Information Sheets on Older Adult Mental Health

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SPRC is pleased to announce the release of two new information sheets on older adult mental health:

- **Reducing Loneliness and Social Isolation among Older Adults** [1] covers the risk factors for and impact of loneliness and social isolation on older adults, tools to identify loneliness in older adults, and interventions and resources to reduce loneliness and isolation.
- **Increased Access to Mental Health Care for Older Adults: Getting Support during COVID-19** [2] provides information on the potential effects of the COVID-19 pandemic on the mental health of older adults, relevant services now available through telehealth and Medicare, and links to tools and tips for finding local providers.

Links within this resource

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