

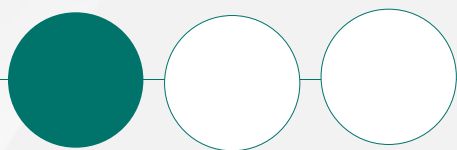
# SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

## KNOW THE HEALTH RISKS



of Canadians aged 65+ are at risk of social isolation.

*During the COVID-19 pandemic, this percentage will have increased.*



## One in 3

Canadians aged 65 or older say they would like to participate in more social activities.

**Social isolation and loneliness are associated with an increased risk of:**



Weakened immune system



Worse sleep, less physical activity



Chronic health conditions, including heart disease



Dementia including Alzheimer's disease



Depression and anxiety



Premature death

**Connecting socially isolated or lonely older adults with appropriate services can promote health and well-being**



TARGETING  
ISOLATION

[targetingisolation.com](http://targetingisolation.com)

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.

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Data source: Canadian Longitudinal Study on Aging (before COVID-19)