

## SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

# SHOW SOMEBODY YOU CARE

The **CARED referral criteria** help identify if somebody is socially isolated or lonely and should be referred to an appropriate community resources. Use the CARED prompt to help remember the referral criteria.



### Connections

Does the person want more social contacts? Are they lonely?



### Activities

Does the person lack meaningful activities to participate in?



### Relationships

Does the person have little contact with family or friends?



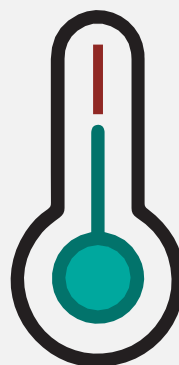
### Emergency Contact

Does the person lack someone to call in a crisis?



### Dwelling

Does the person live alone? Is their environment unsafe?



**3 - 5 criteria:** Refer

**1 - 2 criteria:** Maybe refer; keep the conversation open

**None of criteria:** Referral is not needed, but watch for possible changes

If the person meets 3-5 criteria, refer to appropriate community resources, such as a community organization, or active living program.

Before making a referral, consider the following:

- Does the group, organization or program have enough capacity for a new person, including somebody with health issues, such as mobility problems, or hearing impairment?
- Is transportation available, if needed?
- Are the programs or services offered inclusive and welcoming of diverse groups of people, such as newcomers to Canada, and individuals who identify as 2SLGBTQ+?



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 Communities, and Transportation Option Network for Seniors, funded by the Government of Canada's New Horizons for Seniors Program.

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