

## Peer-reviewed Literature Summary Table

Search results summary: 1014 studies imported into Covidence for screening; 89 duplicates removed; 925 titles/abstracts screened; 175 full-texts assessed for eligibility; 139 full-texts excluded. Final number of included papers: 36. An additional paper was added following a meeting with the CCSMH team for a total of 37.

The majority of full-texts were excluded for not having a policy and/or policy-related initiative focus. Most of the retrieved papers focused on specific interventions, the health risks associated with SI/L, risk factors for SI/L, or experiences of SI/L (particularly during the COVID-19 pandemic). There are some papers included below which are based on an intervention, etc., however they have been included as the discussion section of the paper included policy-related implications of the study which may be of interest.

| Citation   | Jurisdiction      | Purpose/Aim   | Methodology  | Key Findings   | Implications   |
|--|-------------------|---|--|--|--|
| Abe T, Saito H, Moriyama N, et al. (2023)<br>Idobata-Nagaya: a community housing solution for socially isolated older adults following the great East earthquake | Japan (Fukuskima) | To assess the sustainability and impact of Nagaya, a communal housing program for older adults displaced after the Great East Japan Earthquake. | Retrospective analysis using resident data (Kaplan–Meier survival analysis) to assess duration of stay and long-term care certification. | <ul style="list-style-type: none"> <li>Community housing helped mitigate social isolation and delay care dependency</li> <li>The model has potential as a disaster response strategy and long-term care alternative</li> </ul>     | <ul style="list-style-type: none"> <li>Supports community-based housing as a preventative measure</li> <li>Useful policy model for aging societies, especially post-disaster</li> </ul>  |
| Agotnes G, Charlesworth S, MacDonald M. (2022)<br>Ageing in Space: Remaking Community for Older Adults   | Canada and Norway | To explore how community organizations support older adults' social interaction and sense of belonging.   | Ethnographic research in three community organizations; interviews and observational data.   | <ul style="list-style-type: none"> <li>"Ageing in place" policies often ignore social connection needs</li> <li>Informal community spaces play a crucial role not addressed in formal service mandates</li> </ul>                  | <ul style="list-style-type: none"> <li>Recommends rethinking "place" to include social dimensions, not just physical infrastructure</li> <li>Supports "ageing in community" as an alternative framing for policy and service design</li> </ul> |
| Baldassar L, Wilding R. (2020)<br>Migration, Aging, and Digital Kinning: The Role of Distant Care Support Networks in Experiences of Aging Well                  | Australia         | To explore how communication technologies facilitate distant support networks for older migrants and the concept of "digital kinning."          | Ethnographic qualitative research (2016–2019); over 150 interviews with older migrants from 10 countries using grounded theory methods.  | <ul style="list-style-type: none"> <li>Distant support networks are crucial for migrant elders' well-being but are largely ignored in policy and practice</li> <li>Policies fail to recognize the care contributions of</li> </ul> | <ul style="list-style-type: none"> <li>Calls for digital inclusion strategies and the integration of distant kin into care plans</li> <li>Recommends increasing awareness among care organizations of the</li> </ul>                           |

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|--|---|--|--|---|---|
|  |   |  |  | dispersed family networks   | significance of digital kinning   |
| Barsan K, Swindle J, Boscart VM, et al. (2024)<br>Remote visits to address loneliness for people living with dementia in care homes: A descriptive qualitative study of visitors' perceptions. | Canada                                  | To evaluate the effectiveness of remote visits in reducing loneliness among people with dementia.                        | Descriptive qualitative study with semi-structured interviews from 20 remote visitors; content analysis. | <ul style="list-style-type: none"> <li>Remote visits enhance social connection but cannot replace in-person interactions</li> <li>Importance of addressing technology access and facilitation support</li> </ul>                          | <ul style="list-style-type: none"> <li>Promote individualized, facilitated remote visits with reliable technology</li> <li>Inform care home practices to include remote engagement strategies, especially during crises like COVID-19</li> </ul>                |
| Bierman A, Schieman S. (2020)<br>Social Estrangement and Psychological Distress before and during the COVID-19 Pandemic  | Canada                                  | To assess the role of social isolation and neighborhood distrust on psychological distress during the COVID-19 pandemic. | Comparative analysis using two cross-sectional samples (2019 vs 2020) from national surveys.             | <ul style="list-style-type: none"> <li>Social isolation and distrust rose significantly during early pandemic, especially in older adults</li> <li>These increases were strongly associated with higher psychological distress</li> </ul> | <ul style="list-style-type: none"> <li>Emphasizes the need for mental health and outreach programs targeting older adults during public health crises</li> <li>Suggests aligning social distancing policies with strategies to reduce emotional harm</li> </ul> |
| Biglieri S, Hartt M. (2024)<br>The 'Double Risk' of Aging: Examining Vulnerability and (Un)supportive Built Environments in Canadian Cities  | Canada (33 cities)                      | To identify intersections of socio-demographic risk and unsupportive built environments for older adults.                | Large-scale spatial and statistical analysis of neighborhood-level data.                                 | <ul style="list-style-type: none"> <li>Majority of older adults with high vulnerability live in neighborhoods with poor built environment support</li> <li>Urban policy tends to overlook intra-city disparities</li> </ul>               | <ul style="list-style-type: none"> <li>Calls for neighborhood-specific planning and infrastructure interventions</li> <li>Emphasizes need for small and large-scale age-friendly design strategies</li> </ul>   |
| Blazer D. (2020)<br>Social Isolation and Loneliness in Older Adults-A Mental Health/Public Health Challenge  | United States (National policy context) | To highlight the importance of standardized assessment and intervention for social                                       | Viewpoint/opinion piece informed by literature review and national reports.                              | <ul style="list-style-type: none"> <li>Current tools to measure SI/L vary widely and lack standardization, affecting research and care quality</li> </ul>   | <ul style="list-style-type: none"> <li>Urges development and adoption of validated, uniform measures</li> <li>Calls for integration of SI/L metrics in</li> </ul>   |

