



**There is a difference
between social isolation
and loneliness**

We can feel socially isolated
even if we live with someone else.

Some of us live alone but
do not feel isolated because
we have found ways to have
meaningful connections
with others.

So you feel isolated and alone

Reach out to others on the phone

Send someone a note, a card or a poem

Open your door and step outside your home

The joy tip for today is to breathe in fresh air

It will help make your stress disappear!

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Social Inclusion
prevents
social isolation
and feelings
of loneliness



What is Social Isolation?

Social isolation refers to the circumstance in which a person is no longer able to participate in community, civic, or social life the way in which they would choose. Social isolation is a significant health concern for older adults.

It can lead to:

- feelings of loneliness, fear and loss of confidence
- high blood pressure
- loss of sleep
- depression
- a poor immune system
- poor self-esteem

Do you feel isolated?

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

Things you can do:

Talk to people you trust

Share your feelings with someone you trust: a family member, caregiver, someone from your church, or a friend.

Ask for help

- Is there someone who could visit you on a regular basis? A neighbour, family member, or a friend?
- Is there someone who could take you on outings, or arrange outings for you? Some seniors groups and organizations have outings for older adults.
- Is there someone who could assist you to get out in your yard, if you need help? You may enjoy sitting outdoors or gardening.

Look for balance in your life

- Do something you enjoy each day.
- Find others who enjoy things that you enjoy.
- 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 through:
 - A family member or friend
 - a local class in your community
 - inquiring at your bookstore or library
- Once you know how to use a device, you may want to learn how to use the internet; this will enable you to:
 - explore interests online
 - connect with old friends
 - find resources in your community
- Once you know how to use your device, ask someone to teach you how to communicate virtually with others.
 - This will enable you to see others when you talk to them. The person you are speaking with will also be able to see you.
 - You may learn about things like Facetime, Skype and Zoom, depending upon the type of device you have.
- You may want to join, or start, a support group for older adults who are interested in technology.
 - you can learn from each other
 - learn about resources others use
 - meet regularly for practice and support