# Social Isolation in Later Life

## Last reviewed January 2020

### Report on the Social Isolation of Seniors

https://www.canada.ca/en/national-seniors-council/programs/publications-reports/2014/social-isolation-seniors/page05.html

This report by the Government of Canada provides an overview of the impact of social isolation on the quality of life and well-being of older adults. Risk factors, prevention and research are discussed. **(OPEN ACCESS)**

### Scoping Review of the Literature Social Isolation of Seniors

http://epe.lac-bac.gc.ca/100/201/301/weekly_checklist/2015/internet/w15-10-F-E.html/collections/collection_2015/edsc-esdc/Em12-7-2014-eng.pdf

This review consulted with Canadian stakeholders to assess how social isolation affects older adults and to explore prevention and reduction strategies in Canada. **(OPEN ACCESS)**

### Social Isolation of Seniors – Volume 1: Understanding the Issue and Finding Solutions  http://www12.esdc.gc.ca/sgpe-pmps/servlet/sgpp-pmps-pub?lang=eng&curjsp=p.5bd.2t.1.3ls@-eng.jsp&curactn=dwnld&pid=55837&did=4964&_ga=2.101950082.2045183926.1529417590-1878612679.1529417590

This report for the Federal, Provincial and Territorial Ministers Responsible for Seniors (Canada) provides an introduction to the issue of social isolation, how to prevent and address social isolation and suggestions for next steps. **(OPEN ACCESS)**

### Social Isolation of Seniors – Volume 2: Ideas Exchange Event Toolkit

https://www.canada.ca/en/employment-social-development/corporate/partners/seniors-forum/social-isolation-toolkit-vol2.html

This toolkit was prepared by Dr. Penny MacCourt for the Federal, Provincial and Territorial Forum of Ministers Responsible for Seniors (Canada). It includes ideas and examples of exchange events, suggestions for next steps, instructions for facilitators, tools, an event planning checklist, sample invitation, key presentation slides, event feedback form, reporting template and more. **(OPEN ACCESS)**

### Reducing Social Isolation and Loneliness in Older People: A Systematic Review Protocol  https://bmjopen.bmj.com/content/7/5/e013778

This systematic review aimed to evaluate the impact of health promotion interventions on social isolation and/or loneliness for older adults. **(OPEN ACCESS)**

### Addressing Social Isolation Among Immigrant and Refugee Seniors

https://spheru.ca/publications/files/SI_NIRS%20Programs%20Scan_18June2017final.pdf

This environmental scan provides an overview of national, provincial and community level programs and services developed and delivered to prevent or reduce social isolation for immigrant and refugee seniors in Canada. **(OPEN ACCESS)**

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### Who's at Risk and What can be Done About it? A Review of the Literature on the Social Isolation of Different Groups of Seniors
http://publications.gc.ca/collections/collection_2017/edsc-esdc/Em12-26-2017-eng.pdf
This Canadian review looked at the literature focused on different groups of vulnerable older adults to identify promising strategies to address social isolation. **(OPEN ACCESS)**

### Social Isolation of Seniors: A Focus on Indigenous Seniors in Canada
http://publications.gc.ca/collections/collection_2018/edsc-esdc/Em12-51-2018-eng.pdf
This supplement to the Social Isolation of Seniors toolkit is intended to help organizations and service providers adopt approaches to help Indigenous seniors strengthen human connections. **(OPEN ACCESS)**

### Social Isolation of Seniors: A Focus on New Immigrant and Refugee Seniors in Canada  http://epe.lac-bac.gc.ca/100/201/301/weekly_acquisitions_list-ef/2018/18-48/publications.gc.ca/collections/collection_2018/edsc-esdc/Em12-52-2018-eng.pdf
This supplement to the Social Isolation of Seniors toolkit is intended to help organizations and service providers adopt approaches to help new immigrant and refugee  seniors strengthen human connections. **(OPEN ACCESS)**

### Age-Friendly Initiatives and Immigrant Seniors: Addressing Social Isolation Using Technology  https://academic.oup.com/innovateage/article/2/suppl_1/168/5169059
The authors conducted a mixed-methods study consisting of surveys and focus groups led by native language speakers with Cantonese and Mandarin speaking older adults in Toronto to understand their lived experiences to improve age-friendly initiatives to promote greater social participation. **(OPEN ACCESS)**

### The Impact of Technology on Older Adults' Social Isolation
https://www.sciencedirect.com/science/article/pii/S0747563216304289
This article describes a systematic literature review of empirical studies on the effectiveness of technologies in alleviating social isolation among older adults. **(PAID ACCESS)**

### Development and Evaluation of a Mobile Application Suite for Enhancing the Social Inclusion and Well-Being of Seniors
https://www.mdpi.com/2227-9709/4/3/15
This paper discusses the development and evaluation of Senior App Suite a system created for assisting seniors' personal independence and social inclusion. **(OPEN ACCESS)**

