

CONVERSATION STARTERS



While social isolation is a complex social problem, some of the solutions don't have to be. Anyone can be a connector who helps seniors thrive, and there are many ways to make a significant impact.

One of the most powerful things you can do is focus on the quality of your interactions with seniors. If you have a trusting relationship with a senior, they may be open to discussing how they feel about their social network, perception of relationships, and level of support. Encouragement from a trusted person is often the nudge that can prompt a senior to act.

The questions on this page are starting points for conversations so you can gauge if a senior in your life may be experiencing isolation. Note that answering "no" to any of these questions does not necessarily mean someone is isolated, it simply means they are at greater risk for isolation.

We all benefit when seniors are valued, respected and supported to live healthily. Identifying when they may be at risk and connecting them with people who can help is a meaningful, powerful act of respect and support.

To learn more about social isolation and get tools and resources that can help you to connect seniors, visit connectingedmontonseniors.ca.

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SENIORS**



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Connecting Edmonton Seniors is an initiative of the Edmonton Seniors Coordinating Council.

Are there people in your life you can ask for help and support if you need it?

Do you have someone who can give you advice in a crisis?

Do you feel connected to your friends/family?

Are you happy with your friendships and family relationships?

Do you feel valued by your friends/family?

Are you as socially and physically active as you want to be?

Do you have the resources you need to do the things you want to do?