

Social Isolation & Loneliness in Older Adults: Risk Factors



CCSMH
Canadian Coalition for
Seniors' Mental Health

Health care and social service professionals should have knowledge of major risk factors for social isolation and loneliness to identify older adults who may be socially isolated or lonely, and to anticipate with their patients/clients any possible changes in their life circumstances that could put them at risk of social isolation and loneliness.

Risk factors and groups associated with greater risk of social isolation & loneliness:

Advanced age

Living alone

Widowhood/
divorce

Small/shrinking
social networks

Low income/
poverty

Physical health
issues

Lack of affordable
housing

Poor health
behaviours

Caregivers for
older adults

Racialized
older adults

Women

2SLGBTQIA+
older adults

The above information is from the *Canadian Clinical Guidelines on Social Isolation and Loneliness in Older Adults*

