

Initiatives To Reduce Social Isolation Among Older Adults

Amintro

- Amintro is encouraging the community around them to do their part and check in on the older adults in their neighbourhood with a [printable card](#) that can be left in the mailbox. The card provides contact info and a list of options for help that is available to them (grocery pick up, a friendly phone call, posting urgent mail, etc.) all with no in-person contact. Amintro has also launched [Amintro Connects - a free FB group](#) where adults 50+ and those that care about them can connect to share thoughts, questions, experiences, ideas, and more. For more information about these initiatives and Amintro visit their [website](#).

The Community Training and Development Centre

- Networked Communities Challenge is an app for seniors in the Cobourg and Port Hope areas. The app presents a daily challenge linked to information from 120 local organizations, businesses and resources, for example find the local YMCA's exercise schedule. The purpose of each challenge is to motivate, support and encourage seniors to take steps toward becoming more engaged in their communities. The app is available for iPhone and Android users. To get the app, go to the Play Store or App Store, download the Chalenj app and search for the Networked Communities Challenge.

Prince Edward County

- [LoveSong Seniors Housing and Community Hub](#) has partnered with the Municipality of Prince Edward County to purchase and renovate a school to create a community of 50 affordable housing units for seniors. The complex will also incorporate a Community Hub with a variety of services and amenities for use of the future LoveSong tenants as well as the entire community.

Aurora

- [Seniors' Centres Without Walls](#) is a free, telephone-based activity program aimed to connect older adults who cannot socialize out of their home as much as they would like. Participants call in to a teleconference system to learn about health-related information and make social connections through conversations with peers and professionals from the community.

Centre for Elder Research at Sheridan College

- The [Social Isolation and Loneliness Toolkit](#) assists individuals who interact or work with older adults such as caregivers, healthcare workers, faith leaders and community organizations. It includes a checklist to determine if an older adult might be at risk of social isolation and a list of research-informed tips for older adults get connected.

Ottawa and Council on Aging Ottawa

- The Older Adult Guide for recreational programs and services is supported by local librarians who connect older adults to programming, education and information.
- [iGenOttawa](#) promotes the value of intergenerational connections, teaming up with community partners to highlight, encourage and initiate activities that bring different generations together for the benefit of the community.
- [A Friendly Voice](#) is a program offered by Rural Ottawa South Support Services. Through their conversations, volunteers will encourage and support callers to engage with their community. If requested, volunteers can assist the older adult by providing contact information for local services and programs from publicly accessible information sources.

Canadore College

- [The Village Collective Impact Project](#) is an intergenerational, social-inclusion model to realize healthy aging. It is funded by the Government of Canada's New Horizons for Seniors Program. Currently in its first year, the project will work collaboratively with seniors, stakeholders and caregivers, regional community organizations and agencies, to focus on developing new models of healthy ageing and inclusion efforts aimed at improving outcomes of seniors and Indigenous seniors living in the Nipissing and Parry Sounds Districts.

Hamilton Aging in Community

- Hamilton Aging in Community is a group of community-minded maturing adults and seniors in the Hamilton area who are committed to exploring and initiating integrated approaches to living as we age. An Introduction to Cohousing event was hosted as the group works towards establishing the first cohousing community in Hamilton. An online Coffee and Conversation meeting will take place on Saturday, April 25 at 11:00 am for anyone who would like to find out more about Cohousing in Hamilton or has questions about cohousing.

London

- The [Leisure Buddies](#) pilot program pairs an isolated or at-risk older adult with a peer 'buddy', who then attend programs together in the community.
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