

SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

PROFILE OF OLDER WINNIPEGGERS

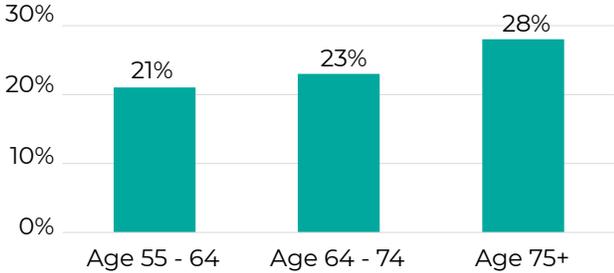
This fact sheet provides a snapshot of older Winnipeggers social lives before COVID-19. The information is based on 2,690 Winnipeggers aged 55 years or older who participated in the Canadian Longitudinal Study on Aging.

Loneliness

1 in 4 Winnipeggers age 65 or older report being lonely 'sometimes' or more often; the proportion who were lonely increases with age.

Loneliness refers to how people FEEL about their social network, communications and contact with network, and social participation. It's a feeling of dissatisfaction and disconnection.

The proportion of Winnipeggers who reported being lonely



Social Support

21% of Winnipegger age 65 or older said they didn't always have somebody who could help them if they were confined to bed; the proportion increased to **29%** among those aged 75 or older.

Social Isolation

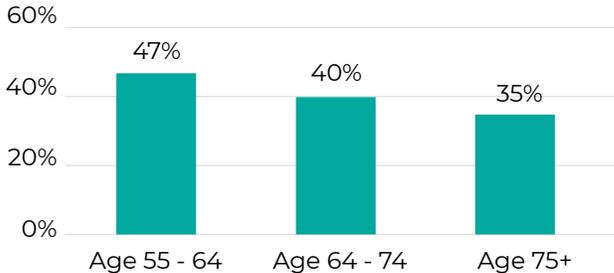
1 in 5 Winnipeggers age 65 or older were socially isolated

Social isolation is an objective state. It's defined as having a small or no social network, limited communication or contact with social network, and little or no social participation. It is possible to feel lonely even when there are people around. People can also be satisfied and not lonely with a small network.

Social Participation

1 in 3 older Winnipeggers aged 75 or older would have liked to participate in more social activities; the proportion was even higher in younger people.

The proportion of Winnipeggers who wanted to participate in more activities



Developed by V. Menec, PhD, University of Manitoba and N. Newall, PhD, Brandon University. Targeting Isolation is conducted in partnership with A & O: Support Services for Older Adults Inc., Active Aging in Manitoba, Manitoba Association of Senior Centres, and Transportation Option Network for Seniors, funded by the Government of Canada's New Horizons for Seniors Program.

© V Menec & N Newall