



# RESHAPING CARE *for* OLDER PEOPLE: Social Isolation

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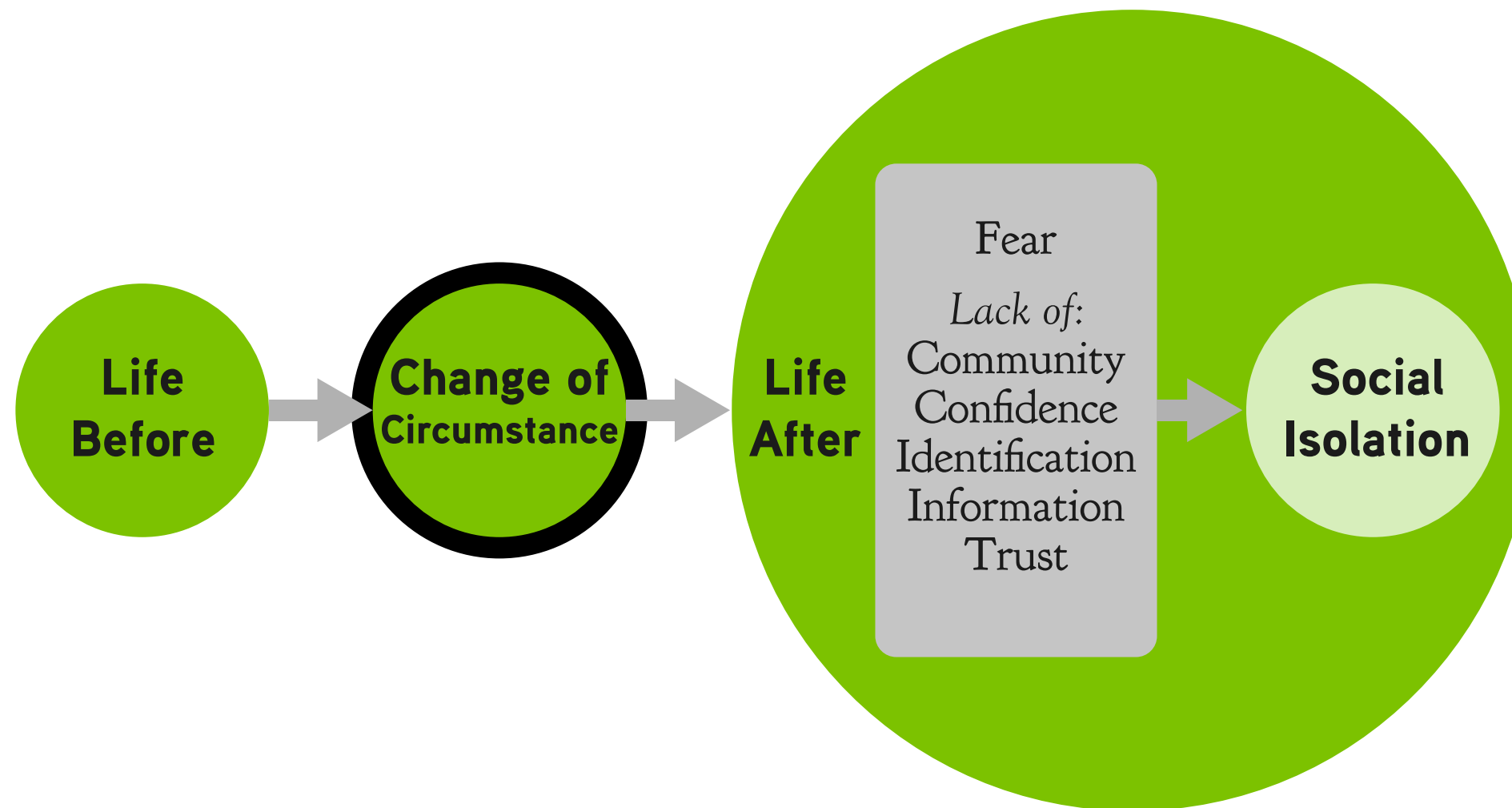




## SETTING the STAGE

“The magnitude of risk associated with social isolation is comparable with that of cigarette smoking and other major biomedical and psychosocial risk factors. However, our understanding of how and why social isolation is risky for health—or conversely—how and why social ties and relationships are protective of health, still remains quite limited.”

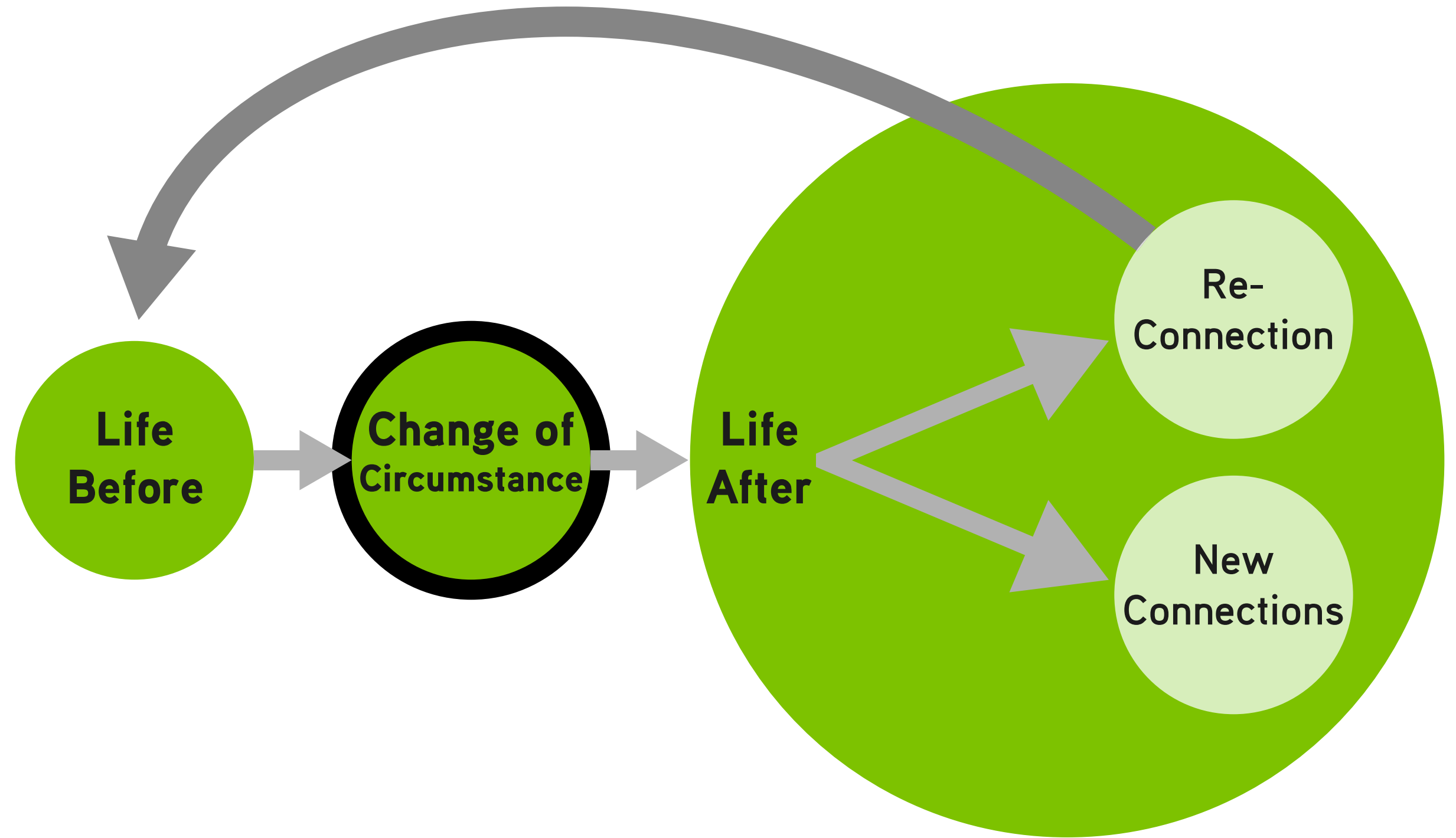
- James House (2001) *“Social Isolation Kills, But How and Why?”*



# UNDERSTANDING ISOLATION



# UNDERSTANDING ISOLATION





# TYPES<sub>of</sub> ISOLATION



## SELF-MANAGED

Actively chooses  
not to engage  
socially.



