

# Am I impacted by social isolation?

Social isolation can occur based on choice, based on disability or illness, or in current times, due to a global pandemic and the need for social distancing.

However, we know that isolation can have negative impacts on our health and wellbeing. Of major concern is its connection to loneliness and depression.

1. Do you live alone?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Do you see or talk to your family members one or more times per week?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Do you see or talk to your friends one or more times per week?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Do you provide daily care or support to a family member or friend who needs assistance with everyday tasks (preparing meals, providing transportation and grocery shopping)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Do you almost always have a ride or transportation you need to get where you want to go?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Do you find it difficult or impossible to leave your home without assistance?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Do you feel you make a meaningful contribution to the world and people around you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. On a weekly basis, do you participate in social activities or attend organized groups, such as choirs, support groups, cultural performances, group meals, exercise classes, etc.?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Do you feel that you lack companionship?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Do you often feel left out?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11. Do you feel you have someone to rely on if you had a problem or needed help or advice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12. Do you have someone to tell your good news or interesting stories too?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13. Within the last year, have you suffered a major loss or change like the death of a loved one or retirement?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered yes, to questions: 1, 4, 6, 9, 10, or 13, you are likely at risk of social isolation.

However, if you answered yes to questions: 2, 3, 5, 7, 8, 11, 12, these are activities that build resilience and combat social isolation.

If you feel you are struggling with social isolation, please try some of the following,

- Reaching out to family or friends, via phone or video chat (in person when the pandemic is over)
- Seek support and resources to help with transportation needs
- Seek support and resources to help you in leaving your home more often
- Seek different social groups, clubs, organizations (ex: choir, exercise classes, book clubs, support groups, group meals etc.)
- Volunteer your time (when pandemic is over)
- Seek the support of a therapist