

SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

COMMUNITY CONNECTORS: STEPS TO REACHING AND REFERRING SOCIALLY ISOLATED OLDER ADULTS

Social isolation can negatively affect older people's health and well-being.

Community Connectors may encounter socially isolated adults in their work or day-to-day activities. Community Connectors are in a position to reach and refer socially isolated adults.

1

REACHING ISOLATED OLDER ADULTS

Community connectors encounter older adults in work or day-to-day activities.

Community Connectors are:

- pharmacists
- physicians
- delivery persons
- health professionals
- social workers
- etc.

See "Community Connectors" at targetingisolation.com

2

Risk factors are important warning signals of social isolation.

DOES THE PERSON HAVE A RISK FACTOR?

Not everyone with a risk factor will be socially isolated. But risk factors are warning signals that a further conversation could be had. Look for:

- declines in health
- loss of driver's license
- widowhood
- low self-esteem
- low-income

See "Risk Factors" at targetingisolation.com

3

Identifying social isolation involves a conversation. Listen for:

- feelings of loneliness
- loss of activities
- missing relationships; recent widowhood
- low social support
- living alone; or unsafe environment

IS THE PERSON SOCIALLY ISOLATED?

Check out the CARED referral criteria.

See "Conversations" and "CARED" at targetingisolation.com

4

If the person is socially isolated and wants help you can refer them to A & O: Support Services to Older Adults. This non-profit organization serves older people living in Manitoba. Socially isolated adults can also self-refer.

Phone

204 - 956 - 6440

Email

intake@aosupportservices.ca

DOES THE PERSON WANT HELP?

See "A & O" at targetingisolation.com

