

American Institute of Human Relations and Aging (AIHRA)

The American Institute of Human Relations and Aging (AIHRA) has launched a

5S Project (Social and Spiritual Support Services for Seniors)

This is an initiative to raise public awareness and support toward older adults residing in their own homes or in long term care communities.

As they age, some people might deal with loneliness and social isolation; grief, sadness over physical and mental deterioration and dependency. Therefore, every effort in reaching out to them matters! We are encouraging people from various social groups – Churches, schools, clubs, organizations, families, etc., to connect with older people in their community and to offer them attention, companionship and support!

Visit an older neighbor!

Contact a local assisted living or nursing home!

Ask what their needs are!

Make an effort and spend some time to help and to support them!

Make friends!

Listen to them, talk to them!

Make their life more meaningful and less lonely!

A little effort would have a big effect in their lives!

Share what you did with your family, friends, colleagues, your social network! Encourage them to do the same! Let us all shift our perspective about old age and the need for respect and attention toward the people who are already experiencing it! Let us teach our children to follow our example some day, when we enter old age. Let us all build a stronger inter-generational relationship for the future!

Let us know if you need help to make a connection.

Please share your experiences with us.

via e-mail: aihraging@gmail.com or

our FB page: American Institute of Human Relations and Aging AIHRA

visit our web-site: www.aihra.net

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