

The Benefits of Social Connection



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



What Social Connection Means



The Health Benefits of Social Connection



Key ideas:

- Feeling connected with others is a basic human right
- Being connected with others can benefit our physical and mental health

What does social connection mean?

Social connection is a term used to describe our relationships with other people and the support we feel from them. Social connection is important for everyone.

Social connection includes feelings of companionship, love, a sense of safety and support from having quality relationships.

Connecting with others provides us with opportunities for getting together, taking part in activities, and trying new things.

Being socially connected can reduce feelings of loneliness and social isolation.

Make time to connect with others and take part in activities you enjoy

Benefits of social connection

Research suggests that social connections can benefit the health of people living with dementia, and may result in:

- Better sleep
- Lower blood pressure and lower risk of cardiovascular problems
- Reduced stress and anxiety
- Maintaining independence
- Increased confidence and mood
- Better mental health
- Fewer personal expressions (i.e. reactions – including words, gestures and actions – that people can have in response to things in their environment)

For care partners:

- Connecting with others can reduce feelings of stress, anxiety, and depression.
- Social connections can also build resilience and enhance quality of life.
- Taking care of your own needs can help you better support the person with dementia you care for.

Notes, reflections, and goals:



How can I get started?

- Identify things you want to do to stay connected with others
- Learn how you can participate in your community and stay socially active