

# SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

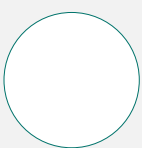
## KNOWING RISK FACTORS HELPS

Risk factors increase the likelihood that somebody is socially isolated or lonely. Risk factors are warning signals to start a conversation; not everybody who has a risk factor is socially isolated or lonely. Use the **HELPS** prompt to remember important risk factors to watch out for.



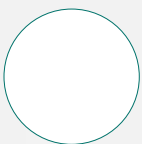
### **H**Health-related factors

Chronic conditions; Mobility or sensory impairment; Mental health problems



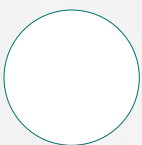
### **E**Environmental factors

Unsafe and/or inaccessible neighbourhood; Transportation access challenges; Lack of access to technology



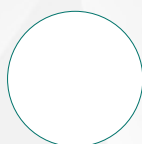
### **L**ife events and transitions

Loss of spouse, family, friends; Becoming a caregiver; Loss of driver's license



### **P**ersonality/ **P**sychological responses

Low self-esteem; Negative thinking in relationships; Fear of falling



### **S**ocial groups and **d**emographic factors

Low income or limited financial resources; Newcomer to Canada, Language barriers; Sexual orientation/gender identity; Older age (80+)

