

Are you feeling lonely?

Loneliness impacts health. Treating loneliness is not a one-size fits all approach. Your care team will work with you to assess the causes and create a care plan.

Part of your plan may include:

- Counselling
- Support groups
- Referral to specialized services or programs.

Taking part in social activities can also lessen loneliness.



Activities you can do outside the home

- ☐ Join a common interest group or club
- ☐ Take a class and learn new skills
- ☐ Volunteer

Activities you can do inside the home

If you are unable to leave your home, you can participate in hobbies that you enjoy.

- ☐ Read
- ☐ Garden
- ☐ Do crafts
- ☐ Cook
- ☐ Sing
- ☐ Play an instrument
- ☐ Dance
- ☐ Watch T.V. shows that make you laugh or that you identify with in a positive way
- ☐ Connect with a family, friend, or neighbour by phone or virtually at least once a week
- ☐ Take part in virtual activities for fitness, recreation, and to socialize.



Other Ideas:

- ☐ _____
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Adapted with permission from the Regional Geriatric Program of Toronto.

English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.