

DO YOU FEEL ISOLATED?

Social Inclusion prevents social isolation and feelings of loneliness

There is a difference between social isolation and loneliness.
We can feel socially isolated even if we live with someone else.

There are things you can do to protect your health and reduce the effects of social isolation.

Talk to people you trust:
a friend, family member or neighbor

Ask for help:
Is there someone who can visit you regularly or help with chores?

Try something new:

- join a group
- sign up for a class
- start a new hobby
- get a pet

Familiarize yourself with technology:
Get help to learn how to use a computer, tablet, or smart phone



Check us out at:
www.skseiorsmechanism.ca

