



Circle of Care
Sinai Health

How to Effectively Maintain and Develop Social Relationships as You Age

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Introduction



Anna Siciliano, Social Worker

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Social Worker Care Navigator providing care navigation to clients from both rehabilitation and transitional care units



Objectives

1

Understand the Prevalence of Social Isolation Among Older Adults

2

Screening for Social Isolation and Mitigating Approaches

3

Resources for Building and Strengthening Relationships

Differences of Social Isolation and Loneliness

LONELINESS

The way someone *perceives* their situation, one can still feel lonely despite having supportive people in their life

SOCIAL ISOLATION

A lack of social engagement affecting the individual's psychological; cognitive, and medical health

The Prevalence of Social Isolation

What are the Facts?

According to a study conducted by the *National Senior Counsel*

50% of adults over the age of 80
report feeling lonely

17% report
feeling
excluded

16% report
feeling
isolated

Impacts of Social Isolation

INDIVIDUAL

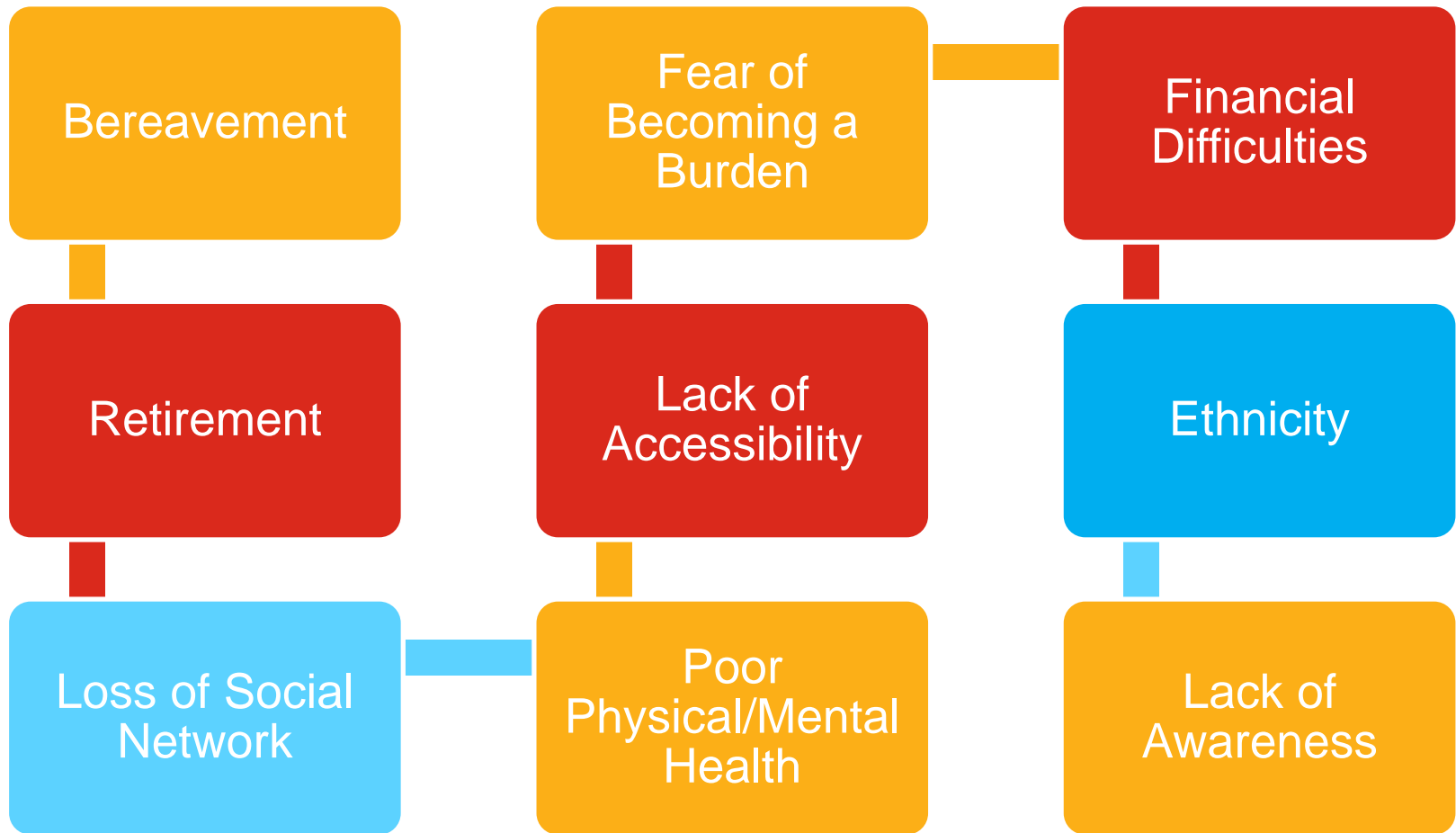
- Increased prevalence of depression and anxiety
- Decreased social skills
- Impacts to self-esteem and self-confidence
- Negative implications on access to healthcare
- Negative health behaviours:
 - Substance misuse
 - Falls
 - Inactivity/sedentary lifestyle
 - Poor diet