## PHYSICAL

Lack of confidence  
or mobility due  
to injury or illness.



## PSYCHOLOGICAL

Responsible for  
caring for significant  
other.



## FEAR-BASED

Primary social ties  
have moved or  
passed away.



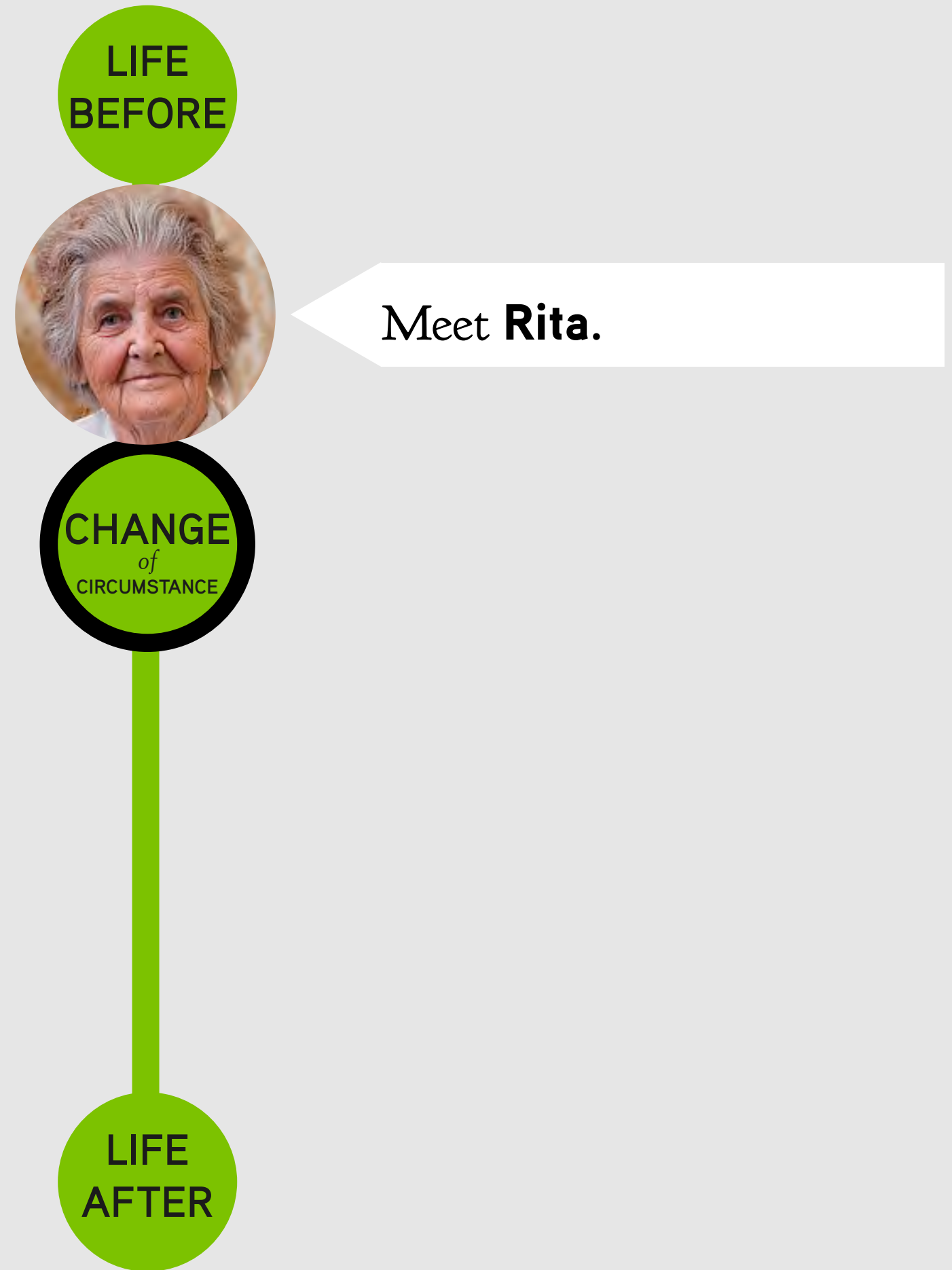
## CARE-INDUCED

Lost connections  
due to move to care  
or sheltered home.



## KNOWLEDGE

Does not know  
services existing due  
to cultural factors.



# *a*STORY*of* ISOLATION

LIFE  
BEFORE



**Rita** had a fall.

LIFE  
AFTER



*a* **STORY** *of*  
**ISOLATION**



**Chris** meets **Rita**.

LIFE  
BEFORE



**Rita** had a fall.

LIFE  
AFTER

*a* **STORY** *of*  
**ISOLATION**



**Chris** meets **Rita**.

LIFE  
BEFORE

**CHANGE**  
*of*  
CIRCUMSTANCE



**Rita** had a fall.

**Rita** hasn't been seen  
out for a while.

LIFE  
AFTER

*a* **STORY** *of*  
**ISOLATION**



**Chris** checks on **Rita**.

**Chris** meets **Rita**.



**Rita** hasn't been seen out for a while.

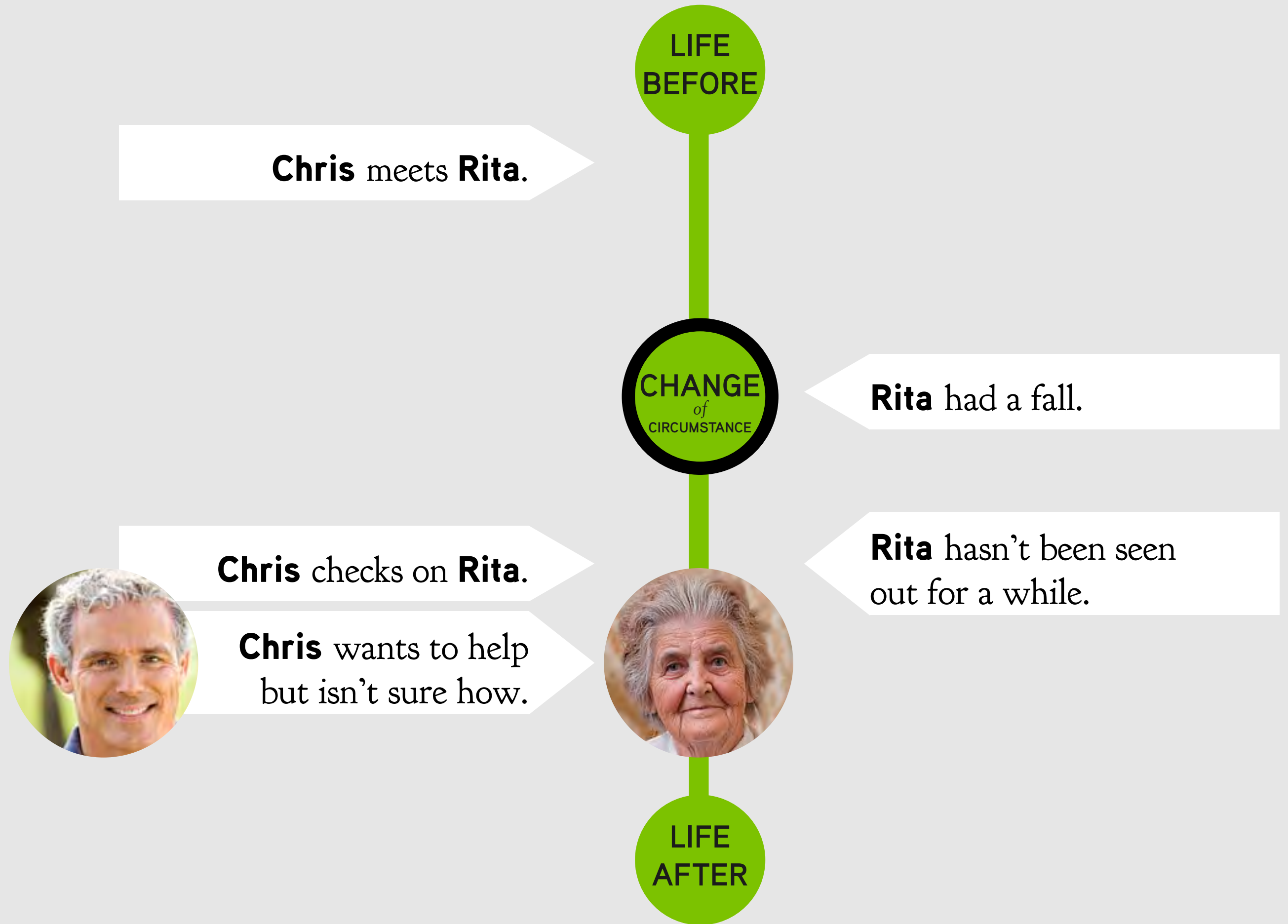
**Rita** had a fall.

