Purpose is for healthcare professions to implement screenings and strategies for older adults to engage in social activities and prevent isolation in rural areas.

**BACKGROUND**
- Social isolation accounts for approximately half of all mortality in the United States.
- Problem - 29% of older adult are inactive in Highlands County, Florida (CDC, 2017).
- Isolation causes a decline in health outcomes and greater risk for cardiovascular problems, stroke, dementia, and premature death (Cottrell et al., 2018).

**SCREENING TOOLS**
Lubben Social Network Scale
Example items
- How many of your friends do you see or hear from at least one a month?
- How many relatives do you fell close to such that you could call them for help? (Lubben, 2017).

**THEORY**
Health Belief Model
- Explore one’s own perception of healthy activities
- Understand the perceived susceptibility
- Make decision based on perceived severity
- Identify the perceived benefits/or consequences
- Discuss the perceived barriers
- Identify cues to action
- Explore the self-efficacy

**PROJECT INTERVENTIONS**
- Approach Healthcare Professionals to Implement Screenings for Social Isolation.
- Explore Activities on Social Engagement available to their Patients
- Participate in Physical Activities in Groups
  - Walking
  - Dance
  - Tai Chi/Qigong
  - Exercise
- Participate in Self-Care Activities
  - Attend Church
  - Leisurely Activities
    - Golf
  - Spending Time with
    - Family and Friends

**REFERENCES**