Why are social ties important in late life?

- Emotional rewards
- Social support
- Close ties
- Novelty, stimulation
- Grounding people in daily life
- Weak Ties
## Different Modalities of Contact

<table>
<thead>
<tr>
<th>In person</th>
<th>Phone</th>
<th>Digital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Older adult engages in when lonely</td>
<td>Older adult engages in when lonely</td>
<td>Primarily used to retain connections with friends and family</td>
</tr>
<tr>
<td>Better mood and less lonely</td>
<td>Does not reduce loneliness</td>
<td>Text, social media, email, videochat</td>
</tr>
</tbody>
</table>

Older adult engages in when lonely
Better mood and less lonely
Does not reduce loneliness

Primarily used to retain connections with friends and family
Social belonging at the holiday season
Reference list


Rates of technical communication

- Use internet
- Do not use internet