

Together Well Toolkit:

Addressing Social Isolation & Loneliness Among Older Adults & Caregivers



June 18, 2025
12:30 pm - 4:00 pm

Zion Lutheran Church
28005 Old Towne Road
Chisago City, MN 55013

The Together Well Toolkit (TWT) is a dedicated effort to combat social isolation and loneliness (SIL) among older adults and family caregivers. There is a profound impact of these issues on health, a sense of belonging, and overall well-being. Central Minnesota Council on Aging's TWT is a method for providers to implement tools into existing services to help individuals become more aware of their level of connectedness and facilitate positive changes.

Raise Community Awareness

With the TWT providers will be educated about screening tools and how to utilize motivational interviewing techniques to empower older adults and family caregivers to address loneliness based on their values and preferences.

Detection & Support

Registration by June 12:

<https://tinyurl.com/Together-Well>

Facilitators:

Steven M. Hoover, PhD
Natalie Matthewson, MA, LPC



Certificate of attendance available upon request.

For event information contact:
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