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|   |               | isolation/loneliness (SI/L) in older adults.  |   | <ul style="list-style-type: none"> <li>Policy and healthcare systems overlook SI/L as major health risks</li> </ul>  | healthcare systems and public health initiatives   |
| Blustein J, Weinstein BE, Chodosh J. (2022) Over-the-counter hearing aids: What will it mean for older Americans? | United States | To examine the potential impact of over-the-counter (OTC) hearing aids on improving hearing access for older Americans, particularly focusing on reducing social isolation and improving communication. | Analysis of the emerging trend of OTC hearing aids, reviewing regulatory changes, market dynamics, and the barriers to hearing aid use. | <ul style="list-style-type: none"> <li>The FDA's approval of OTC hearing aids is expected to reduce costs, making hearing aids more accessible to older adults, potentially alleviating some of the barriers related to financial access. However, the reduced cost alone will not necessarily translate into better usage of hearing aids. Many older individuals may still need support in fitting, using, and maintaining the devices.</li> </ul> | <ul style="list-style-type: none"> <li>Older adults in underserved communities (e.g., low-income, non-white, or less educated) may struggle with using the technology due to a digital divide.</li> <li>Medicare Advantage plans could play a crucial role in supporting older adults by including OTC hearing aids in their benefit packages, potentially offering fitting and maintenance support as well.</li> <li>There is a need for education and support for older adults who use OTC hearing aids, particularly those who may struggle with self-fitting. Policymakers and clinicians must consider community health workers or peer educators to provide this support.</li> <li>Policymakers should ensure that consumer protection laws include guarantees for refundability.</li> </ul> |

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|  |               |  |   |   | <ul style="list-style-type: none"> <li>Partnerships between Medicare Advantage plans, audiologists, and community organizations should be established to enhance access and provide continuous support</li> </ul>  |
| Brotman S, Sussman T, Pacheco L, et al. (2021)<br>The Crisis Facing Older People Living with Neurodiversity and Their Aging Family Carers: A Social Work Perspective | Canada        | To highlight the unmet needs and systemic neglect faced by older adults with neurodiversity (ND) and their aging caregivers, especially during COVID-19.   | Commentary informed by literature and practice experience.  | <ul style="list-style-type: none"> <li>COVID-19 worsened pre-existing gaps and exclusion for ND populations</li> <li>Health policy continues to prioritize medical over social needs</li> </ul> | <ul style="list-style-type: none"> <li>Urges social work advocacy and inclusion of ND populations in aging policy</li> <li>Recommends increased support and visibility for aging carers and ND individuals</li> </ul>  |
| Cabin W. (2024)<br>They Live in an Isolation Chamber: Medicare Fails the Depressed Homebound Elderly   | United States | To explore Medicare home health social workers' perceptions of social isolation and depression among homebound elderly beneficiaries, and to evaluate whether Medicare home health benefits adequately address these issues. | Qualitative study based on interviews with 44 home care social workers from five different home health agencies in the New York City metropolitan area. | <ul style="list-style-type: none"> <li>Medicare home health policy does not systematically address or provide adequate coverage for social isolation or depression</li> </ul>                   | <ul style="list-style-type: none"> <li>Incorporate evidence-based measures for social isolation and depression</li> <li>Expand coverage to include treatments and interventions for social isolation and depression</li> <li>Provide transportation and personal care services to facilitate access to group activities and interventions</li> </ul> |
| Chapman H, Bethell J, Dewan N, et al. (2024)<br>Social connection in long-term care homes: a qualitative study of barriers and facilitators.                         | UK and Canada | To identify barriers and facilitators to social connection for long-term care (LTC) home residents.  | Qualitative study; thematic analysis of interviews with 67 stakeholders (residents, families, staff).   | <ul style="list-style-type: none"> <li>Institutional environments and cognitive/mobility impairments reduce social connection</li> </ul>  | <ul style="list-style-type: none"> <li>Calls for person-centred, inclusive strategies in LTC environments</li> <li>Recommends training staff, leveraging</li> </ul>  |

