

# Let's Talk

Isolation and Loneliness Among Seniors

# **What is Social Isolation?**



**Approximately 1000 people  
turn 65 each month  
in Nova Scotia.**

# Impacts of Social Isolation

Lower general  
well-being

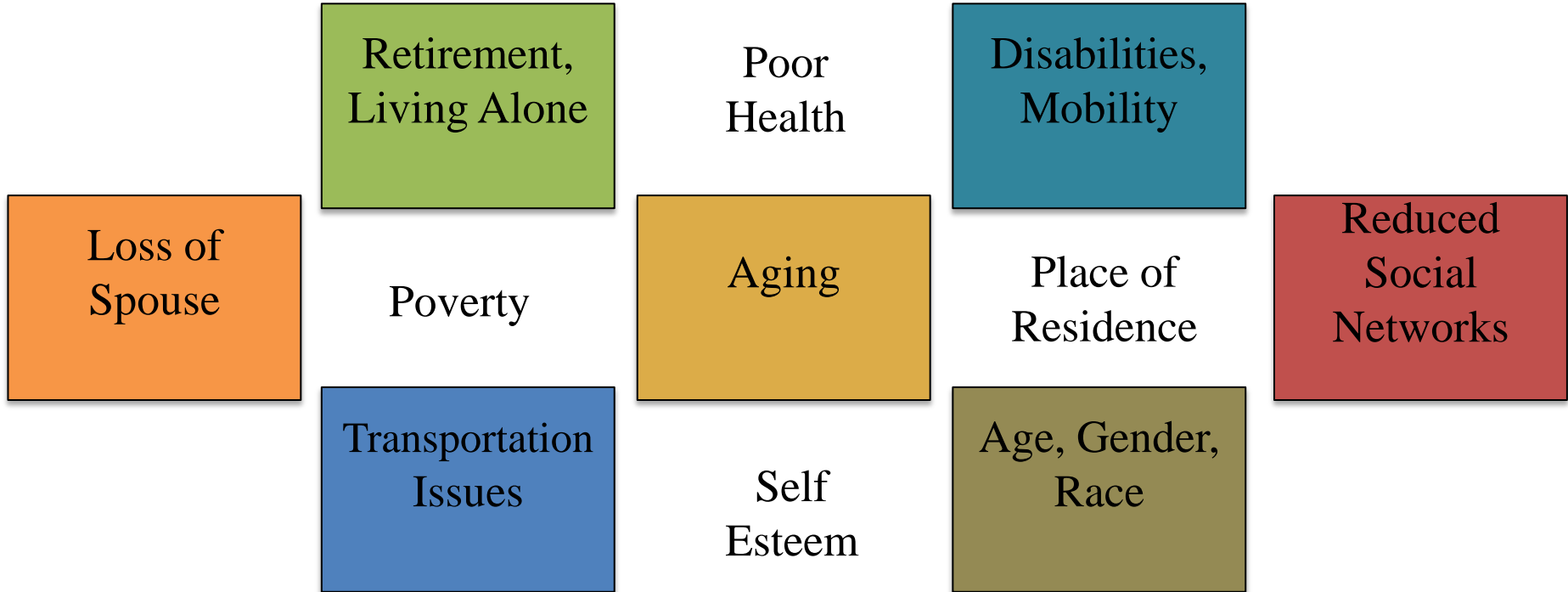
Higher level of  
disability from  
chronic  
diseases

Increased rates  
of premature  
death

Higher  
depression  
rates

Increased use  
of social and  
health services

# Risk Factors



# Why We Did This Work



- ✦ Social Isolation
- ✦ Loneliness
- ✦ Depression
- ✦ Mental Health
- ✦ Crime Prevention Challenges
- ✦ Elder Abuse
- ✦ Poor Overall Health

