503) 945-9715

Fax:

Email: Nirmala.Dhar@dhsosha.state.or.us



Nearly 1 in 5 adults over the age of 50 is at risk of social isolation.¹

Senior Loneliness Line is a statewide service provided in partnership between Lines for Life and Oregon Health Authority. Our team of trusted volunteers and staff are specially trained in working with older adults.

Any aging adult who is experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with our Senior Loneliness Line call counselors. Sometimes, a friendly conversation with someone who cares and wants to listen can be just the kind of connection a caller needs.



Lines for Life is a regional nonprofit dedicated to preventing substance abuse and suicide and promoting mental wellness. We offer help and hope to individuals and communities by addressing a spectrum of needs that include prevention, advocacy, and intervention.

5100 SW Macadam Avenue, Suite 400
Portland, Oregon 97239-3854
503.244.5211 | info@linesforlife.org
www.linesforlife.org

¹ AARP, Connect to Affect Campaign ; ² Holt-Lundstad, PLoS 2010

SeniorLonelinessLine
A SERVICE OF  **linesforlife**



We're here to
**LISTEN &
connect.**

(503) 200-1633 | 800-282-7035
facebook.com/SeniorLonelinessLine
www.SeniorLonelinessLine.org

By investing in our older adults, we ensure that they will thrive in our community.



Social connections can help keep people healthy.

Nearly 1 in 5 adults over the age of 50 is at risk of social isolation, which may lead to loneliness. Loneliness can impact your immune system, increase inflammation, lead to diabetes, heart disease, stroke, arthritis and other serious health conditions—the impact on your health can be as significant as smoking 15 cigarettes a day.² It can also contribute to cognitive decline and the progression of Alzheimer's disease.

How we can help

Our free statewide call service is for Oregonians older than 55. Our team of volunteers and staff are specially trained in working with older adults, and we can provide ongoing support, connect you with resources or just listen. Your information is completely confidential.

Caring and connecting

Once you've reached out to us, you may feel like it would be helpful to have us check back in with you after the call. If so, we will. We'll check in and see how you are doing. We care about you and you are not alone.

We provide:

- ✓ A friendly person to talk to when you need one
- ✓ Someone to listen
- ✓ Emotional support and understanding
- ✓ Resources and referrals
- ✓ Grief support
- ✓ Elder abuse prevention and counseling
- ✓ Suicide intervention



We support seniors in Oregon who are feeling lonely and having difficulty connecting.



If you or a loved one are experiencing loneliness or isolation, please call us at:

(503) 200-1633 | 800-282-7035

For more information visit: facebook.com/SeniorLonelinessLine | www.SeniorLonelinessLine.org

SeniorLonelinessLine

A STATEWIDE SERVICE +  linesforlife



Oregon
Health
Authority

Feeling lonely?

We're here to
LISTEN &
connect.

Connecting with people can keep you healthy.

Nearly 1 in 5 adults over the age of 50 is at risk of social isolation, which may lead to loneliness. Any aging adult who is experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with our Senior Loneliness specialists. Sometimes knowing there is someone who cares and wants to listen can be of great help.

If you or a loved one are experiencing
loneliness or isolation, please call us at

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SeniorLonelinessLine.org