

KNOWING RISK FACTORS HELPS ASSESSMENT TOOL

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** tool to identify the risk factors an older adult may have, as well as their assets that can help prevent social isolation or loneliness.

HELPS Risk Factors	✓	Risk factors ⊙	Assets ⊙
H Health-related factors	Chronic health problems ____ Mobility problems ____ Vision or hearing problems ____ Mental health problems ____ Other health problems ____	One or more health problems that limit activities ⊙	No major health problems or health problems do not limit activities ⊙
E Environmental factors	Feeling unsafe in neighbourhood ____ Lack of access to transportation ____ Lack of access to technology ____ Other environmental factors ____	One or more ⊙	None ⊙
L ife events and transitions	Loss of spouse, close family member or friend ____ Became a caregiver ____ Loss of driver's license ____ Other major life events ____	One or more ⊙	None ⊙
P ersonality / psychological responses	Fear of falling ____ Low self-esteem ____ Negative thinking about relationships ____ Other psychological responses that may limit activity participation ____	One or more ⊙	None ⊙
S ocial groups and demographic factors	Low income or limited financial resources ____ Newcomer/language barriers ____ Other minority group that may limit activity participation ____	One or more ⊙	None ⊙

How to use this tool: Work through the checklist with the person, checking off any of the risk factors the person has in column 2. Next check off the overall risk factors / assets in column 3 and 4. Looking at columns 3 and 4 provides a general picture of risks/assets. Looking at specific responses in column 2 can help identify specific risks/assets and can be useful in identifying community resources that may be helpful. For example, a person with mobility problems living on low income, but who has access to technology may benefit from programming that is provided online.



TARGETING
ISOLATION

targetingisolation.com

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