

RECREATION & HEALTH FACT SHEET



SOCIAL CONNECTEDNESS



Benefits for Aging Populations

Shared Activities

Recreation provides opportunities for seniors to engage in shared activities, physical & otherwise, with peers, fostering a sense of camaraderie and belonging.

[Danielsen et al. 2021](#)
[Barragan 2021](#)
[Heckel et al. 2023](#)

Meaningful Engagement

Engaging in recreational activities gives seniors a sense of purpose and fulfillment by providing opportunities to pursue hobbies, interests, and passions.

[Lennartsson & Silverstein 2001](#)
[Provencher & Poulin 2020](#)

Connection in Greenspace

Whether it's taking a leisurely walk through a park or sitting on a bench surrounded by greenery, spending time in nature can facilitate relaxation, reduce stress, and encourage social interactions among seniors.

[Bustamante et al. 2022](#)
[Astell-Burt et al. 2022](#)
[Kaźmierczak 2013](#)

Peer Support & Empowerment

Through shared experiences and challenges, seniors can offer each other emotional support, encouragement, and advice, fostering a sense of camaraderie and resilience in the face of social isolation.

[Smale et al. 2021](#)
[Walsh & O'Shea 2008](#)
[MacKean & Abbott-Chapman 2011](#)

Technology Integration

Virtual recreational activities, online forums, and social media groups provide platforms for seniors to connect with others, regardless of physical location, helping to combat social isolation.

[Zubair 2022](#)
[Baker et al. 2018](#)

Structured Socialization

These structured interaction, such as group discussions, team-based games, or collaborative projects, provide seniors with a framework for engaging with others, facilitating meaningful conversations, and developing interpersonal connections.

[Nielsen et al. 2021](#)
[Toepoel 2013](#)

Intergenerational Connections

These interactions provide opportunities for seniors to share their wisdom, experiences, and knowledge with younger individuals while also learning from them.

[Cushing & van Vliet 2016](#)
[Teater 2016](#)

