

Loneliness and social isolation among Canada's seniors has become a significant health and social issue. Almost 20% of Canadian seniors report being lonely, and 30% are at risk of becoming socially isolated¹. Socially connected seniors often have better overall physical and mental health, better mood, less stress, and an improved quality of life.

1 Reach out to loved ones

Phone calls, video chats, emails and text (even regular mail) can provide a feeling of connection, even if they're far away.



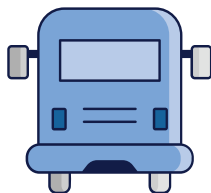
2 Join group

Local seniors clubs, religious groups, or volunteer organizations can offer opportunities tailored to older adults to help meet new people.



3 Transportation

For those without access to transportation, it can be difficult to access services or participate in activities. There may be local services (free or for fee) to help with rides.



4 Try new things

New activities can provide a sense of purpose and an opportunity to meet others with similar interests. The internet can provide a wealth of resources.



5 Ask for Support

Support groups, therapists, clergy, can help if one is struggling with feelings of loneliness or isolation. Many professionals specialize in helping older adults navigate these challenges, and it's okay to seek help when you need it.



6 Technology to stay connected

Technology can provide great opportunities to stay connected eg family video conferencing, online communities, exercise groups, book clubs, church services. A virtual way to socialize without leaving home is great for those who have poor mobility or lack transportation.



7 Use technology

Consider getting the Lifeline Medical Alert Service to access help quickly in the event of a fall. Our fall detection technology can even place a call for help if you're unable to press the help button.



Contact Lifeline today to learn more:

1-800-LIFELINE

1-800-543-3546

www.lifeline.ca