

Imagine a more connected Edmonton where all citizens, regardless of age or background, are valued, respected, and included.

Social inclusion is possible, but in order to achieve this, we need to know what isolation looks like and how it is caused. Loss is a common theme in cases of isolation.

There are many different kinds of loss. Instances of loss can include:

- loss of a spouse/partner
- loss of a pet
- loss of health/mobility
- loss of driver's license
- loss of vision/hearing
- loss of career



In retirement, David adopted a scrappy rescue pooch named Tula. Every morning, he sprang out of bed to feed Tula and take her for a walk at the dog park. When Tula developed pancreatic cancer and passed away, David stopped going for walks in the park and fell out of touch with many of his acquaintances.



From the time she could pick up a paintbrush, Shani created beautiful works of art. Recently, Shani developed rheumatoid arthritis, making painting not only difficult, but painful too. Shani used to enjoy leading art classes at her local seniors' centre, but no longer participates due to her disability.



During her career, Janet was a hard-hitting marketing executive at an international agency. While working, Janet travelled the world and met all sorts of people. When she retired, Janet lost touch with many of the contacts she made during her career.

Do you know someone with these **risk factors**?

Personal	Health	Living	Barriers
<ul style="list-style-type: none"> • Age = 80+ • Childless • Retired • Member of a minority group (e.g. Indigenous, LGBTQ2S+, immigrant newcomer to Canada) • Low levels of education • Low self esteem • Death of a partner/spouse • Limited interpersonal skills • Limited English skills 	<ul style="list-style-type: none"> • Chronic illness/disability • Depression/mental illness • Loss of vision/hearing • Dementia • Age-related disabilities (e.g. incontinence, fear of falling) • Mobility problems • Substance abuse 	<ul style="list-style-type: none"> • Living alone • Low/unstable income • No friends or family nearby • Change of residence • Living in unsafe neighbourhoods • Anonymous to neighbours • Minimal participation in social activities • Being a caregiver 	<ul style="list-style-type: none"> • Lack of affordable, accessible transportation • Loss of driver's license • Lack of awareness/access to community services • Challenges with technology • Limited assistance with routine activities (e.g. shopping, meal prep)

**Note the more risk factors a person displays, the greater the likelihood of isolation.*

Data source: Rise Canada, 2015

Help a senior to **get connected**

- Connect the individual to an information directory, such as the Seniors Information Phone Line (211)
- Take the person shopping
- Offer rides to/from appointments
- Take the person out for coffee, lunch, or a social outing
- Assist around the person's house; e.g. shovel the sidewalk
- Offer to research support programs
- Offer to help with technology
- Contact local health or social services for immediate help

Don't know where to go? **Call 211**

Even if you're a professional social worker, the right connection isn't always obvious. In these cases, call the Seniors Information Phone Line. To call, simply dial 2-1-1 and press "2". You will be transferred to a person who can provide help finding resources. The phone line is staffed 24/7.

My mom needs dentures but it's not covered by blue cross. Is there help for that?

I'm worried about my neighbour. Her house is a mess. Is there help available for her?

My dad needs help shovelling snow. Is there a service that can help?