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|  |  |  |  | <ul style="list-style-type: none"> <li>Few systemic supports exist to address these barriers</li> </ul>   | technology, and engaging families to promote connection   |
| <p>Chu CH, Wang J, Fukui C, Staudacher S, A. Wachholz P, Wu B. (2021)<br/>The Impact of COVID-19 on Social Isolation in Long-term Care Homes: Perspectives of Policies and Strategies from Six Countries</p> | Canada, China, Japan, Switzerland, Brazil, USA | To examine the effects of COVID-19 LTC policies on social isolation and propose global mitigation strategies.                                | International comparative policy analysis.   | <ul style="list-style-type: none"> <li>Overly restrictive visitation policies caused significant emotional harm.</li> <li>COVID-19 measures prioritized infection control over residents' psychosocial well-being.</li> </ul> | <ul style="list-style-type: none"> <li>Proposes five strategies: technology use, creative visit models, staff training, communication strategies, and environmental modifications.</li> <li>Emphasizes need for balance between infection prevention and social connection</li> </ul> |
| <p>Conn DK, Billard T, Dupuis-Blanchard S, et al. (2024)<br/>Canadian Clinical Guidelines on Social Isolation and Loneliness in Older Adults</p>   | Canada   | To develop national clinical guidelines to help health and social service providers address social isolation and loneliness in older adults. | Guideline development based on a rapid scoping review, adapted GRADE approach, and multidisciplinary expert input. | <ul style="list-style-type: none"> <li>Recognition of SI/L as a public health issue; need for targeted screening and assessment</li> <li>Policies should support guideline dissemination and training</li> </ul>              | <ul style="list-style-type: none"> <li>Recommends individualized interventions (e.g., social prescribing, tech use, therapy, leisure activities)</li> <li>Encourages a systems-level, multi-sectoral approach to implementation</li> </ul>  |
| <p>Dionne E, Haggerty J, Scott CM, et al. (2023)<br/>Toward Comprehensive Care Integration in Canada: Delphi Process Findings from Researchers, Clinicians, Patients and Decision Makers</p>                 | Canada   | To identify priority services for care integration for older adults with functional decline.   | Delphi process with over 50 stakeholders using nominal group technique.  | <ul style="list-style-type: none"> <li>Top priorities include mental health services, home care, emergency transitions, and respite care</li> <li>Structural service silos hinder integration</li> </ul>                      | <ul style="list-style-type: none"> <li>Recommends policy strategies that rethink service delivery frameworks</li> <li>Supports infrastructure and funding reforms to promote integration</li> </ul>   |

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| <p>Donner H, Kulander M. (2024)<br/>Analyzing the Relationship Between Housing and Social Engagement Among the Elderly.</p>                                      | <p>Sweden, 130 municipalities</p> | <p>To analyze the relationship between housing types (such as elderly housing vs. single-family homes) and social engagement among elderly individuals, and to explore how housing influences mental and physical health.</p> | <p>Uses data from the Swedish National Health Survey<br/>Analysis of over 7,500 older adults individuals to understand their social interactions and engagement in activities.</p> | <ul style="list-style-type: none"> <li>Older adults living in elderly housing (such as care homes or senior residences) have a lower proportion of individuals with low social engagement compared to those living in single-family homes.</li> <li>Population density (urban vs. rural living) has mixed effects on social engagement. Urban areas typically offer more social events, but rural areas tend to foster closer-knit communities and higher social trust.</li> </ul> | <ul style="list-style-type: none"> <li>Housing policies should prioritize proximity to social activities and neighbors, especially for elderly individuals</li> <li>Recommend that policies support a variety of housing options that promote social interaction and engagement to improve mental and physical health outcomes for the elderly</li> </ul>  |
| <p>Dzerounian J, Mahal G, Alshenaiber L, et al. (2024)<br/>Older adults in social housing: A systemically vulnerable population that needs to be prioritized</p> | <p>Canada</p>                     | <p>To examine the health challenges faced by older adults in social housing, highlight the systemic vulnerabilities of this population, and advocate for policy changes to better support their needs.</p>                    | <p>Literature review</p>   | <ul style="list-style-type: none"> <li>Social isolation is prevalent in this population, which further exacerbates their mental and physical health challenges</li> <li>Despite challenges, this group often remains underserved in terms of targeted interventions and policy focus</li> </ul>  | <ul style="list-style-type: none"> <li>Need for greater allocation of resources, tailored healthcare programs, and research initiatives to address the specific needs of older adults in social housing</li> <li>Need for proactive policies to reduce healthcare system burdens and improve the quality of life for this vulnerable population</li> </ul> |
| <p>Ferdous F. (2021)<br/>Redesigning Memory Care in the COVID-19</p>   | <p>United States</p>              | <p>To provide spatial design interventions to reduce social isolation in</p>  | <p>Narrative review and synthesis of interdisciplinary</p>   | <ul style="list-style-type: none"> <li>Social distancing in MCFs has exacerbated isolation</li> </ul>  | <ul style="list-style-type: none"> <li>Proposes 8 evidence-based spatial design interventions (e.g., de-</li> </ul>  |