COMMUNITY

- Stressors on Healthcare Systems
- Visits to the Emergency Departments
- Impacts to Social Cost
- Increased marginalization
- Risk factor for Elder Abuse



9 Risk Factors to Identify Social Isolation



Who is at Greater Risk?

- In adapting a client-centered perspective, it is vital to recognize when clients may be at a heightened risk
- The Canadian Government has highlighted who may be further at risk for social isolation

LGBTQ Older Adults

- About 50% of LGBTQ seniors are not in a marital relationship
- May be living alone
- May not have children
- Feelings of being unwelcomed at seniors programs

Indigenous Older Adults

- Lack of resources in rural communities
- Lack of resources that preserve Indigenous Culture
- Impact of Colonization: Indigenous seniors remain socially disadvantaged (economically, food security etc.)

Recent Immigrants or Refugees

- 63% of Immigrant seniors report that they do not speak English
- Challenges with Settlement
- Limited connectedness to community

Social Activation at Home

Friendly Visiting Services

In-home volunteer visits

Millenium Support

- (416) 925-4417

The Second Mile Club

- (416) 597-0841

St. Paul's L'Amoureux Center

- (416) 493-3333

VON- Greater Toronto Area

- 1 (866) 817-8589

Friendly Phone Calls

Phone well-being checks

Circle of Care

- (416) 635-2860

Better Living Health and
Community Services

- (416) 447-7244

Baycrest Senior Support
Program

- (416) 785- 2500 ext. 2223

North York Senior Center

- (416) 733-4111

Social Activation in the Community

Adult Day Programs

Supervised programming to
older adults

- Circle of Care, Sinai Health System
- Baycrest Health Sciences
- SPRINT Senior Care
- WoodGreen Community Services
- Dixon Hall Neighbourhood Services

Congregate Dining

Socialization with others
with provided meals

- West Toronto Support Services
- The Second Mile Club
- West Neighborhood House
- Millennium Support

Resources for Accessibility

Transportation Services

Assisted Transportation

Circle of Care -iRide

- 1-844-474-3301

SPRINT Senior Care

- (416) 481-6411

Harmony Hall for Seniors

- (416) 752-8868

CANES Community Care

- (416) 743-3892

Toronto Ride

Community Companion

Accompaniment Services

Spectrum

- 1-844-422-7399
- Accompany to events, errands or doctor's appointments

WoodGreen Community Services and Wellness for Seniors

- (416) 572- 3575
- Accompaniment to doctor's appointments

Lifelong Learning Resources

George Brown College

- 20% Discount for Continuing Education Courses

Toronto District School Board

- Provide Continuing Education and Daytime Workshops to Seniors

Ryerson University

- LIFE Institute

University of Toronto – Later Life Learning

- Non-Profit Educational Program for Retired Seniors

Humber College

- Offer Tuition Discounts for Seniors 65+

Baycrest Health Sciences Technology

- The Technologies for Aging Gracefully Lab in Partnership with University of Toronto

COVID-19 Considerations

- Virtual Resources –online support groups for clients and caregivers (i.e., Circle of Care, Alzheimer’s Society of Toronto)
- *Breezy* Senior Friendly Tablets(IT support/internet)
- Virtual Falls Prevention and Exercise Classes
- Virtual Counselling
- Phone Pal
- Virtual Adult Day Programs
- Virtual Music Therapy at Baycrest Health Sciences

Resources

- Toronto Seniors Helpline @ 416-217-2077
➤ torontoseniorshelpline.ca
- www.centralhealthline.ca
- www.torontocentralhealthline.ca

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