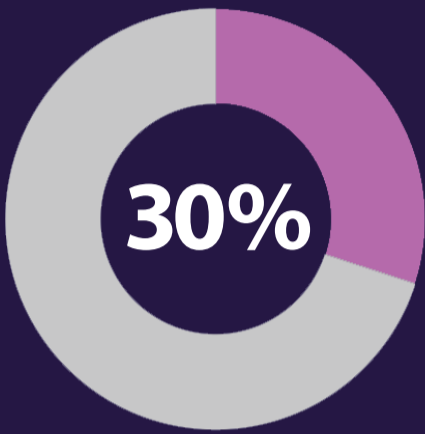


SOCIAL ISOLATION IN SENIORS

Older adults who lack a sense of social belonging, have minimal engagement with others, and without high-quality relationships are considered to be socially isolated. As a result, they are more susceptible to detrimental health conditions. Social isolation is a major health concern among older adults.



An estimated 30% of Canadian seniors are at risk of becoming socially isolated

Seniors without a supportive social network are

60%

more likely to be at risk of developing dementia or cognitive decline.

4 million

Canadians provide care to a family member or relative. Caregivers have higher levels of exhaustion, stress, and anxiety, which leads to increased isolation.

Compared to socially active seniors, those who are isolated...

- make more visits to their doctor and to emergency rooms
- use more medication
- fall more often
- enter residential care sooner

Lacking social connections can increase one's chances for early death to a similar degree as smoking

15
cigarettes
per day



1/2 of people over the age of 80 report feeling lonely. Men over the age of 80 have the **highest suicide rate of all age groups.**

Sources: Government of Canada, National Seniors Council



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