

# Connection matters

Meaningful connection is essential for everyone. It's central to emotional, mental and physical wellbeing, identity and personhood, and human rights. It improves life expectancy and enriches everyday life.

But research shows that 65% of people living in adult and older people's care homes experience significant feelings of loneliness.

Everyone living in a care home has the right to stay connected with the people and things that matter most.



## Find out more:

by scanning the QR code



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