

LET NO ONE BE ALONE

*Reaching out and connecting with older adults
to reduce isolation and loneliness*



RESOURCE 1

LET NO ONE BE ALONE

Recent years have shown that social isolation has taken a significant toll on our well-being.

Social isolation is a significant health concern for older adults as it can lead to feelings of loneliness, fear, negative self-esteem, and loss of confidence.

These resources will focus on how we can end social isolation and loneliness for those around us who currently have little meaningful social contact.

This is a time to think outside of the box. Let's plan together what tools can help us end social isolation at a very challenging time.



There are 5 **LET NO ONE BE ALONE** resources. All 5 resources can be found on the SSM website: skseniorsmechanism.ca

Watch SSM's Facebook page through the year for suggestions about dealing with social isolation, and check for posts every February for Let No One Be Alone Week: [skseniorsmechanism](https://www.facebook.com/skseniorsmechanism). Please repost on your Facebook page! Thank you!



YOU could be the reason someone feels **seen, heard, and respected** today.



RESOURCE 1

There is a difference between loneliness and being alone. We can feel socially isolated even if we live with someone else. Some of us live alone and do not feel lonely as we have found ways to have meaningful social connections.

How do we ensure that people in our community are socially included to the extent that they wish to be?

We have created these Resources to help answer that question.

OUR TOPICS ARE:

DAY 2 SEVEN Genuine Ways to Connect When Reaching Out to Someone Who is Isolated

DAY 3 SIX Meaningful Ways to Connect While Providing Others an Opportunity to Contribute

DAY 4 FIVE Creative Ways Age-Friendly Committees and Other Community Organizations Can Support Those Who are Isolated and Lonely

DAY 5 SEVEN Positive Actions That Community Businesses Can Take To Help Customers Feel Less Isolated



The SSM Home Supports Initiative:

Some older persons struggle with basic tasks that must be completed to be able to stay in their own homes. These tasks include food preparation, snow removal and light maintenance work, and taking medication appropriately. This can contribute further to a sense of isolation and frustration as people become less able to cope with daily life.

Older adults who are able to live independently with supports are healthier, happier and able to continue to contribute to their communities — as volunteers, caregivers, mentors, entrepreneurs, employees, users of community facilities, taxpayers and voters. Check out the SSM Home Supports Initiative (HSI) on the SSM website <https://skseniorsmechanism.ca> for more info about working towards these possibilities.

Access the 5 **LET NO ONE BE ALONE** resources: