Social Bridging NC

DID YOU KNOW?

Older adults with more positive self-perceptions of aging **live an average of 7.5 years longer** than those with less positive perceptions. ***Positive connections truly matter!***

Social Bridging NC, promoted in the All Ages, All Stages NC multisector plan for aging, helps older adults build meaningful social connections that strengthen well-being and support healthy perceptions of aging. The initiative also provides tools to understand the effects of loneliness and isolation, identify levels of risk, and access resources that foster greater connection.

We encourage you to act and "Be the Bridge" by:

- Sharing **facts about ageism** and following the American Society on Aging (ASA) so you can like & re-post.
- Reviewing and sharing Ageism Awareness resources: https://asaging.org/ageism-awareness

Explore other resources to help support connection among older adults on the Social Bridging NC website: https://socialbridgingnc.org/

If you're interested in supporting this work, please email Divya.Venkataganesan@dhhs.nc.gov or Caylee.Weaver@dhhs.nc.gov