



Social Wellness for Older Adults

Social wellness means building and engaging in trusting, respectful, and authentic relationships. There are many ways senior nutrition programs improve their participants' social wellness every day, including friendly interactions at congregate meal sites and when delivering meals. Some positive signs of social wellness to look for in your program's participants include:

- Development of assertiveness skills, not passive or aggressive ones.
- Balancing social and personal time.
- The ability to be who they truly are in all situations.
- Becoming engaged with other people in their community.
- Valuing diversity and treating others with respect.
- Continually being able to maintain and develop friendships.
- Creating boundaries within their relationships that encourage communication, trust and conflict management.
- Remembering to have fun.
- Having a supportive network of family and friends.

Here are some questions to consider when assessing a participant's social wellness:

- How are they at asking for help?
- Do they surround themselves with people who they can trust and who care about them?
- Are they able to communicate clearly when dealing with conflict?
- Do they have at least one good friend they can count on?
- Are they okay being alone?

Source: [National Institute of Health Social Wellness Toolkit](#)

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