

Connection in Action

Social Supports for Older Adults

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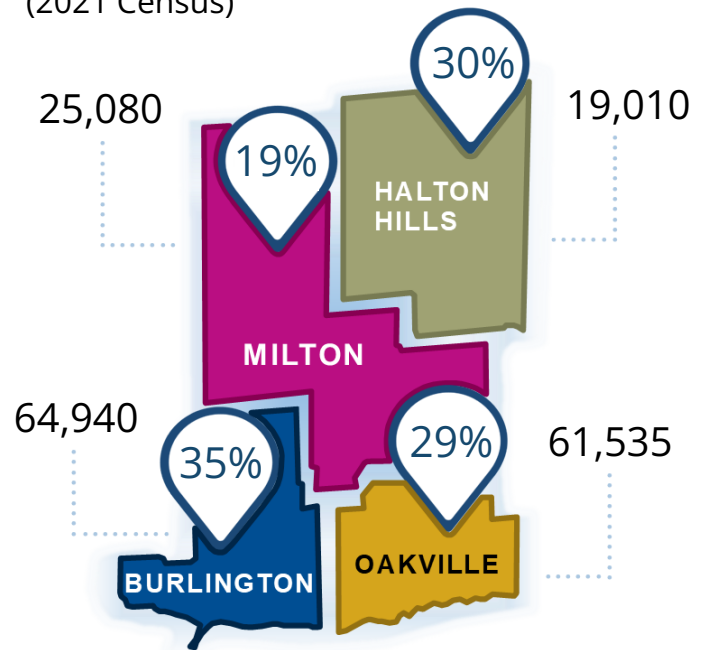
Connection in Action supports adults aged 55+ who live in Halton by increasing awareness of opportunities for social connections. We also support communities across Halton through our LITE Education.

Communities supporting opportunities for social connections can be empowering for us all.



Adults 55+ make up 29% of Halton's Population

(2021 Census)



How You Can Get Involved

Partner with us! Let's take a collaborative approach in supporting older adults by increasing awareness of opportunities for social connections.

Share your expertise with us! Take part in a survey or community feedback session to help strengthen our engagement with the community.

Learn more! Participate in our Loneliness, Isolation to Empowerment (LITE) Education to enhance your knowledge and skills in supporting older adults.

Did You Know?



Older adults in Halton who report a strong sense of community-belonging also report better mental health.

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