



As part of a Government of Canada, New Horizons for Seniors initiative to have a collective impact on reducing isolation of older adults, several groups in Saskatchewan have come together. These include the **Alzheimer Society of Saskatchewan, Canadian Red Cross, Saskatchewan Population Health and Evaluation Research Unit, and Saskatchewan Seniors Mechanism.** We are also working with the **Lifelong Learning Centre** and the **Fédération des aînés fransaskois.** We believe that it is possible to make a difference in our communities and in the lives of older adults by working together.

Objective: to measurably reduce the social isolation of seniors in South and Central Saskatchewan.

The intended outcomes of the project are to:

- increase the proportion of seniors who have support and help when they need it
- increase the proportion of seniors who participate regularly in activities
- increase the proportion of seniors who feel connected to family, friends and acquaintances
- increase the proportion of seniors who feel valued by family, friends and acquaintances

Social Isolation

refers to the circumstance in which a person is no longer able to participate in community, civic, or social life in the way in which they would choose. Social isolation among older adults can occur as a result of several factors.

These include:

- physical & mental changes
- life changes
- lack of transportation
- living alone
- lack of access to services
- family living at a distance



RISC

Reducing Isolation of Seniors Collective

Valued - Included - Supported - Connected

www.skseniormechanism.ca

Risc Logo: Violet Bennefeld



UR Photography Department



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The Friendly Visiting Program aims to provide:

- Companionship to socially isolated seniors with interaction through volunteer visits and phone calls.
- One on one, personal visiting by a trained Red Cross volunteer for an hour at least once every two weeks.
- Companionship is the key – depending on their interests, the pair may chat, play a game, do a craft or discuss the news.

A program aimed at seniors with physical, mental or other health issues and who are unable to leave their homes easily.

SPHERU is a bi-university health research unit based at the Universities of Regina and Saskatchewan.

SPHERU will:

- Take the lead in evaluating the effectiveness of the projects in reducing social isolation experienced by urban and rural seniors in central and southern Saskatchewan
- Conduct leading edge collective impact research, and provide assistance, advice and support in data collection to project partners.
- Work with the UR Lifelong Learning Centre to compile a report on innovative national and international programs to address social isolation of older adults.



REDUCING ISOLATION OF SENIORS COLLECTIVE

Creating a Culture of Inclusion through:



- **Age-Friendly Saskatchewan:** promoting the development of Age-Friendly Communities; ongoing networking and support for Age-Friendly Communities; working with Fédération des aînés francsaskois in francophone communities.
- **Media & Ageism:** changing the way older adults are portrayed in and by media; promoting portrayal of older adults as active and contributing to the world around them in order to change the way society views older adults; outreach to media about portrayal of older adults.
- **Reducing Isolation in Regina:** programs, and activities for older adults provided by the Lifelong Learning Centre.
- **Reducing Older Adult Abuse and Neglect:** presentations to raise individual and community awareness.

Addressing Isolation by:

Increasing community awareness and understanding of Alzheimer's disease and other dementias, and offering support to families and seniors affected with dementia.

Their main projects are:

- Dementia Friendly communities;
- Dementia Friends;
- Warning Signs Campaign;
- Dementia Helpline.