**CHANGE**  
*of*  
CIRCUMSTANCE

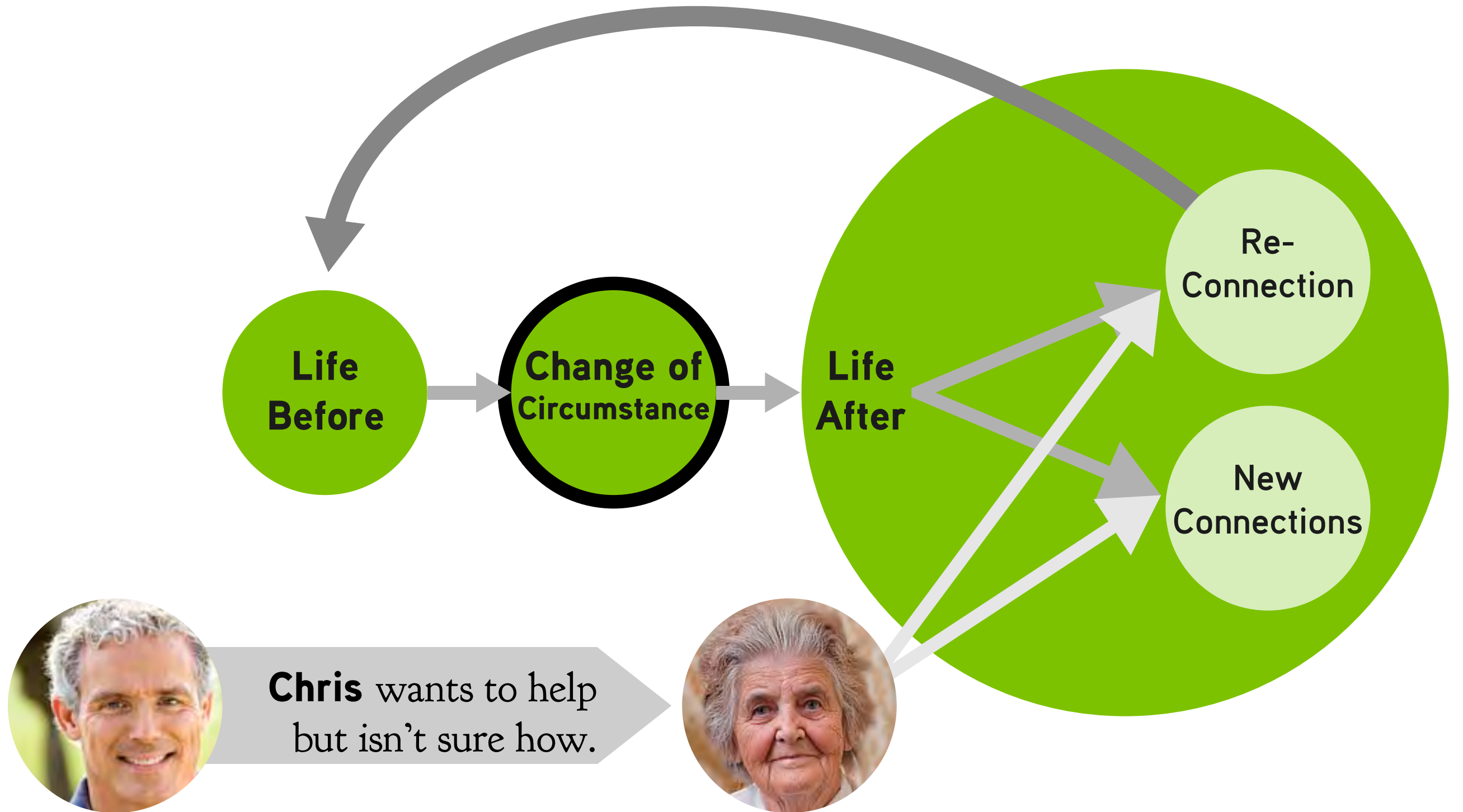
**LIFE**  
**BEFORE**

**LIFE**  
**AFTER**

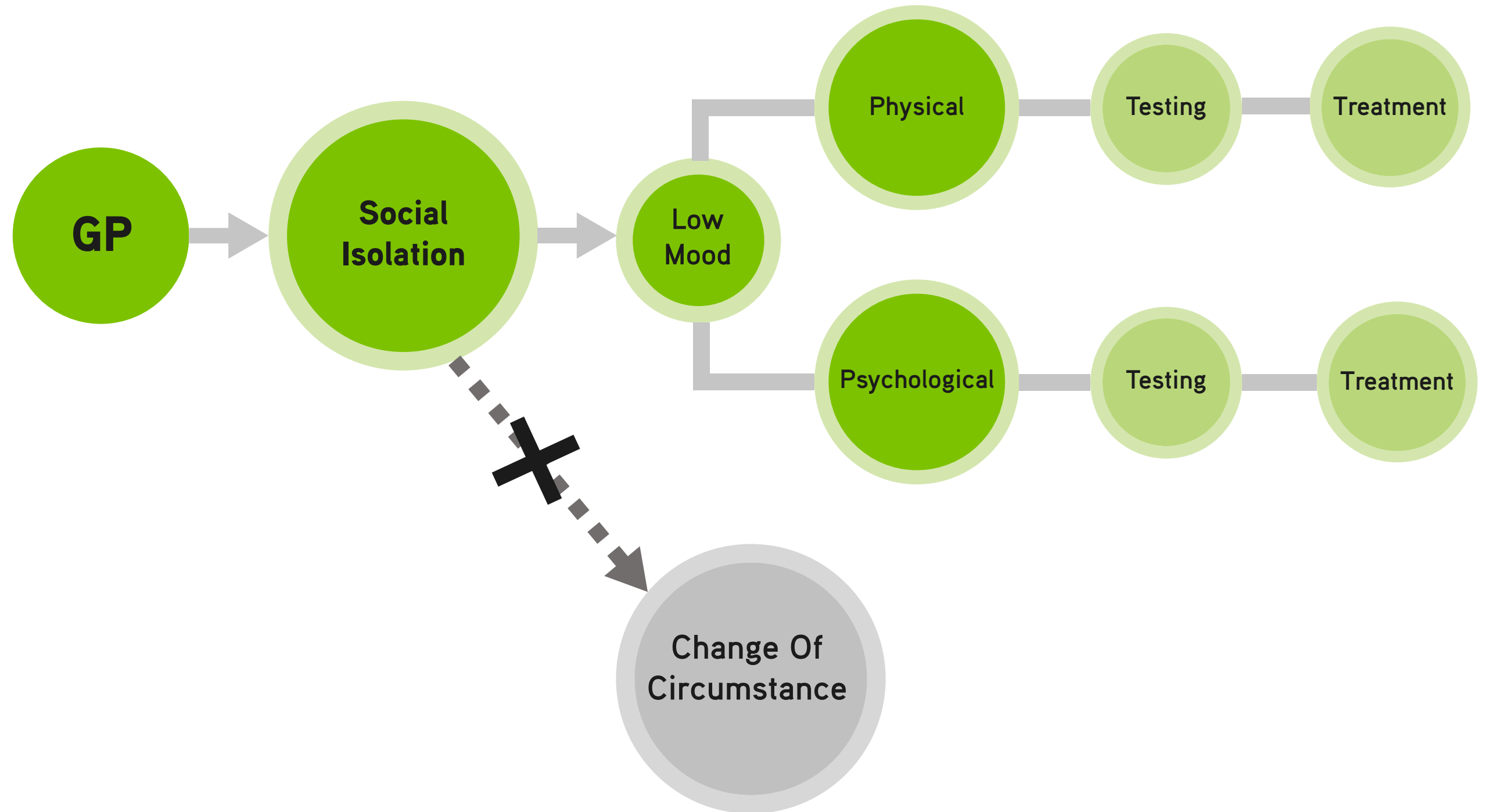
*a* **STORY** *of*  
**ISOLATION**



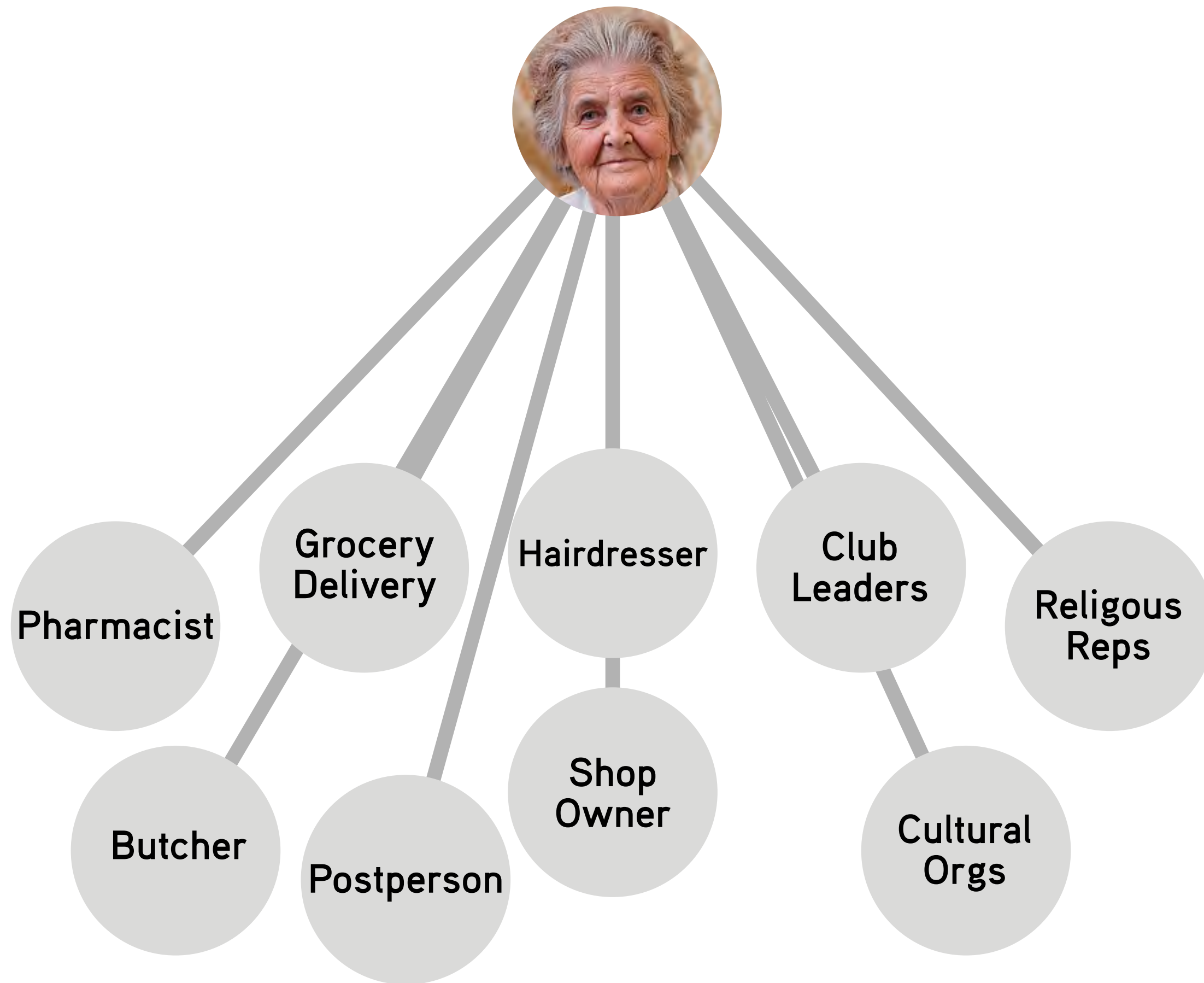
*the* **MAIN PROBLEM**

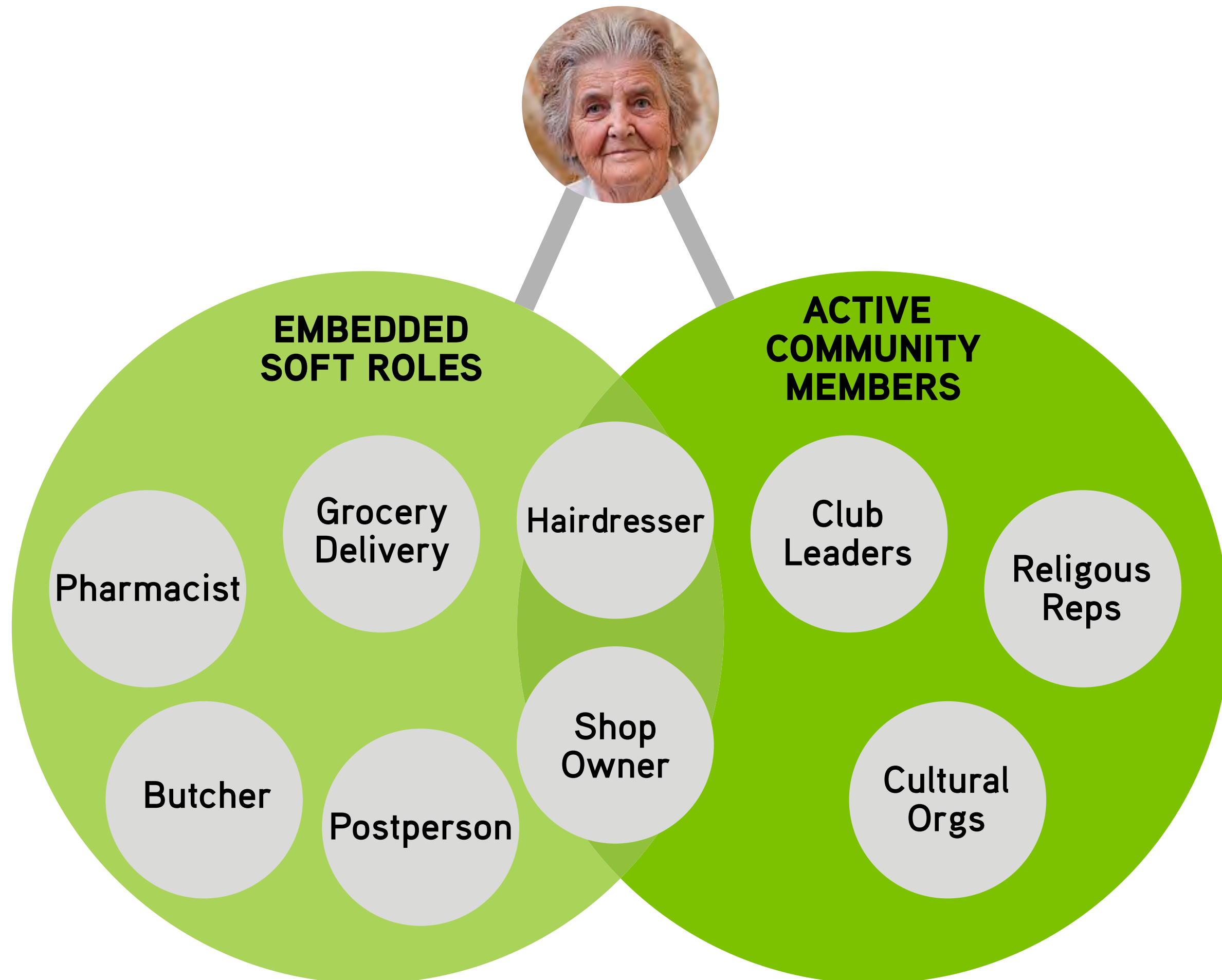


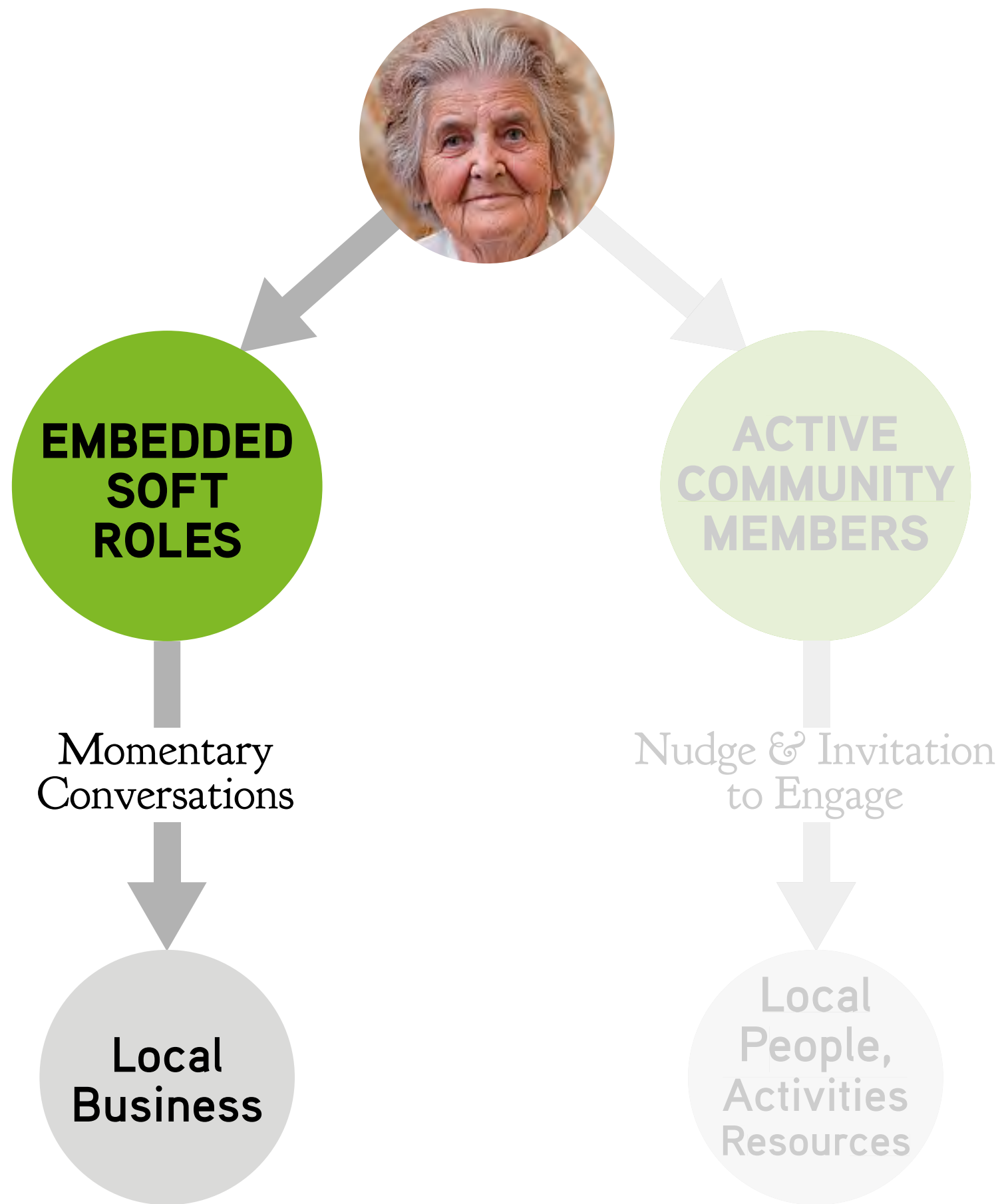
*the* GP  
PROBLEM

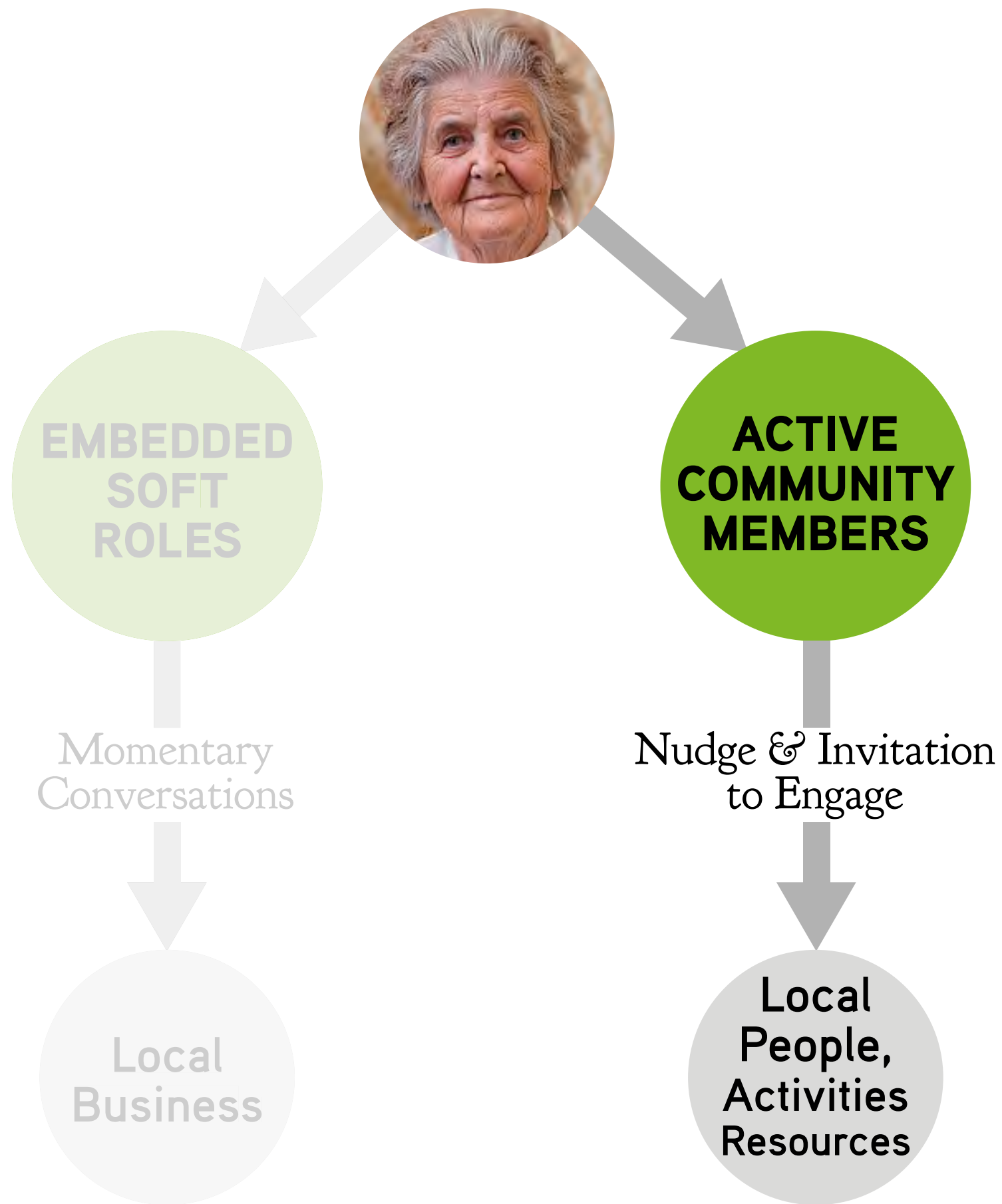


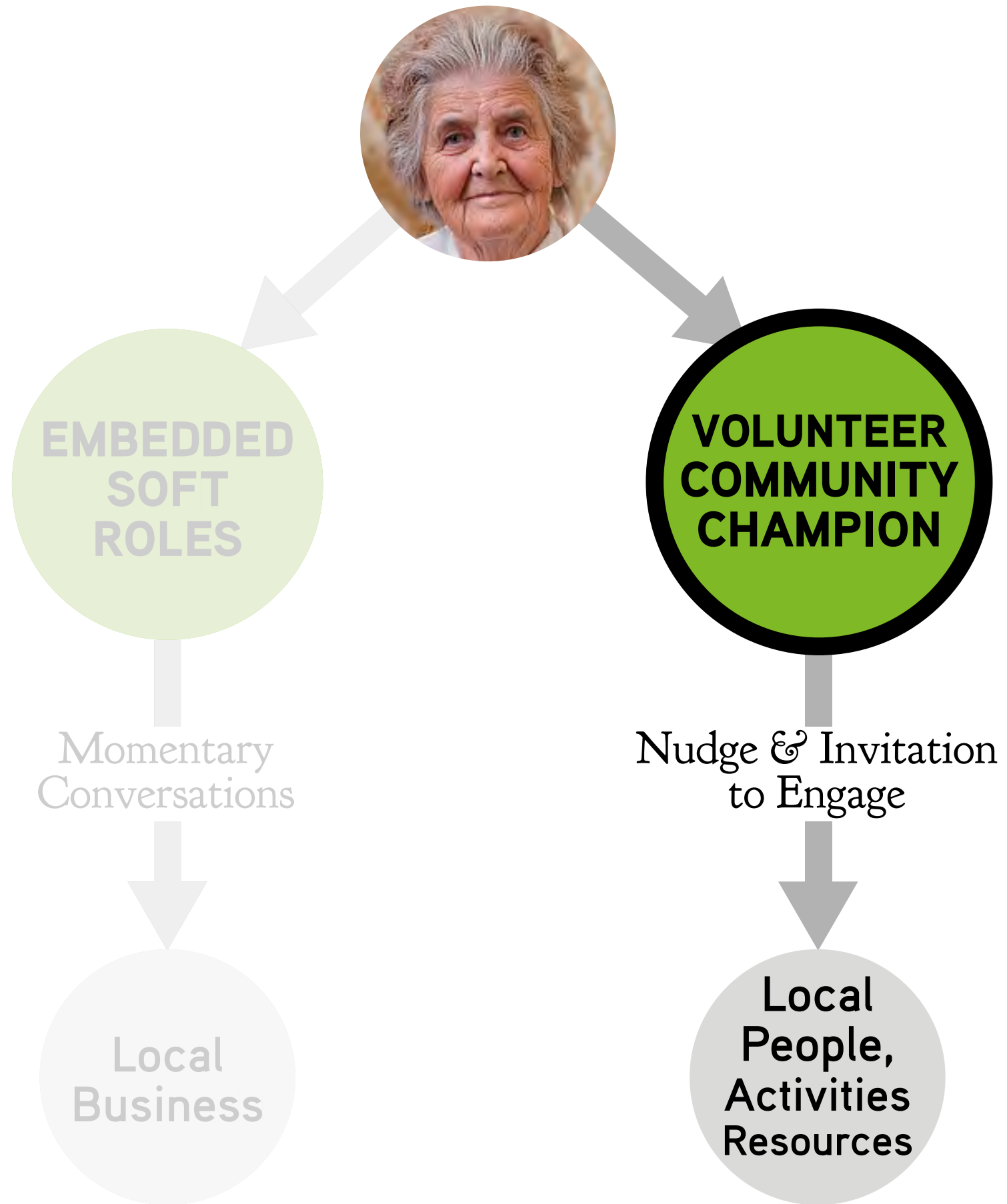












