SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

KNOWING RISK FACTORS HELPS

Risk factors increase the likelihood that somebody is socially isolated or lonely. Risk factors are warning signals to start a conversation; not everybody who has a risk factor is socially isolated or lonely. Use the **HELPS** prompt to remember important risk factors to watch out for.

Health-related factors	Chronic conditions; Mobility or sensory impairment; Mental health problems
Environmental factors	Unsafe and/or inaccessible neighbourhood; Transportation access challenges; Lack of access to technology
Life events and transitions	Loss of spouse, family, friends; Becoming a caregiver; Loss of driver's license
Personality/ Psychological responses	Low self-esteem; Negative thinking in relationships; Fear of falling
Social groups and demographic factors	Low income or limited financial resources; Newcomer to Canada, Language barriers; Sexual orientation/gender identity; Older age (80+)



Developed by V. Menec, PhD, University of Manitoba and N. Newall, PhD, Brandon University. Targeting Isolation is conducted in partnership with A & O: Support Services for Older Adults Inc., Active Aging in Manitoba, Manitoba Association of Senior Centres, and Transportation Option Network for Seniors, funded by the Government of Canada's New Horizons for Seniors Program.