# Who Did The Work

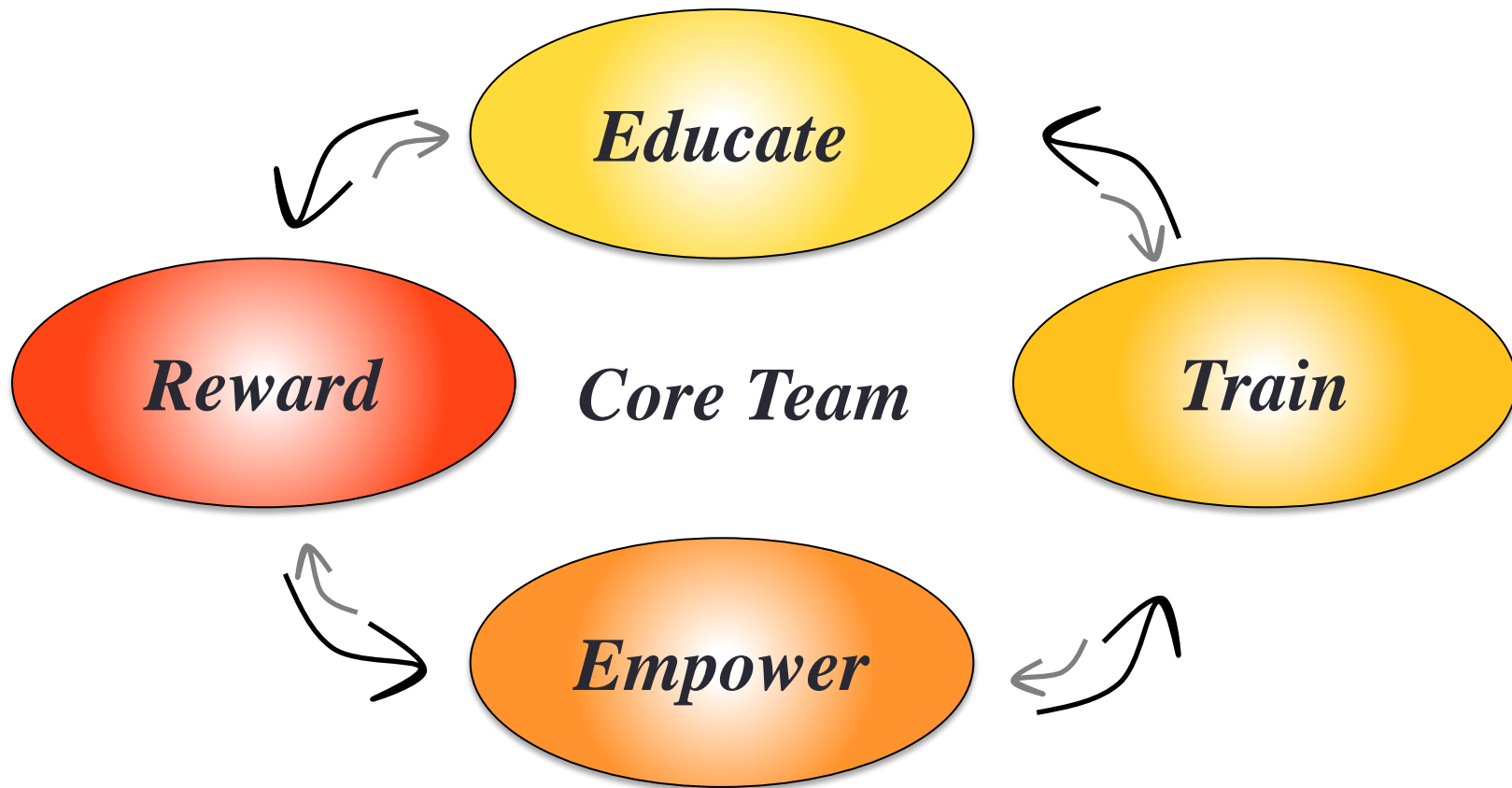
In the Fall of 2014 **Community Links, Senior's Outreach** and **Pictou County Municipalities Crime Prevention Association (PCMCPA)** partnered to engage older adults in safe and welcoming conversations about their quality of life in Pictou County.

# Funding



Funding was received from the Pictou West and Pictou Central and East Community Health Boards



