Intervention or Process	Program Profile	Organization	Evidence Level (See Definitions Below)	Overview	For More Information	Replication materials available	Training	Notable outcomes
Circle of Friends®	https://committoconnect.org/innovations-hub/	Saint Louis University	Based	Built on a group rehabilitation model, aimed at alleviating and preventing loneliness in older adults. Led by a facilitator, a group of eight older adults who have self-identified as being lonely and/or socially isolated meet 12 times over three months to make new friends.	https://www.slu.edu/medicine/internal-medicine/geriatric-medicine/aging-successfully/circle-of-friends.php	Free facilitator training guide available on their website.	Training offered at virtual Summit on Loneliness and Social Isolation, $100, also at two-day Health Aging Conference which depends on attendence option selected. Dates for 2026 not yet selected. There are also recorded trainings available on the site. Live training is encouraged, but not required for implementation.	In two longitudinal studies, 40 percent of groups continued meeting (Pitkala et al., 2009 https://pubmed.ncbi.nlm.nih.gov/19223606/), 95 percent of participants no longer felt lonely, and 45-85 percent of participants made new friends, felt needed and improved psychological well-being (Routasalo et al., 2009). https://pubmed.ncbi.nlm.nih.gov/19054177/
Memory Cafes	https://committoconnect.org/innovations-hub/	Dementia Friendly America/ Memory Café Alliance (MCA)	Informed	Memory Cafes are welcoming social gatherings for people living with changes in their memory or thinking, and the people who care about them. Cafes usually meet once or a few times a month, for 1-2 hours. They may meet in person or virtually. Cafes are held in a wide array of accessible community spaces like libraries, botanic gardens, museums, coffee shops, community centers, and faith-based organizations.There is usually a facilitated program and some time just to socialize. Types of programs include music, dance or yoga, visual arts, storytelling, and local history.	https://dfamerica.org/what-is-memory-cafe/	You can access marketing tools like the MCA logo, a promotional video, and recruiting materials with a free account. https://dfamerica.org/memorycafe-resources/	Free, online training is available after you make an account: https://dfamerica.org/mca-training/	One study that measured outcomes found that Memory Cafes improved well-being and decreased emotional burden for caregivers but found no change for persons with dementia https://link.springer.com/article/10.1007/s40520-017-0844-2; Focus groups and interviews have positive findings for social connection/reducing loneliness and isolation, but nothing using a measurement tool

Intervention or Process	Program Profile	Organization	Evidence Level (See Definitions Below)	Overview	For More Information	Replication materials available	Training	Notable outcomes
Opening Minds Through Art	https://committoconnect.org/innovations-hub/	Scripps Gerontology Center at Miami University	Based	Opening Minds through Art (OMA) is a national initiative that empowers people living with dementia by facilitating creative expression and social engagement through art-making in partnership with trained college student volunteers. Grounded in person-centered care principles, the mission of the program is to build bridges across age and cognitive barriers through art.	https://scrippsoma.org/	Cost of training ($1000) includes the handbook, guidelines and evaluation tools. Also working on developing a membership model https://scrippsoma.org/membership/	Plan to offer 5 virtual trainings in January, March, May, August and October 2026.	Based on Greater Cincinnati Chapter Well-Being Observation Tool©, paired-sample t-tests comparing OMA vs. traditional visual arts activities showed significantly higher intensity scores for OMA in the domain of engagement and pleasure, as well as significantly lower intensity scores for disengagement. https://pubmed.ncbi.nlm.nih.gov/25049353/
PEARLS	https://committoconnect.org/innovations-hub/	University of Washington Health Promotion Research Center	Based	Through PEARLS, participants are taught a structured seven-step problem-solving approach that helps the older adult create action plans for improving social connectedness in ways that are meaningful and accessible to them.	https://depts.washington.edu/hprc/programs-tools/pearls/	Freely available: https://depts.washington.edu/hprc/programs-tools/pearls/get-started-with-pearls/pearls-implementation-toolkit/	8 hour training at $500 per person; Online modules at your own pace plus one live, Zoom practice session. Practice sessions are offered monthly.	PEARLS participants significantly improved their social interactions and satisfaction with social support (Duke Social Support Index-10-item), loneliness (UCLA-Loneliness Three-Item), and perceived isolation (PROMIS-Social Isolation Six-Item)https://www.ajgponline.org/article/S1064-7481(20)30513-3/fulltext

