

# ASSISTED LIVING SOLUTIONS: Promote Senior Socialization

THE CHALLENGE      **Social isolation is impacting mental health across generations; caregiving workforce needs support for family.**

THE SOLUTION      **Care Across Generations Act and SENIOR Act**

## Issue Summary

- Research shows that intergenerational activities increase the health and well-being of both young and older participants, reduce social isolation, and create cost efficiencies. The concept is also popular—92% of Americans believe intergenerational activities can reduce loneliness across all ages and 85% would prefer care settings that foster intergenerational connections.
- Intergenerational connections are critical to combat the “epidemic of loneliness” as described by former U.S. Surgeon General Dr. Vivek Murthy. The National Institute on Aging estimates that the adverse health effects of loneliness equal that of smoking 15 cigarettes per day, and the National Academy of Sciences found that social isolation contributed to a 50% increased risk of developing dementia and a 59% increased risk of functional decline.
- A significant portion of the senior living workforce are parents with childcare needs; on-site childcare services would help to support these workers.

## Legislative Solutions

1. H.R. 1812, the **Care Across Generations Act** (led by Reps. Strickland and Steil), is bipartisan legislation that would help foster intergenerational connection through the establishment of a grant program for assisted living and long-term care settings to (1) operate a qualified child care facility with-in the long-term care facility or contract with a qualified child care facility; (2) coordinate multigenerational activities between the integrated qualified child care facility and long-term care facility; and (3) build a new, or expand an existing, long-term care facility operated by the eligible entity for any of the purposes described in paragraphs (1) or (2).
2. S. 473, the **Social Engagement and Network Initiatives for Older Relief (SENIOR) Act** (led by Sens. Rick Scott and Tina Smith) to help more seniors stay connected by (1) adding “loneliness” to the definition of “disease prevention and health promotion services” under the Older Americans Act; (2) directing HHS to report on the impacts of loneliness on seniors and propose solutions; and (3) analyze the relationship between the strength of multigenerational family units, loneliness, and seniors.



**Intergenerational activities can reduce loneliness across all ages.**



**Intergenerational activities increase health and well-being of both young and older participants.**



**Grandparents who directly interact with grandchildren live longer.**

## WHAT IS ASSISTED LIVING?

**Assisted living is a residential long-term care setting for older adults who need assistance with activities of daily living. They are seniors’ homes—not institutional facilities.**

Care involves managing multiple chronic health issues, supporting physical and mental well-being, and socialization. By offering nutritious restaurant-style dining options, a diverse calendar of social and educational activities, and a committed focus on resident engagement, assisted living plays a critical role in supporting seniors’ independence, happiness, and overall health. Assisted living is licensed and regulated in all 50 states and D.C.