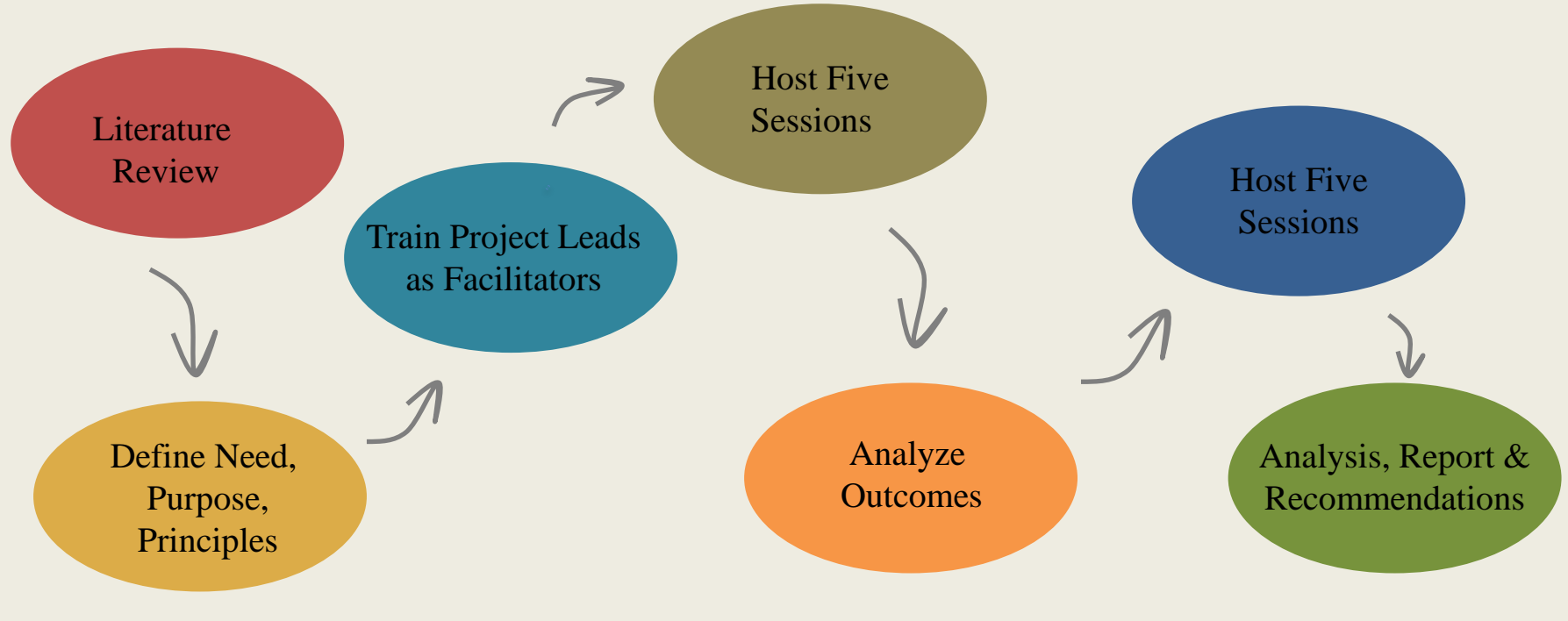


# Sessions



1. 2<sup>nd</sup> Baptist Church
2. Public Health Building
3. River John
4. Bridgeville
5. Pictou Landing First Nation
6. Pictou New Horizons
7. Lismore
8. Caribou River
9. West Branch
10. New Glasgow Library

# Planning Process



# Project Goals

Understand challenges  
faced by seniors  
in the community

Map services  
seniors access  
(or reasons why they  
cannot access those  
services)

Empower seniors to  
increase their capacity  
to lead healthy and  
safe lives

# Need and Principles

We must engage older adults in a meaningful and safe way, and hear their stories to empower them to help create a safe and healthy community.

## **We must be:**

- ☑ Innovative
- ☑ Welcoming
- ☑ Respectful
- ☑ Impactful
- ☑ Transparent
- ☑ Supportive

# Process / World Café



# World Café Questions

What do you  
vision as a safe  
and healthy  
community?

What supports  
do you access  
in your  
community?

What makes it  
difficult for  
you to  
participate?

What are the  
opportunities as  
we age together?

What is one  
thing you are  
taking away  
from today?

# Visioning: Top Responses

Accessible & affordable

Open communication

Strong relationships with family, friends and neighbours

Strong sense of community

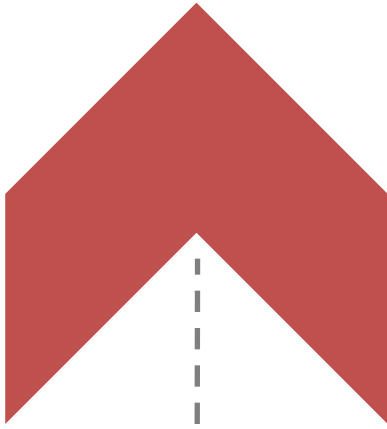


# Supports: Top Responses

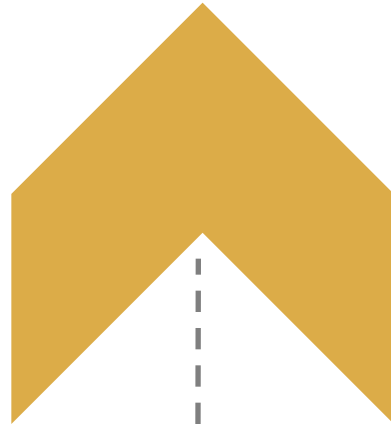


- ✦ Resources and services including police, fire, EMS and churches
- ✦ Family, friends and neighbours
- ✦ Health and health care services
- ✦ Communication supports, including education and awareness

# Challenges: Top Responses



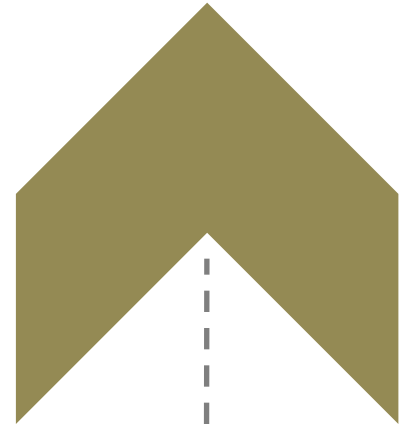
Accessibility &  
Transportation



Poor self-esteem  
& Mental health



Lack of health  
& Health care



Cost of services  
& Healthy food

# Opportunities: Top Responses



- Advocacy and improvement in people's attitudes
- Communication, skill & knowledge share
- Volunteerism
- Community building, integrating elders

# Project Recommendations



**Asset Mapping**

**Population Health**

**Storytelling and Communication**

**Advocacy**

# Emerging Results



Elders Circle in Pictou Landing

‘Meals on Wheels’ program  
in Bridgeville



# Shifting How we THINK

Think differently about how change can happen to create healthy and safe communities.

Shift the attitude from ‘someone has to do something for us’ to  
**‘WE CAN DO SOMETHING FOR US’**

# Further Information

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