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| Era: Interdisciplinary Spatial Design Interventions to Minimize Social Isolation in Older Adults  |  | memory care facilities (MCFs) during COVID-19 and beyond.  | evidence from architecture, health sciences, and gerontology.  | <ul style="list-style-type: none"> <li>Spatial design is a critical, yet underutilized, policy lever for improving psychosocial well-being</li> </ul>   | <p>densification, outdoor social spaces)</p> <ul style="list-style-type: none"> <li>Calls for interdisciplinary collaboration in long-term care facility planning</li> </ul>   |
| Gaugler JE, Mitchell LL. (2022) Reimagining Family Involvement in Residential Long-Term Care  | United States  | To review and recommend practices and policies for enhancing family involvement in long-term care (LTC), especially after COVID-19 visitation restrictions.  | Literature review and synthesis; includes recommendations from recent expert panels.   | <ul style="list-style-type: none"> <li>Pandemic restrictions highlighted the systemic neglect of family roles in LTC</li> <li>Policy should recognize family members as essential care partners</li> </ul>  | <ul style="list-style-type: none"> <li>Recommends family-centered care models, improved communication, and participatory governance</li> <li>Proposes metrics and policy changes that include family involvement as a quality indicator</li> </ul>   |
| Giosa J, Kalles E, Holyoke P, McNeil H. Aging and mental health in Canada: top 10 unanswered questions according to older adults, caregivers and health and social care providers | Canada   | To identify key unanswered research questions on aging and mental health from the perspectives of older adults, caregivers, and providers.   | Modified James Lind Alliance priority-setting; 2 surveys and 4 workshops with stakeholders.  | <ul style="list-style-type: none"> <li>Social isolation, service access, and caregiver support are top concerns lacking policy responses</li> <li>Current health research and delivery systems are siloed</li> </ul>  | <ul style="list-style-type: none"> <li>Identifies priority areas to guide future mental health policy and funding</li> <li>Encourages continued community partnership in shaping research and advocacy agendas</li> </ul>  |
| Goldman et al. (2024) Addressing loneliness and social isolation in 52 countries: a scoping review of National policies   | 52 countries, primarily from the UN European country groups, including various nations across Europe, Canada, the United States, and others. | To map the national policy landscape for addressing loneliness and social isolation across 52 countries. The study aims to identify common themes, interventions, and provide actionable recommendations for policymakers looking to | Scoping review of publicly available government documents related to loneliness and social isolation. Structured content analysis. | <ul style="list-style-type: none"> <li>Most countries have developed national strategies or action plans to combat loneliness and social isolation, though the scope and depth of these strategies vary. Some countries, like the UK and Japan, have appointed</li> </ul> | <ul style="list-style-type: none"> <li>Policies should encourage the creation of inclusive, dementia-friendly, and age-friendly communities that foster social interaction and reduce isolation.</li> <li>Interventions should be tailored to specific groups at higher risk of</li> </ul> |

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|          |              | address these issues at a national level. |             | <p>ministers specifically to address loneliness at the national level.</p> <ul style="list-style-type: none"> <li>• While several countries have committed funding to address loneliness, the financial resources pledged are often limited, with significant gaps in comprehensive, sustained funding for interventions.</li> <li>• Many policies emphasize collaboration with non-governmental organizations (NGOs), local communities, and voluntary groups, but fewer documents describe concrete partnerships or funding commitments for these collaborations.</li> <li>• Older adults, individuals with mental health challenges, and people living alone are frequently cited as key target groups for interventions</li> <li>• Some countries lack a formal national strategy to address loneliness and instead focus on</li> </ul> | <p>loneliness, such as older adults, people with disabilities, and marginalized communities (e.g., LGBTQ+, refugees).</p> <ul style="list-style-type: none"> <li>• Promoting digital literacy and inclusion, particularly for older adults and people with mobility challenges, is recommended to enhance social connection.</li> <li>• Governments are urged to establish measurable goals and rigorous evaluations for loneliness interventions, ensuring scalability and sustainability across regions.</li> <li>• A whole-of-government approach is recommended, with collaboration across health, housing, transport, and social sectors to address the multidimensional nature of loneliness.</li> </ul> |

