

Social Isolation and Loneliness

RESOURCES FOR OLDER ADULTS

ISOLATION AND LONELINESS

In Canada, older adults are facing growing rates of social isolation and loneliness. This can hurt both their physical and mental health. Loneliness and isolation do not have to be an inevitable part of aging. Working together, we can strengthen social connections to help maintain good health.

GET STARTED TODAY!

- **Action For Better Aging**
Keeping well and socially connected tip sheet.
- **World Health Organization: What can you do if you feel socially isolated or lonely?** Tips for decreasing your isolation.
- **You are not alone**
A guide to improve social connectedness.
- **The Fountain of Health: Social Connections Matters**

INFORMATION FOR HEALTH PROFESSIONALS

- **Social Isolation and Loneliness Fact Sheet**
- **Key findings of two nationwide surveys on social isolation and loneliness**
- **Understanding Social Isolation and Loneliness Among Older Canadians and How to Address It**
- **Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System**



LAUNCHING IN 2024: CLINICAL GUIDELINES

CCSMH is developing the **first clinical guidelines** to support health and social service professionals to recognize, assess and find ways to help address social isolation and loneliness among older adults in Canada.



CCSMH

Canadian Coalition for
Seniors' Mental Health

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