

Brain Fit Now!

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HOW CONNECTED ARE YOU?

Earning and spending social capital can improve the quality of life.

Complete this self-assessment to identify how well you are connected and the potential for reducing social isolation.

YES

NO

1. I live alone

2. I see or talk to family at least once a week.

3. I see or talk to friends at least once a week.

4. I see help a friend or family member with every tasks or errands. (Shopping, meal preparation, rides.

5. I am almost always have a ride or the transportation I need to get where I want to go.

6. It's difficult or impossible to leave my home without assistance.