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|  |                                     |   |   | regional or local initiatives. Others do not have clear definitions or measurable objectives related to loneliness.   |   |
| Halvorsen CJ, Werner K, McColloch E, Yulikova O. (2023)<br>How the Senior Community Service Employment Program Influences Participant Well-Being: A Participatory Research Approach With Program Recommendations | United States (Massachusetts focus) | To examine how the Senior Community Service Employment Program (SCSEP) affects older workers' financial, physical, and mental well-being.                         | Participatory community-based system dynamics with 15 participants and case managers. | <ul style="list-style-type: none"> <li>• SCSEP reduces social isolation and improves mental health</li> <li>• Federal performance metrics don't capture these benefits</li> </ul>   | <ul style="list-style-type: none"> <li>• Recommends recognizing well-being indicators as success metrics</li> <li>• Calls for expanded social engagement opportunities and supportive workplace environments</li> </ul> |
| Hand C, Schouten K, Dellamora M, Letts L, Drenth T. (2022)<br>Exploring Neighbourhood-based Programming for Older Adults: A Seniors' Satellite   | Canada (Ontario)                    | To evaluate the benefits and barriers of a neighborhood-based "Seniors' Satellite" program aimed at reducing social isolation through community-based activities. | Mixed methods program evaluation including surveys and interviews.                    | <ul style="list-style-type: none"> <li>• Neighborhood-level programs are a cost-effective and accessible way to reduce isolation.</li> <li>• Barriers include transportation, accessibility, and limited reach of conventional seniors' centers.</li> </ul> | <ul style="list-style-type: none"> <li>• Supports expansion of hyper-local programming</li> <li>• Recommends partnerships with local facilities (e.g., churches) to overcome structural barriers</li> </ul>             |
| Hoang PM, Conn D. (2024)<br>Embracing Connection: A Review of First-Ever Clinical Guidelines on Social Isolation and Loneliness in Older Adults  | Canada                              | To summarize and advocate for implementation of Canada's first clinical guidelines on social isolation and loneliness (SI/L) among older adults.                  | Expert review and summary of guideline development process.                           | <ul style="list-style-type: none"> <li>• SI/L remains underrecognized despite evidence of serious health risks</li> <li>• National guidelines promote best practices in assessment, prevention, and intervention</li> </ul>                                 | <ul style="list-style-type: none"> <li>• Encourages interprofessional screening and intervention training</li> <li>• Promotes person-centered care that incorporates SI/L into routine assessments</li> </ul>           |

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| Hodge Jr JG, White EN, Reeves CM. (2020)<br>Legal and Policy Interventions to Address Social Isolation   | United States<br>(National policy/legal framework)     | To propose public health law interventions for addressing social isolation as a health crisis.   | Legal commentary and framework proposal.  | <ul style="list-style-type: none"> <li>Lack of national surveillance or legal frameworks inhibits effective SI response</li> <li>Suggests creating a “social isolation index” for public health monitoring</li> </ul>                           | <ul style="list-style-type: none"> <li>Proposes zero-cost therapy models, tax policies, and data collection frameworks to support intervention scalability</li> <li>Emphasizes the legal and ethical complexities of government intervention in social behaviors</li> </ul> |
| Hoffman GJ, Webster NJ, Bynum JPW. (2020)<br>A Framework for Aging-Friendly Services and Supports in the Age of COVID-19   | International<br>(Canada, Australia, US, UK, and more) | To review national strategies to address loneliness among aging populations.   | Policy review and synthesis of international approaches.  | <ul style="list-style-type: none"> <li>Countries are beginning to frame loneliness as a public health priority</li> <li>Most strategies are cross-sectoral but underfunded or lack implementation tools</li> </ul>                              | <ul style="list-style-type: none"> <li>Recommends learning from other jurisdictions to build systemic responses</li> <li>Emphasizes co-creation with older adults and sustainable funding mechanisms</li> </ul>   |
| Holloway J, James DL, Robillard A, Hermer J, Hawley N, Sayeed O. (2024)<br>Needs of social isolation, loneliness, and intergenerational interventions in the United States: a scoping review | United States  | To review intergenerational programs (university students + older adults) that address social isolation/loneliness.  | Scoping review of 13 studies (2010–2022); both qualitative and mixed-methods.                     | <ul style="list-style-type: none"> <li>Programs show positive outcomes but lack standardization in design or measurement</li> <li>Absence of replicable curricula limits scalability</li> </ul>   | <ul style="list-style-type: none"> <li>Calls for standardized training frameworks</li> <li>Recommends integrating these programs into geriatric education and public health strategies</li> </ul>   |
| Holt-Lunstad J, Proctor AS, Perissinotto C, et al. (2025)<br>Healthcare providers' perceived importance and barriers to addressing social connection in medical settings                     | United States  | To examine healthcare providers' (HCPs) perceptions of the importance of social connection for health and the barriers they face in addressing social isolation and loneliness in clinical settings. | Surveys were completed by 681 healthcare providers from various healthcare systems across the USA | <ul style="list-style-type: none"> <li>Healthcare providers report significant barriers to addressing social isolation and loneliness, including lack of time during visits, insufficient resources, and lack of training. Many HCPs</li> </ul> | <ul style="list-style-type: none"> <li>Need for targeted educational programs for healthcare providers to raise awareness of the importance of social connection in improving patient health outcomes</li> <li>Policies should encourage healthcare</li> </ul>              |

