



Social Connection

HAVING RELATIONSHIPS WITH FAMILY, FRIENDS, AND COMMUNITY THAT PROVIDE A SENSE OF BELONGING, SUPPORT, AND CARE. LACK OF CONNECTION CAN LEAD TO ISOLATION AND LONELINESS.



Friendly
Visiting



Support
Groups



Social Meals



Group Activities

Why does social connection matter?

- Social isolation and loneliness are linked to increased health care use, risk of frailty, chronic diseases, and mortality.
- Research suggests that a lack of social relationships is as bad for your health as smoking 15 cigarettes a day.
- Strong social relationships increase survival likelihood by 50%.

Healthy Aging Program Example

Agency: Ridge Meadows Seniors Society

Healthy Aging Program Stream: Family & Friend Caregiver Supports

Patty cares for her husband, who lives with dementia. Through the Caregiver Support Group, she found a safe space to share her struggles and connect with others. With encouragement, she accessed respite services and joined the Purple Angels group for meaningful activities. Patty now feels supported and less alone on her caregiving journey.

Learn more about social connection on Healthy Aging CORE BC:

[Resource] [Social Isolation and Loneliness – Clinical Guidelines](#)

[Report] [From loneliness to social connection: charting a path to healthier societies](#)

[Scholarly Article] [Social prescribing for the loneliness epidemic](#)

[Guide] [Social Isolation: A Community Conversation Guide](#)

[Report] [Understanding the Factors Driving the Epidemic of Social Isolation and Loneliness among Older Canadians](#)

[Report] [Isolation and Loneliness Among Older People: Advocacy Brief](#)

[Video Series] [Social isolation and loneliness: What is it?](#)