

invisible

Don't let a senior become "invisible"



Is someone  
you know becoming  
invisible?

i n v i s i b l e ?



For more information about  
the **REACH ISOLATED SENIORS  
EVERYWHERE CAMPAIGN (RISE):**

[rise-cisa.ca](http://rise-cisa.ca)

[info@rise-cisa.ca](mailto:info@rise-cisa.ca)

1-800-648-1111

*We welcome new participating organizations and sponsors.*

Participating organization



[helpagecanada.ca](http://helpagecanada.ca)

The RISE Campaign's goal is to make Canadians more aware  
of the effects of loneliness and social isolation  
on their older family members, friends, and neighbours—  
and to encourage them to take action.

# REACH OUT AND CONNECT WITH A SENIOR

For older persons, social isolation and loneliness are critical social and health issues that directly affect quality of life. Many seniors struggle with isolation and rely on a pet or on television for companionship. Over time, their mental and physical health deteriorate, sometimes to the point that they become invisible—we only hear about them once they have been admitted to the hospital. It doesn't have to be this way. This tool's purpose is to help you identify the risk factors of social isolation and take action. A SENIOR MAY REQUIRE IMMEDIATE INTERVENTION EVEN IF THEY ONLY DISPLAY A FEW INDICATORS.

## SOCIAL ISOLATION RISK FACTORS AND INDICATORS

### Personal

- age = 80+
- childless
- member of a minority group
- lower levels of education
- departed spouse
- poor English skills

### Health

- disability or chronic illness
- depression or other mental health issues
- loss of vision, hearing
- dementia
- mobility problems
- substance abuse such as alcoholism

### Social

- living alone
- low or unstable income
- acting as a caregiver
- no friends or family nearby
- no contact with neighbours
- minimal participation in social activities, volunteering or groups (church, club)

### Changes in...

- physical health (bruising, weight loss, weakness)
- mental or emotional health (fear, confusion)
- personal hygiene or appearance
- behaviour or personality
- living conditions

### Barriers

- lack of affordable, accessible transportation
- loss of driver's licence
- lack of access to community services
- challenges with technology
- limited assistance with daily activities

## LEVEL OF RISK



### TAKE ACTION:

- Call regularly to check in
- Contact their family
- Set up a visit schedule with friends and family
- Offer to take them shopping
- Offer lifts to appointments
- Invite them for coffee or other outing (library, church)
- Offer assistance with technology
- Offer to research volunteer programs
- Drop off food or offer to cook together
- Provide a list of contacts for assistance (211 is available in all provinces except Man., P.E.I and N.L.)
- Contact local health or social services for evaluation or immediate assistance.

### FOR MORE INFORMATION:

- Call 211, a helpline of information on government and community health and social services.
- Contact your participating RISE organization.



**Disclaimer:** These are only guidelines. If you feel that a senior is seriously at risk, even though they only display one or two indicators, please take action.

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