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|   |               |  |  | <p>also expressed a lack of confidence in addressing these issues.</p> <ul style="list-style-type: none"> <li>• Despite these barriers, 77% of patients bring up social concerns during visits, but only 24% of HCPs discuss social connection at every visit. This disparity underscores the need for more proactive integration of social connection in clinical practice</li> </ul>  | <p>systems to provide the necessary resources and time for healthcare providers to address social isolation and loneliness in their patients. This includes creating structures that integrate social support into treatment plans</p> <ul style="list-style-type: none"> <li>• National bodies like the U.S. Preventive Services Task Force could provide formal recommendations on screening and addressing loneliness and social isolation in clinical settings</li> </ul> |
| <p>Johnson S, Bacsu J, McIntosh T, Jeffery B, Novik N. (2021) Competing challenges for immigrant seniors: Social isolation and the pandemic</p> | <p>Canada</p> | <p>To examine the social isolation faced by immigrant and refugee seniors in Canada, with a focus on the specific risk factors they experience, particularly during the COVID-19 pandemic.</p> | <p>Environmental scan and literature review to assess existing policies, programs, and services that support immigrant and refugee seniors</p> | <ul style="list-style-type: none"> <li>• Individuals face heightened vulnerability to social isolation due to factors like language barriers, racism, discrimination, weak social networks, and separation from family</li> <li>• Greater risk for poor mental and physical health outcomes, including depression and cognitive decline, because of social isolation</li> <li>• Programs designed to reduce social isolation are primarily</li> </ul> | <ul style="list-style-type: none"> <li>• There is a critical need for policies that specifically address the unique needs of immigrant and refugee seniors</li> <li>• while programs exist to reduce social isolation, they lack equity and universality in service delivery</li> <li>• Policies should foster collaboration between government agencies, community organizations, and service providers to coordinate efforts in</li> </ul>                                  |

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|  |               |   |  | <p>concentrated in urban centers, leaving immigrant seniors in rural and remote communities with less access to support services</p>  | <p>supporting immigrant and refugee seniors</p>   |
| <p>Levasseur M, Dubois M-F, Genereux M, et al. (2023)<br/>Key Age-Friendly Components of Municipalities that Foster Social Participation of Aging Canadians: Results from the Canadian Longitudinal Study on Aging</p> | <p>Canada</p> | <p>To identify environmental and social factors that support participation in aging adults.</p>   | <p>Analysis of Canadian Longitudinal Study on Aging data.</p>  | <ul style="list-style-type: none"> <li>• Physical environment (walkability, access to services) and social resources are major participation drivers</li> <li>• Social disparities (income, rurality) reduce participation opportunities</li> </ul>   | <ul style="list-style-type: none"> <li>• Recommends inclusive urban planning and social support policies</li> <li>• Encourages policymakers to view social participation as a determinant of health</li> </ul>  |
| <p>Li L, Carrino L, Reinhard E, &amp; Avendao M. (2024)<br/>Has the UK Campaign to End Loneliness Reduced Loneliness and Improved Mental Health in Older Age? A Difference-in-Differences Design</p>                   | <p>UK</p>     | <p>To evaluate the impact of the UK's nationwide Campaign to End Loneliness on reducing loneliness and improving mental health outcomes among older people.</p> | <p>Difference-in-differences (DiD) approach, which is a quasi-experimental design to compare changes in loneliness and mental health outcomes between groups exposed to the campaign and those who were not.</p> | <ul style="list-style-type: none"> <li>• The campaign did not significantly reduce loneliness or improve mental health outcomes in the general population of older adults. This suggests that a nationwide awareness campaign might not be enough to generate significant policy outcomes on loneliness</li> <li>• There were small reductions in loneliness and increased social engagement among well-educated and</li> </ul> | <ul style="list-style-type: none"> <li>• Policies should move beyond awareness-raising and focus on direct interventions that address the underlying factors of loneliness.</li> <li>• Policies should prioritize community-based strategies that are tailored to the specific needs of different populations, especially those in rural or disadvantaged areas.</li> <li>• Policy initiatives must go beyond short-term campaigns and tackle deeper systemic issues, including improving access to affordable housing, social services,</li> </ul> |

