



Staying connected *never* gets old.



Discover opportunities to make social connections, so we all stay healthy.

There's a difference between feeling lonely and being socially isolated — and both can be damaging. For those 55 and up, it's vital to have social connections and to receive community support.

The older we get, the more we have to offer. These are lives that should be shared.

A look at older adults and social isolation

30%
of Canadian seniors are
**at risk of becoming
socially isolated.**¹

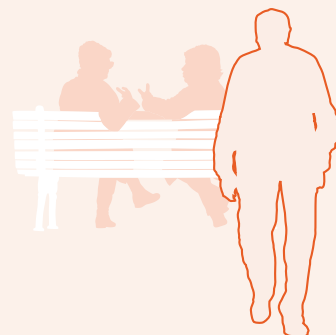


According to the International Federation on Ageing, **“the number one emerging issue facing seniors in Canada is keeping older people socially connected and active.”**²



56% of seniors
**with many close
friends** rated their
physical health as **very
good or excellent**,
compared to just over
1/3 of seniors with
no close friends.³

Men are less likely
to have social supports.⁴



1. <https://open.alberta.ca/publications/social-isolation-of-seniors>

2. www.canada.ca/en/national-seniors-council - Social Isolation Seniors 2014

3. www150.statcan.gc.ca - Social isolation and mortality among Canadian seniors

4. www150.statcan.gc.ca - COVID-19 and social support for seniors: Do seniors have people they can depend on during difficult times?

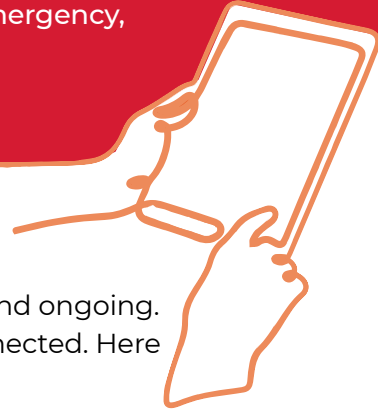
Good neighbours. Good health.

There are obvious reasons why we choose to live near and next to other people. Communities have a long history of taking care of each other, sharing time and resources, and lending an ear or a hand when a neighbour needs one.

Today, even in a densely populated city centre, an older adult without a vibrant social network is

more likely than others to suffer from depression and cognitive decline.

The act and anticipation of socializing can improve health outcomes for older adults, marginalized older adults, and those socially isolated by their life circumstances, an emergency, or a global pandemic.



How to Get Involved

Responding begins by understanding and talking about the issue. The conversation about loneliness and social isolation experienced by older adults needs to be louder and ongoing. Together, we can support our collective well-being and mental health by staying connected. Here are some ideas on how you can reach out to neighbours who may be socially isolated:

1. Commit to 3 simple acts of kindness.

- Consider some practical ways to connect with your neighbours, while being respectful of their boundaries.

2. Greet your neighbours regularly.

- Greeting your neighbour with a friendly hello or wave connects you and allows for deeper conversations in the future.
- It also gets you familiar with people in your neighbourhood and you're more likely to notice if something changes.

3. Create positive messages & drawings using sidewalk chalk.

- Draw a picture and encourage others to add to it. Try this with family and friends and cover a large area of sidewalk.
- Write campaign messages such as "Staying connected never gets old."

4. Be a friendly neighbour and check in on neighbours who are older adults.

- Chatting often gives you a chance to understand their interests and the activities they do regularly.
- Understanding their needs helps you to recognize the kind of offers they might appreciate. For example bringing in or putting out garbage, cutting grass, picking up groceries or going for a walk.

5. Be a walking buddy.

- Invite a neighbour to join you and use this time to share interests. You could agree to do this regularly. Make sure you are following current public health guidance.
- Connect while you walk your dog around your neighbourhood.

6. Deliver a flower to your neighbours.

- Buy flowers (or pick them from your garden) to deliver to neighbours' homes.
- Let them know about the Social Isolation Awareness Campaign and share any materials.

7. Offer to have a virtual meal or distanced drink with your neighbour.

8. Connect over a hobby or interest.

- Talk about an interest or hobby you have in common such as gardening, art, music, or cooking.
- Consider swapping books, movies, and puzzles by leaving them on each other's porches or at the end of the driveway.

9. Safely celebrate special occasions, such as Neighbour Day and Canada Day.

10. Come up with your own ideas to stay connected!

#stayconnectedyyc



Staying connected
never gets old.

Learn more at calgary.ca/stayconnected