### How Age-Friendly Communities can Reduce Social Isolation
http://chnet-works.ca/index.php?option=com_rsevents&view=events&layout=show&cid=385%3A464-how-age-friendly-communities-can-reduce-social-isolation--la-facon-dont-les-collectivites-amies-des-aines-peuvent-aider-a-reduire-lisolement-social&Itemid=6&lang=en
This pdf presentation and audio recording of a webinar hosted by the Canadian Gerontological Association, Public Health Agency of Canada and Canadian Health Human Resource Network reviews demographic and health, psychological and community level approaches to addressing social isolation in older adults. **(OPEN ACCESS)**

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### Older Adults and Social Isolation – Is There Still a Role for Community Drop-In Seniors' Centres? https://academic.oup.com/innovateage/article/1/suppl_1/1030/3900881
The authors discuss the findings from a community-based study examining social isolation among rural older adults in Saskatchewan, Canada. **(OPEN ACCESS)**

### Loneliness and Social Isolation Among Older Adults in a Community Exercise Program: A Qualitative Study
https://www.tandfonline.com/doi/abs/10.1080/13607863.2018.1450835?journalCode=camh20
This article shares the findings of a qualitative evaluation undertaken to gain insight into the experience and impacts of the "Walk 'n' Talk for our Life" community-based program of socialization, health education, falls prevention exercise and walking on seniors' loneliness and social isolation. **(PAID ACCESS)**

### Preventing Social Isolation in Later Life: Findings and Insights from a Pilot Queensland Intervention Study
https://www.cambridge.org/core/journals/ageing-and-society/article/preventing-social-isolation-in-later-life-findings-and-insights-from-a-pilot-queensland-intervention-study/09D84ADE5655B690ABC5C503F96174F0
This article reports on the challenges of attempting to undertake a rigorous evaluation of three demonstration pilot projects targeting older adults at risk of social isolation, conducted within different social settings in Queensland, Australia. **(PAID ACCESS)**

### Development of a Community's Self-Efficacy Scale for Preventing Social Isolation Among Community-Dwelling Older People (Mimamori Scale)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5127097/
The study described aimed at developing the Community's Self-Efficacy Scale (CSES: Mimamori scale in Japanese) for community members preventing social isolation among older people. **(OPEN ACCESS)**

### Impact of Educational Qualification on Social Support, Social Isolation and Social and Emotional Loneliness: A Study of Senior Citizens
https://www.pjpbsicp.com/index.php/pjpbs/article/view/14
This study aimed to investigate the impact of educational qualification on social support, social isolation and loneliness among older people. **(OPEN ACCESS)**

### Social Isolation, Health Literacy, and Mortality Risk: Findings from the English Longitudinal Study of Ageing https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5794512/
The objective of this study was to investigate the relationships between social isolation, health literacy, and all-cause mortality, and the modifying effect of social isolation on the latter relationship. **(OPEN ACCESS)**

### Impact of Social Isolation on Behavioural Health in Elderly: Systematic Review
https://www.wjgnet.com/2220-3206/full/v5/i4/432.htm
The aim of this systematic review was to examine and compare the effects of subjective social isolation on behavioural health in elderly adults. **(OPEN ACCESS)**

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### The Impact of Social Isolation on the Health Status and Health-Related Quality of Life of Older People  https://link.springer.com/article/10.1007%2Fs11136-010-9717-2
The purpose of the study described was to investigate health status and health-related quality of life in socially isolated older adults and those at risk of social isolation as well as the relationship between social isolation and health status and health related quality of life. **(OPEN ACCESS)**

### Social Isolation and Multiple Chronic Diseases After age 50: A European Macro-Regional Analysis  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6200202/
In this paper the authors examined whether there was an increase in the tendency of being diagnosed with chronic illness due to a decrease in social relationships among elderly Europeans. **(OPEN ACCESS)**

### Social Isolation, Loneliness in Older People Pose Health Risks
https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks
This article explores the differences between social isolation and loneliness, their mechanisms and risk factors as well as how to help older people with these issues. **(OPEN ACCESS)**

### Associations Between Sensory Loss and Social Networks, Participation, Support and Loneliness  https://www.cfp.ca/content/cfp/64/1/e33.full.pdf
This article describes findings from an investigation using data from the Canadian Longitudinal Study on Aging. **(OPEN ACCESS)**

### Older Adults' Social Relationships and Health Care Utilization: A Systematic Review
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5844393/?report=reader
The authors sought to determine whether social relationships are associated with older adults' use of health services, independently of health-related needs. **(OPEN ACCESS)**

### Preventative Health Services Utilization in Relation to Social Isolation in Older Adults  https://link.springer.com/article/10.1007/s10389-017-0815-2
This study examined the utilization of preventative health services in relation to social isolation among older adults in Europe. **(PAID ACCESS)**

### "I Feel Trapped": The Tension Between Personal and Structural Factors of Social Isolation and the Desire for Social Integration Among Older Residents of a High-Crime Neighborhood  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5881710/
The objective of this study was to examine the factors contributing to social isolation of older residents of a high-crime neighborhood through an in-depth examination of lived experiences. **(OPEN ACCESS)**

### Patterns of Objective and Subjective Social Isolation in Senior Housing
https://academic.oup.com/gerontologist/article/55/Suppl_2/435/2487310
The purpose of the study described was to determine the extent of objective and subjective isolation in two senior housing communities and to determine their impact on health. **(OPEN ACCESS)**

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