| Citation  | Jurisdiction   | Purpose/Aim  | Methodology   | Key Findings  | Implications  |
|---|--|--|---|---|---|
|   |  |  |   | <p>higher-income older adults</p> <ul style="list-style-type: none"> <li>The study indicates a need for addressing the root causes of loneliness rather than just the awareness aspect</li> </ul> | <p>and family support systems.</p> <ul style="list-style-type: none"> <li>Policies should encourage longer exposure to interventions, as well as the development of larger-scale programs that engage older adults over an extended period</li> <li>Policies should focus on the most vulnerable populations, such as low-income, less-educated older adults, those living alone, and marginalized communities.</li> <li>Policies should integrate social support services into existing frameworks. This includes mental health support, community engagement programs, and initiatives that foster intergenerational connections. Collaboration between local governments, NGOs, and community organizations is crucial to effectively address loneliness.</li> </ul> |
| <p>Lim, M. H., Qualter, P., Ding, D., Holt-Lunstad, J., Mikton, C., &amp; Smith, B. (2023). Advancing loneliness and social</p> | <p>Global (focus on both high-, middle-, and low-income countries)</p> | <p>To position loneliness and social isolation as global health challenges, identifying actions to address their</p> | <p>Synthesis of current global research and the policy landscape.</p> | <ul style="list-style-type: none"> <li>A whole-of-systems approach is needed, focusing not just on individual interventions but on</li> </ul>   | <ul style="list-style-type: none"> <li>Governments must create global policy support that fosters action across countries to reduce loneliness and</li> </ul>   |

| Citation  | Jurisdiction | Purpose/Aim                          | Methodology | Key Findings   | Implications   |
|---|--------------|--------------------------------------|-------------|--|--|
| <p>isolation as global health challenges: taking three priority actions. <i>Public health research &amp; practice</i>, 33(3), e3332320.</p> |              | <p>widespread effects on health.</p> |             | <p>policy changes, community involvement, and cross-sector collaboration to address the root causes of social isolation and loneliness</p> | <p>social isolation. This includes addressing systemic factors such as poverty, lack of social services, and policies that isolate individuals from community connections</p> <ul style="list-style-type: none"> <li>• The study advocates for national programs and policy frameworks, such as the WHO Global Commission on Social Connection, to guide global efforts in recognizing social isolation and loneliness as public health priorities</li> <li>• Countries such as the UK, Japan, and Denmark have already established national strategies and appointed ministers to specifically tackle loneliness. This highlights the potential for policies to address these issues at national and international levels</li> <li>• Governments should incorporate loneliness and social isolation into broader health policies</li> <li>• Design public health campaigns that are culturally sensitive and</li> </ul> |

| Citation  | Jurisdiction     | Purpose/Aim  | Methodology   | Key Findings   | Implications   |
|---|------------------|--|---|--|--|
|   |                  |  |   |  | appropriate for various demographic groups   |
| MacLeod A, Levesque J, Ward-Griffin C. (2024) Social Isolation of Older Adults, Family, and Formal Caregivers During the COVID-19 Pandemic: Stories and Solutions Through Participatory Action Research | Canada (Ontario) | To understand the health implications of social isolation during the COVID-19 pandemic, focusing on frail older adults and their caregivers.   | Participatory action research (PAR), including thematic analysis of policy documents and interviews with 31 participants.                   | <ul style="list-style-type: none"> <li>The pandemic led to significant social, physical, and mental health impacts for older adults and caregivers, particularly in rural and underserved areas. A need for better technology-based interventions and resources for caregivers was identified</li> </ul> | <ul style="list-style-type: none"> <li>Policymakers should focus on enhancing technology-based interventions and improving communication between older adults, caregivers, and decision-makers</li> </ul>  |
| Morrison-Dayana R. (2024) Social participation in Australian residential aged care: A human rights perspective  | Australia        | To explore how a human rights-based approach, grounded in international law, can be used to protect the right to social participation in residential aged care (RAC).                          | Policy and legal analysis applying international human rights law (particularly the Convention on the Rights of Persons with Disabilities). | <ul style="list-style-type: none"> <li>Current aged care frameworks inadequately protect the right to social participation</li> <li>The Royal Commission into Aged Care Quality and Safety recommended integrating a right to social participation in the new aged care legislation</li> </ul>           | <ul style="list-style-type: none"> <li>Advocates for small household models, personalized care, and engagement with residents and families in policy planning</li> <li>Suggests using human rights law to guide federal policy, including improved regulation, monitoring, and staff training</li> </ul> |
| Odzakovic E. (2020) Neighbourhood Nursing: Connection, Place and Meaning in the Everyday Experience of Dementia   | Sweden           | To explore the experience of dementia within neighbourhoods, focusing on social isolation and loneliness, and to understand how neighbourhoods can support people with dementia through social | Multiple study designs  | <ul style="list-style-type: none"> <li>Emphasizes the need for policies that promote social integration and combat the stigma associated with dementia. This includes creating dementia-friendly</li> </ul>  | <ul style="list-style-type: none"> <li>Healthcare providers should focus on neighbourhood-based care models, integrating dementia care into everyday community life to enhance social connections and reduce loneliness</li> </ul>   |

