Information Memorandum Transmittal Aging and People with Disabilities



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Topic: Mental Health

Subject: Statewide Senior Loneliness Line

Applies to (check all that apply):

- All DHS employees
- \boxtimes Area Agencies on Aging: Types A and B
- \boxtimes Aging and People with Disabilities
- Self Sufficiency Programs
- County DD program managers
- Support Service Brokerage Directors
- ODDS Children's Residential Services
- Child Welfare Programs

Number: APD-IM-20-034 Issue date: 4/10/2020

S Oregon Department of Human Services

- County Mental Health Directors
 Health Services
 Office of Developmental Disabilities Services (ODDS)
 ODDS Children's Intensive In Home Services
 Stabilization and Crisis Unit (SACU)
 - Other (*please specify*):

<u>Message</u>:

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@dhsoha.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 hopetoindividualsand 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

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(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:

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



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

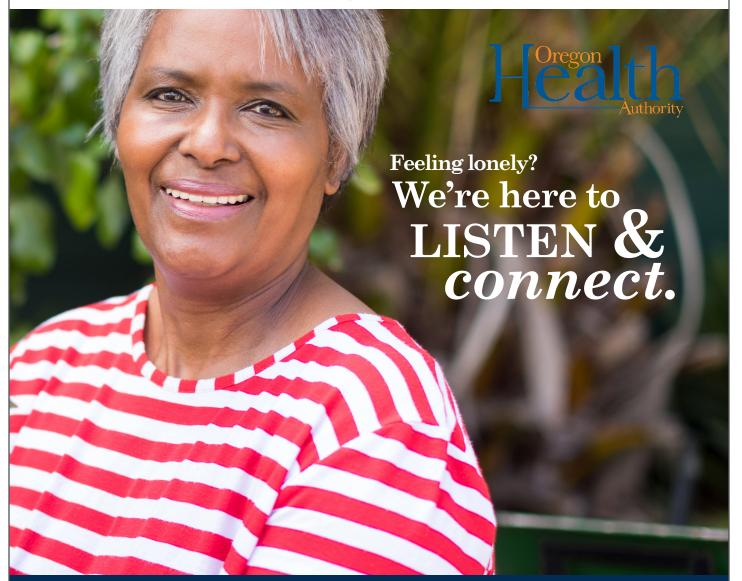
503 200-1633 800-282-7035

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

 $For \ more \ information \ visit: {\it facebook.com/SeniorLonelinessLine} \ | \ www. \ SeniorLonelinessLine.org$



SeniorLonelinessLine A STATEWIDE SERVICE + Dines Clife



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

(503) 200-1633 SeniorLonelinessLine.org