

## Seniors Increased Risk of Social Isolation and Stressors

If a senior will be moving to their own place, or currently has their own place, this tool may be used to consider concerns about social isolation.

Use this checklist for information and referral purposes only. Each organization should assess the use of this form against their own liability concerns. It is not a substitute for assessment and diagnosis by medical professionals. **If use of this checklist results in concern for the health of a senior, consult medical advice immediately.** Staff should not attempt to use this tool to conduct their own diagnosis. Staff should also report any concerns to their supervisor in accordance to their organization's policy and procedures.

Increased social isolation stressors for seniors	Yes	No
Living alone		
Being female		
Being a single man		
Reduced social network		
Experiencing loss (spouse, home, job)		
Non-English background		
Lower education and/or literacy		
Low self-esteem		
Disabilities		
Chronically ill/poor health		
Experiencing ageism, abuse, sexism, racism or homophobia		

**Based on:** *Working together for seniors (2007)*: Federal/Provincial/Territorial Ministers Responsible for Seniors

<http://www.seniors.alberta.ca/Seniors/docs/WorkingTogetherForSeniors.pdf>