

Little Brothers - Friends of the Elderly

Relieving loneliness and isolation among elders

Little Brothers - Friends of the Elderly is a volunteer-based, non-profit organization committed to relieving isolation and loneliness among older adults age 60+ in the Twin Cities while promoting their independence and well-being.

LBFE provides companionship services to more than 600 Twin Cities seniors annually, including in-home visits, phone visits, animal-assisted visits, elder advocacy, holiday meals, social activities and more.

Our services and resources uniquely address the problems of isolated older adults, and make a significant social impact on the communities we serve by:

- Relieving loneliness and isolation
- Enhancing well-being and independence
- Enabling elders to age in place
- Empowering intergenerational relationships
- Identifying vulnerability and situations that could be life-threatening
- Advocating for senior issues and community awareness

Over the past three years, LBFE provided:

15,852 in-person visits
5,310 telephone visits
2,118 holiday meals
236 social gatherings



The Rising Risks of Senior Isolation in the Twin Cities

Social isolation has the same impact on mortality as smoking and alcoholism, and poses greater risk than obesity.

Our local senior population will increase by 111% from 2000 to 2030.

1 in 3 seniors, or 200,000, lives alone. That number will increase 75% by 2030.

17% of seniors living alone say they are lonely; 16% are depressed.

Seniors who neglect themselves are generally isolated, and are 6 times more likely to die within a year.

You Can Help Us Make a Difference

LBFE currently provides companionship services to only 1% of isolated seniors in the Twin Cities. But with your help, we can reach many more. Here's how:

Refer a lonely senior. Contact Dianne Feltham at 612.746.0732 or dfeltham@littlebrothersmn.org.

Volunteer. Contact LuAnne Speeter at 612.746.0753 or lspeeter@littlebrothersmn.org.

Donate. Contact Marcy Luedtke at 612.746.0750 or mluedtke@littlebrothersmn.org.

