

# AVOID Frailty

## How Interacting With Others Can Reduce Risk

### Take Home Messages

Social connections and interactions with friends, family, colleagues, and community groups improve health, well-being and longevity. People who participate in activities with others may live longer, be in a better mood, and feel more valued. Participating in social activities can increase the sense of well-being and may improve memory function, thinking, and decision-making abilities.

Lack of Interactions can lead to social isolation and loneliness. **Social Isolation and loneliness** can negatively impact older adults' physical health, mental health, and increase their health services use.

**Older adults are more vulnerable** if they:

- Over 80 years old and living alone
- Have compromised health status, including multiple chronic health problems
- No children or contact with family
- Lacking access to transportation, housing, and health care services
- Living with low income
- Changing family structures or migrating
- Caregivers themselves
- Are part of a vulnerable group such as indigenous, immigrants, or LGBTQ2S+

**COVID-19 Pandemic** increased the risk of Social Isolation and Loneliness:

- Public Health measures were implemented (e.g. lockdowns, physical distancing) to minimize spread of the virus
- Many services, clubs, volunteer organizations shutdown or reduced access
- Feeling of potential ageism emerged (social exclusion, internalized feeling of being devalued, and a burden)
- Bereavement processes were altered due to loss of normal grieving outlets and without usual support systems

For older adults to prevent and reduce social isolation, it is important to maintain levels of social engagement that they are comfortable with.



Older adults can **stay active** and **increase their social engagement** by:  
Informal Relationships

- Plan regular visits with family and friends
- Be willing to make friends
- Caremongering
- Engage in conversations with neighbours, store clerks or bank tellers
- Register to receive ‘sunshine calls’
- Consider adopting a pet

### Group Activities

- Volunteer
- Visit local seniors centre
- Attend fitness classes
- Join a book club or hobby group
- Participate in intergenerational programming
- Attend your religious congregation services in person/online

### Connect via Phone/Computer

- Join a Seniors' Centre Without Walls program
- Take an online educational or fitness class
- Connect with friends and family on social media/phone
- Virtually visit a museum or other attractions
- Plan online games with friends

### Talk to Someone

- Talk and consult with your health care provider if you feel lonely and utilize resources that are available to you

### **Tips for Taking Control**

- Set realistic goals
- Build upon your existing preferences and local resources
- Integrate changes into normal activities
- Work with “buddies” and support network
- Make it fun
- Celebrate and recognize achievements
- Appreciate it takes time to create a “habit”



## **South East Ontario Services and Programs**

- **Senior activities and programs run by the City of Kingston**

### *Artillery Park Aquatic Centre*

382 Bagot St. Kingston, phone: 613-546-4291, ext. 1700

- Fitness/wellness classes
- Fitness Centre/Cardio/Strength Training/Open Gym
- Pickleball
- Badminton
- Aqua Fit, Swim Lanes
- Fee assistance programs

### *INVISTA Fitness & Wellness Centre*

1350 Gardiners Rd., phone: 613-546-4291, ext. 1800

- Adult/Senior Skate
- Fitness/Wellness Classes
- Fitness Centre/Cardio/Strength Training
- Hearts in Action Cardiac Rehab Support
- Walk On
- General interest programs

<https://www.cityofkingston.ca/residents/recreation/age-groups/seniors>

- **YMCA of Eastern Ontario** – offer membership for joining in person individual and group senior classes.

*Brockville YMCA* – 345 Park Street, phone: 613-342-7961

*Kingston YMCA* – 100 Wright Crescent, phone: 613-546-2647

- Senior Fit/Sit Fit – a personal trainer will give you a full body workout
- Yoga/Chair Yoga - allows you to relax and decompress in a class
- Zumba - a Latin-inspired dance-fitness class
- Pilates - an emphasis on the abdominal and back muscles
- GTB (Gentle Total Body) – a total body workout
- Swimming - lane swim, AquaFit
- Total Life Care specialty program

[eo.ymca.ca/](http://eo.ymca.ca/)



- **Military Veteran Program Plus** - Pilot program in Kingston for former Canadian Armed Forces Members to promote a sense of community by fostering opportunities that enhance quality of life and overall well-being of seniors.  
<https://www.cafconnection.ca/Kingston/Adults/Veterans/Military-Veteran-Program-Plus.aspx>
- **Volunteer Kingston** links people with local community organizations to get involved, to develop skills and support persons  
<https://volunteerkingston.com/>
- **Friendship Blooms Intergenerational Program** - community outreach to older adults and organizations to coordinate events, school reading program, cooking, knitting, and crafts (temporary suspended due to COVID).  
263 Weller Ave., Unit 4, Kingston, phone: 613-542-2949  
<https://www.southeasthealthline.ca/displayService.aspx?id=72481>
- **Queen's Institute for Lifelong Learning (QuILL)** a volunteer-run organization that offers a variety of different programs for older adults for fee of \$35-50  
143 Union Street, Kingston, phone: 613-549-3089  
<http://www.quillkingston.org/>
- **Ever Scholar at Queen's** – a 4-week online course on general health, with a 2-hour a week of interactive sessions  
<https://pros.educ.queensu.ca/courses/EVSC101>
- **Sunshine Call Program** reaches socially isolated seniors and helps them to build new social networks  
<https://www.southeasthealthline.ca/displayService.aspx?id=196028>
- **Seniors Association Kingston Region** –  
*The Seniors Centre* – 56 Francis Street, phone: 613-548-7810  
*The Seniors Centre West* – 1300 Bath Street, phone: 613-539-7813  
*The Seniors Centre North* – McCauley Street, phone: 613-985-7814  
Includes “phone-from-home programming and online learning  
[seniorskingston.ca/](http://seniorskingston.ca/)
- **Senior Services in Napanee** – offers variety of programs, 55 Plus activities, and community resources  
124 John Street, phone: 613-354-3351  
<https://www.greaternapanee.com/en/live-play-and-discover/seniors-services.aspx#>
- **Brockville 50+ Activity Centre** – provides with affordable programs and activities that keep residents mentally and physically active.  
5 Wall Street, phone: 613-345-2412  
<http://fiftyplusbrockville.ca/>



Canadian  
Frailty  
Network



- **Bellville and Quinte West Community Health Centre** – provides with variety of programs and services, including social prescribing.  
161 Bridge Street, Bellville, phone: 613-962-0000; tall-free: 855-252-2747  
70 Murphy Street, Trenton, phone: 613-965-0698; tall-free: 855-252-2747  
<https://www.bqwchc.com/services>
- **Dancing with Parkinson's** – offers free online dance classes to keep older adults connected and active.  
<https://www.dancingwithparkinsons.com/>
- **Seniors Maintaining Active Roles Together (SMART)** are community-based, volunteer-led exercise programs for seniors that accommodate all levels of ability.  
<https://www.von.ca/en/kingston/service/seniors-maintaining-active-roles-together-smart>



## Other Resources

- **“Do You Know Your Neighbour?”**- Facebook group connecting people of all ages
- **Hello Neighbour** – Amintro’s printable card  
<https://amintro.com/life/get-your-good-neighbor-printable-note-card/>
- **Digital Museums Canada** – links people to view exhibits at the various Canadian Museums  
<https://www.digitalmuseums.ca/>
- **Spark Ontario** – volunteering opportunities for older adults  
<https://www.sparkontario.ca/>
- **eFit Toolkit for Individuals & Caregivers – Loneliness & Social Isolation.**  
The Centre for Studies in Aging and Health offers an educational lesson and related resources about loneliness & social isolation, impact on health, and how to improve social health.  
<https://sagelink.ca/health-care/loneliness-social-isolation/>