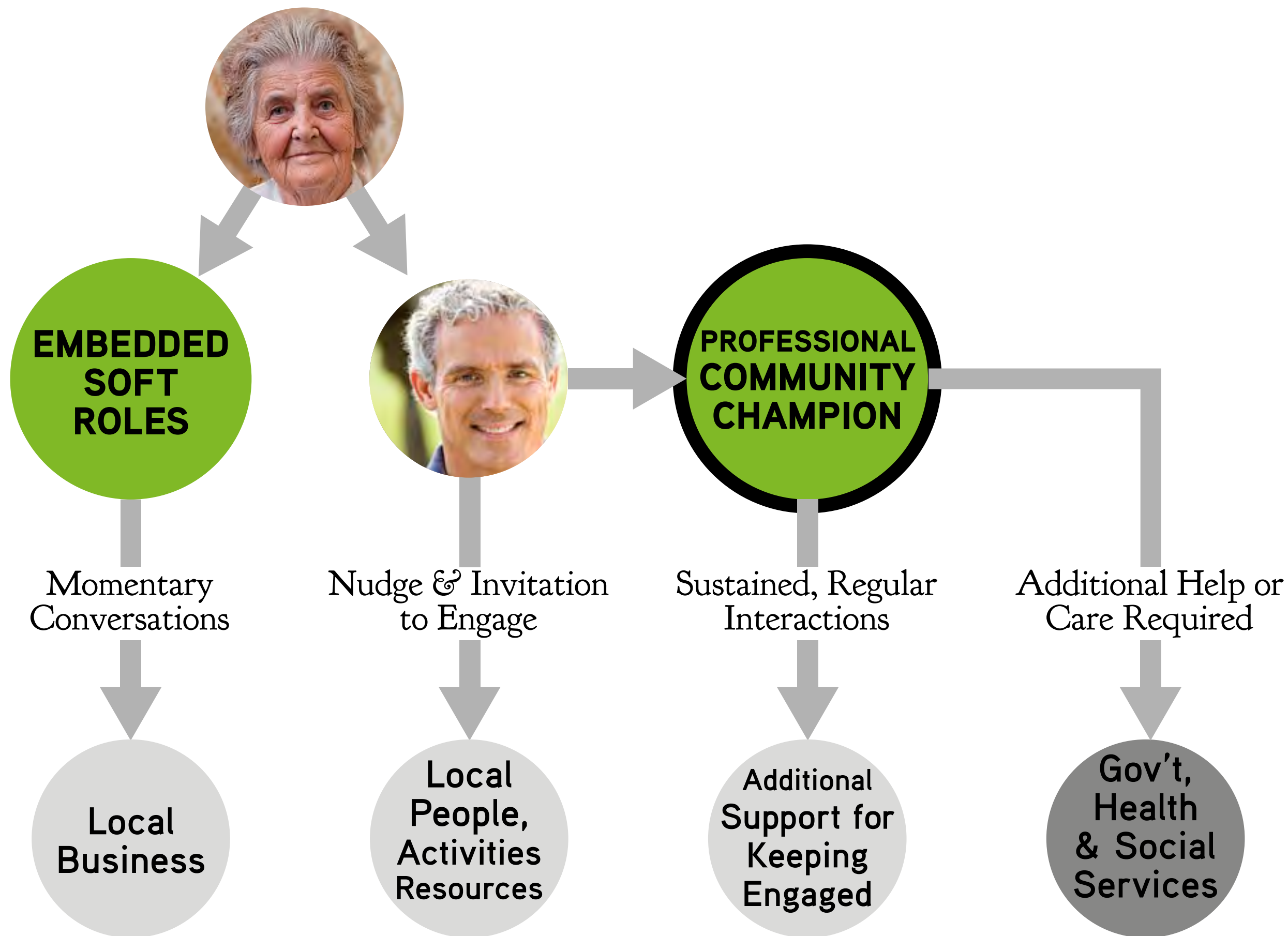
*the*  
**COMMUNITY  
CHAMPION**







*the*  
**COMMUNITY  
CHAMPION**



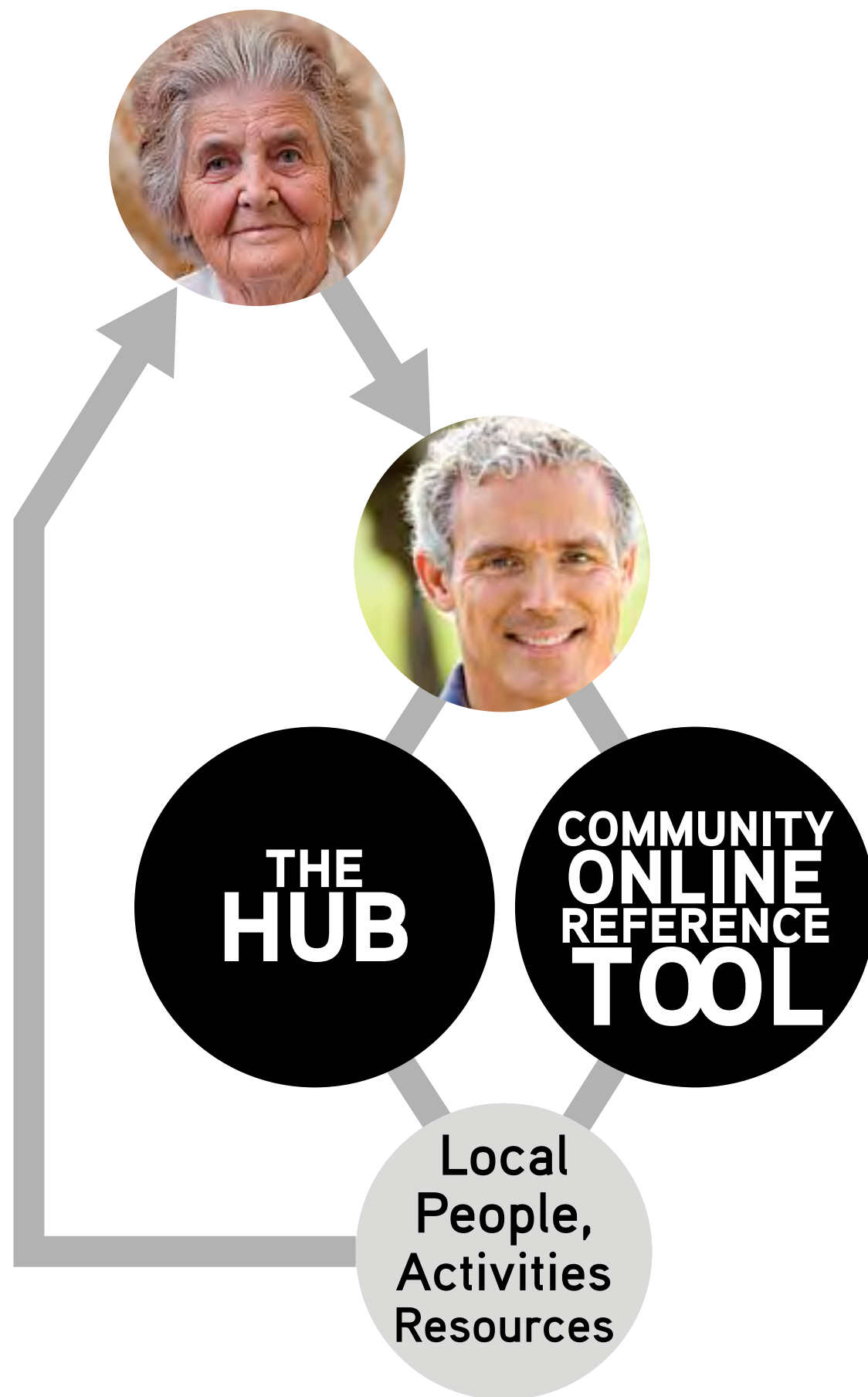


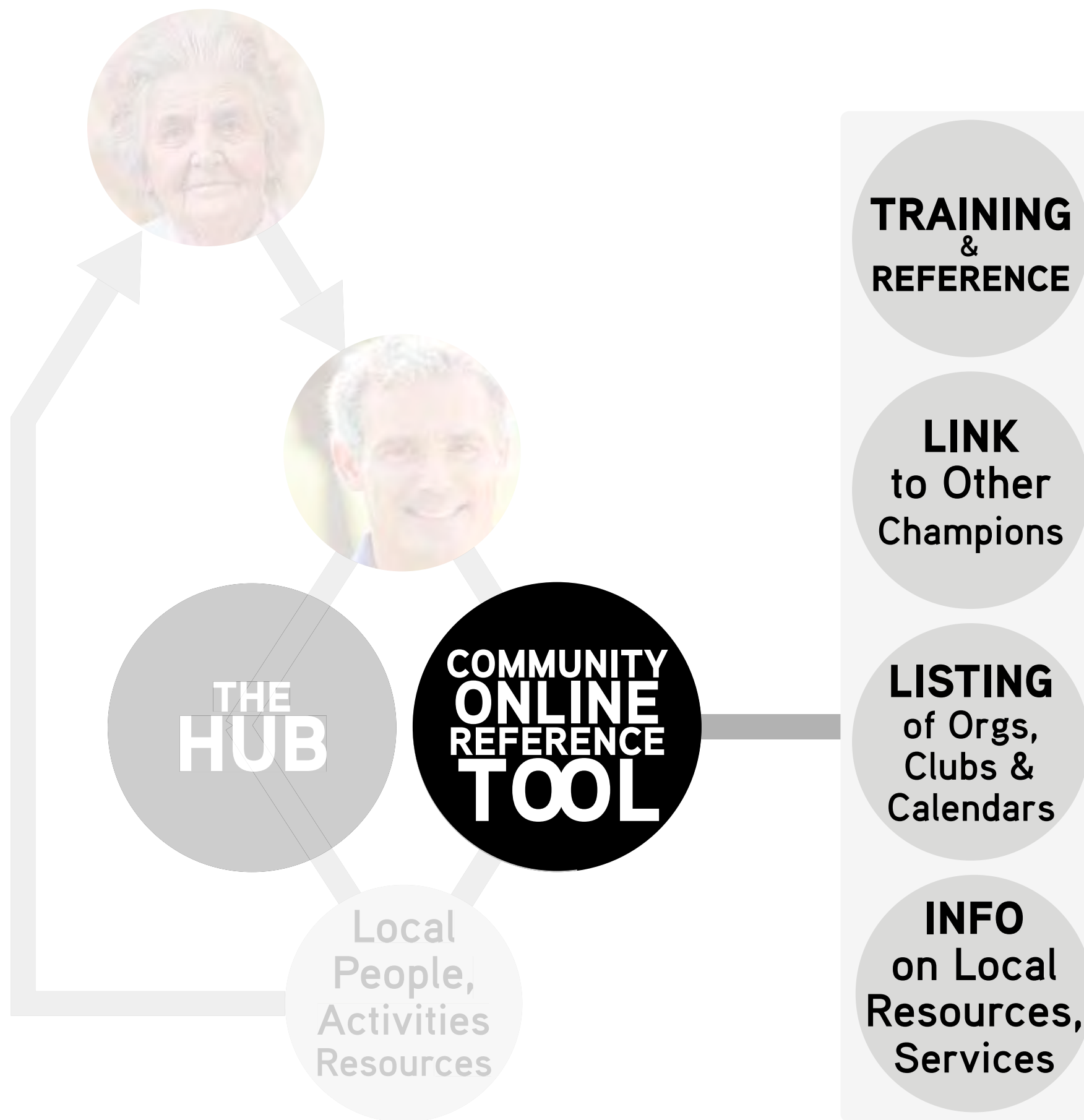
Nudge & Invitation  
to Engage



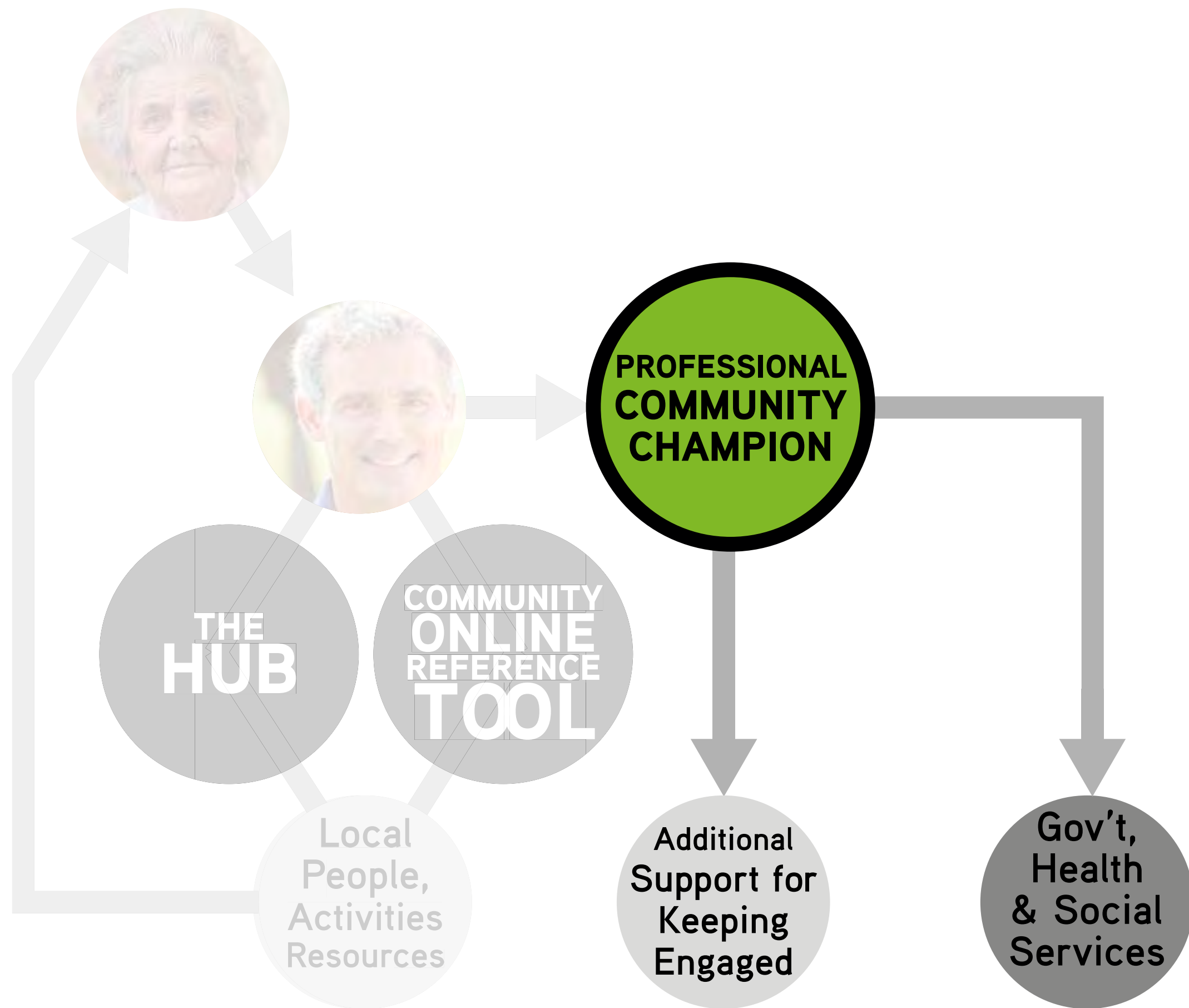
Local  
People,  
Activities  
Resources















**Chris** wants to help  
but isn't sure how.



LIFE  
BEFORE

CHANGE

LIFE  
AFTER

*a***STORY***of*  
**PREVENTION**



**Chris** checks his online  
resources for help.