| Citation   | Jurisdiction  | Purpose/Aim   | Methodology   | Key Findings   | Implications   |
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|  |   | connections, while integrating nursing practice in community settings.  |   | <p>communities where people with dementia are seen as active citizens and are encouraged to participate in community life</p> <ul style="list-style-type: none"> <li>• A shift in policy is needed towards enabling people with dementia to stay at home longer and participate in their local communities. This requires addressing the gaps in formal and informal care systems, particularly for those living alone or in socially isolated situations</li> </ul> | <ul style="list-style-type: none"> <li>• The design of dementia-friendly communities should be prioritized, where older adults, including those with dementia, can engage in social, physical, and cultural activities</li> <li>• Nurses and caregivers must be trained to support the creation of community spaces that facilitate social interaction, combat stigma, and promote active participation from people with dementia</li> </ul> |
| <p>Perone AK, Urrutia-Pujana L, Zhou L, Yaisikana Me, Campos BM. (2025)<br/>The equitable aging in health conceptual framework: international interventions infusing power and justice to address social isolation and loneliness among older adults</p> | <p>International (case studies from China, Taiwan, Spain, Sweden, Mexico, and the US)</p> | <p>To introduce a conceptual framework (Equitable Aging in Health) that incorporates justice and power dynamics to address disparities in social isolation and loneliness among older adults.</p> | <p>Conceptual paper with six illustrative international case studies.</p> | <ul style="list-style-type: none"> <li>• Traditional SI/L approaches overlook how power and systemic inequities (e.g., cultural, structural, disciplinary) shape experiences</li> <li>• Calls for justice-oriented, culturally responsive, and community-led interventions</li> </ul>  | <ul style="list-style-type: none"> <li>• Encourages intersectional, equity-driven public health and social interventions</li> <li>• Recommends critical reflection on power dynamics in program design, especially for marginalized older adult group</li> </ul>   |
| <p>Prohaska T, Burholt V, Burns A, et al. (2020)<br/>Consensus statement: loneliness in older</p>  | <p>Global</p>   | <p>To highlight key issues related to loneliness among older adults, offering</p>   | <p>Consensus-building exercise during an international symposium.</p>     | <ul style="list-style-type: none"> <li>• Loneliness in older adults has significant health implications. However, differing</li> </ul>   | <ul style="list-style-type: none"> <li>• There is a need for more research into the causes and consequences of loneliness and for</li> </ul>   |

| Citation   | Jurisdiction     | Purpose/Aim   | Methodology  | Key Findings  | Implications  |
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| adults, the 21st century social determinant of health?   |                  | recommendations for research, policy, and intervention.   |  | definitions and measurement methods make it difficult to assess the prevalence and impact   | effective interventions to be implemented   |
| Salma J, Salami B. (2020) "Growing Old is not for the Weak of Heart": Social isolation and loneliness in Muslim immigrant older adults in Canada | Canada (Alberta) | To understand experiences of social isolation and loneliness in Muslim immigrant older adults using a community-based participatory approach. | 67 participants through 23 interviews and 7 focus groups; thematic analysis with exclusion lens. | <ul style="list-style-type: none"> <li>• Older adults face layered exclusion (racism, ageism, sexism), especially in mainstream services</li> <li>• Policies do not adequately address cultural safety or community-specific aging needs</li> </ul> | <ul style="list-style-type: none"> <li>• Recommends culturally specific, locally led inclusion strategies (e.g., ethno-religious centers, intergenerational activities)</li> <li>• Calls for national aging policies to consider systemic exclusion and foster inclusion through community co-design</li> </ul> |