



Isolation and Loneliness: Am I at risk?

As we age, our social connections may decrease and depending on a number of risk factors, our sense of isolation or loneliness can increase. This tool can help you explore your own risk. On the back page are some resources that may be helpful for increasing your social connectedness.

Looking at the scale below, circle which face or number matches how you are feeling right now?



I feel lonely/isolated all the time



I feel lonely/isolated some of the time



I never feel lonely/isolated

Below are some risk factors that may impact feelings of isolation. Check (✓) the situations that apply to your life:

- | | |
|---|---|
| <input type="checkbox"/> I've had someone close to me die | <input type="checkbox"/> I do not know where to go for activities/recreation/volunteer |
| <input type="checkbox"/> People don't understand my culture/religion | <input type="checkbox"/> I have limited income or issues with finances |
| <input type="checkbox"/> I have challenges with my health and wellness | <input type="checkbox"/> I cannot see or hear well |
| <input type="checkbox"/> English is not my first language | <input type="checkbox"/> It is difficult for me to get around my home/neighbourhood by myself |
| <input type="checkbox"/> I do not use technology (eg. cell phone, tablet, computer) | <input type="checkbox"/> I do not have access to transportation |
| <input type="checkbox"/> I live alone | <input type="checkbox"/> I do not have family or friends living close by |
| <input type="checkbox"/> I am First Nations, Métis or Inuit | <input type="checkbox"/> I am part of the 2SLGBTQ+ community |
| <input type="checkbox"/> I moved into a new home/neighbourhood | <input type="checkbox"/> I am new to Canada |
| <input type="checkbox"/> I am a caregiver | <input type="checkbox"/> I have difficulty with my memory |
| <input type="checkbox"/> Other: | |



If you would like to increase your social connections contact our Connection Specialist:

Telephone: (905) 844-2299

Email: hello@ConnectionInAction.ca

Mental Health and Elder Abuse Supports

Distress Centre Halton *

Burlington..... (905) 681-1488

Halton Hills/Milton..... (905) 877-1211

Oakville..... (905) 849-4541

Senior Safety Line (Elder Abuse Prevention Ontario) * + 1 (866) 299-1011

COAST (mental health crisis outreach and support team) * 1 (877) 825-9011

Community Resources

If you want to find out about other resources in your community, you can contact:

211 * +

311 * +

Halton Community Information Database (website): www.hipinfo.ca

* Indicates services that are available 24 hours a day, 7 days a week

+ Indicates services that are available in multiple languages

About Connection in Action

The Connection in Action initiative supports older adults (55+) who live in Halton by increasing awareness of opportunities for social connection. Benefits of having social connections include:

- ☀ Improves physical and mental health
- ☀ Boosts social and emotional well-being
- ☀ Strengthens memory and focus

Check out our website at:

www.ConnectionInAction.ca



Connection in Action

Social Supports for Older Adults