LIFE  
BEFORE

CHANGE

LIFE  
AFTER

*a***STORY***of*  
**PREVENTION**



**Chris** checks his online resources for help.

**Chris** finds several options to give to **Rita**.

Assisted  
Walking  
Club

Transport  
Help

Knitting  
Club



LIFE  
BEFORE

CHANGE  
*of*  
CIRCUMSTANCE

LIFE  
AFTER

*a* **STORY** *of*  
**PREVENTION**



**Chris** checks his online resources for help.

**Chris** finds several options to give to **Rita**.



**Rita** receives an invite from **Chris**.

Assisted  
Walking  
Club

Transport  
Help

Knitting  
Club

You're  
Invited!

LIFE  
BEFORE

CHANGE  
*of*  
CIRCUMSTANCE

LIFE  
AFTER



*a***STORY***of*  
**PREVENTION**



**Chris** visits later  
and finds **Rita** still  
needs more help.

**Chris** checks his online  
resources for help.

**Chris** finds several  
options to give to **Rita**.



**Rita** receives an invite  
from **Chris**.



**LIFE  
BEFORE**

**CHANGE**  
*of*  
CIRCUMSTANCE

**LIFE  
AFTER**

*a***STORY***of*  
**PREVENTION**

LIFE  
BEFORE

CHANGE  
*of*  
CIRCUMSTANCE

**Chris** checks his online resources for help.

**Chris** finds several options to give to **Rita**.

**Chris** visits later and finds **Rita** still needs more help.



**Chris** introduces **Rita** to the Professional Champion, **Andrew**.



**Rita** receives an invite from **Chris**.



## HEALTH SERVICES

- Less Time & Money from Treating Repercussions

## SOCIAL SERVICES

- Less Referrals from Cases of People Deteriorated Due to Isolation.

## OLDER PEOPLE

- Well-Informed of what resources are available.
- Reconnected to Other Generations and the Community.

## GREATER COMMUNITY

- Armed with knowledge to help those around them.
- Empowered members build a stronger, safer neighbourhood.

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**FUTURE  
BENEFITS**

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