

# SOCIAL

# ISOLATION

# Social Isolation Causes

- Some live in isolation all their lives
- Temporary situation (e.g., just home from hospital)
- Some become isolated later in life due to:
  - ▣ Loss of partner
  - ▣ Geographically remote from family and friends
  - ▣ Become house-bound due to physical limitations
  - ▣ Lose friends due to loss of hearing, sight or experience cognitive limitations

# Social Isolation Impacts

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- Physical health (e.g., impaired mobility, arthritis)
- Mental health (e.g., depression, cognition, addictions)
- Self neglect
- Increased vulnerability to abuse as dependent, confused
- Lack of assistance in decision making or no one to ask to be representative under representative agreement, attorney under power of attorney, joint bank account holder

# Social Isolation Factors

- Is social isolation an accepted choice for a 35-year-old person but not a 70-year-old?
- Access to activities depends on mental and physical capacity and living arrangements:
  - At home, alone
  - Independent living
  - Assisted living
  - Residential care

# Social Isolation Prevention

- Activities such as sports, classes, volunteering
- Internet, communicating electronically
- Someone to talk to on regular basis, e.g. Age UK Befriending Services (weekly face-to-face home visits, weekly telephone calls, same individual so build a friendship)
- Home care visits from same staff, not different worker each time
- Live at home alone or live in congregate setting?