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

Social activity can lessen loneliness.

Your plan may also include a "Social Prescription" that is tailored to your preferences for social activity.

Rx for activity *outside* the home

Do any of the following activities appeal to you?

Create weekly social habits with others, such as:

- ❏ Going grocery shopping together
- ❏ Sharing a meal or a pot of tea
- ❏ Watching a movie
- ❏ Having a games night

Join a common interest group or club such as:

- ❏ Bird watching
- ❏ Book clubs
- ❏ Day trips to sights of interest
- ❏ Choir or singing group

Take a class to learn new skills such as:

- ❏ Cooking
- ❏ Drawing or painting
- ❏ Computer skills
- ❏ Dancing
- ❏ A second or third language

- ❏ Join events for a culture or community you identify with

- ❏ Visit a "Seniors Active Living Centre" for a variety of activities

Volunteer to help or teach others at:

- ❏ Public events
- ❏ Schools (e.g., storyteller)
- ❏ Hospitals
- ❏ Tutoring academies

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Are you **feeling lonely**?

Rx for activity *inside* the home

If you are unable to leave your home or if the idea of heavy social activity with others does not appeal to you, consider the following activities:

Participate in hobbies that you enjoy, such as:

- ❏ Reading
- ❏ Gardening
- ❏ Handicrafts
- ❏ Cooking
- ❏ Singing
- ❏ Playing an instrument

- ❏ Watch TV shows or movies that make you laugh or have characters or stories that you identify with in a positive way

- ❏ Dance (dance movements can be performed standing, sitting, or lying down!)

- ❏ Teach yourself a new skill, hobby or language

- ❏ Spend time outdoors (weather permitting). Explore your backyard or your neighbourhood

- ❏ Connect with a family member, friend, or social volunteer by phone at least once a week

Other ideas:

- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____
- ❏ _____

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