Intervention or Process	Program Profile	Organization	Evidence Level (See Definitions Below)	Overview	For More Information	Replication materials available	Training	Notable outcomes
Social Prescribing	N/A	Social Prescribing USA	Informed	Social prescribing is a model of care delivery that enables health professionals to formally prescribe non-clinical community activities— including the arts, movement, nature, and service (volunteering)— to improve patient health, and at minimal patient cost. Social prescribing is designed to address social determinants of health, including social connection. Built on a foundation of health equity and collaboration across sectors, social prescribing is intended to broaden health professional toolkits, rather than to replace pharmacological measures.	https://www.socialprescribingusa.com/	https://www.socialprescribingusa.com/toolkits	Online resources are avilable.	https://www.socialprescribingusa.com/evidence-library and https://socialprescribingacademy.org.uk/read-the-evidence/
Technology Application, Device or Platform	N/A	Various developers	Informed	There are various technologies, such as robotic pets and virtual senior center platforms, that the Aging Network uses in offering social connection interventions.	N/A	N/A	N/A	N/A

Intervention or Process	Program Profile	Organization	Evidence Level (See Definitions Below)	Overview	For More Information	Replication materials available	Training	Notable outcomes
Wits Workout®	https://aginganddisabilitybusinessinstitute.org/wp-content/uploads/2025/10/Wits-Workout-Profile.pdf	University of Illinois Urbana-Champaign	Informed	Wits Workout is a peer-reviewed, pilot-tested, brain health resource tool developed to assist leaders who provide programming to older adults in community settings. Based on the research that intellectual challenge and social connectedness are two of several factors that contribute to brain health throughout life, Wits Workout has two main goals—to provide purposeful opportunities for older adults to engage intellectually, and to increase their socialization through ongoing group participation. The 264 page facilitator's guide consists of 24 themed units, each accommodating a 60–90 minute face-to-face program. The length of the session can be modified by the number of activities utilized. Sessions can be offered weekly, biweekly, or monthly and can stand alone or be presented as a series. Leaders receive leader guides, printable activity handouts and answer sheets for each unit.	https://registration.extension.illinois.edu/start/wits-workout-curriculum	Wits Workout Facilitators Guide and USB drive with handouts by unit are $125 per person. Participants that purchase the Facilitator Guide have access to a Google Drive that includes flyers and social media posts to help promote, and an evaluation form for participants.	Offered quarterly, but they schedule individual trainings for organizations. Training isn't required but facilitators often find it helpful.	Participants were satisfied with Wits Wellness (as the program was named in the pilot study) and described how the course is intellectually engaging, facilitates social interaction, and encourages practicing healthy behaviors/skills. Focus group findings revealed that combining enjoyable intellectual activities with health information was acceptable and feasible. Participants appreciated the opportunity for social engagement, and Wits Wellness increased their confidence to engage in healthy behaviors. https://www.tandfonline.com/doi/abs/10.1080/01924788.2024.2322242 Also found to improve self-efficacy for participants over 65 https://doi.org/10.1093/geroni/igac059.2724

Evidence Level Definitions

Evidence-based — definition established by ACL as programs that demonstrate through evaluation to be effective for improving the health and well-being… among older adults; Proven effective… using experimental or quasi-experimental design; …Published in peer-review journal; Includes developed dissemination products available to the public.
Evidence-informed — programs found to be effective through evaluation (but not using experimental or quasi-experimental design) or adapted from an evidence-based practice (without exact fidelity to the model).