Angus Council People Directorate Adult Services

Prevalence of Social Isolation in Rural or Urban Settings

Angus is a rural area and social isolation is a key aspect of any social work assessment with our older clients. Specific information on prevalence is not routinely collected on an area wide scale, however our impression is that social isolation is a significant issue for older people.

Impacts of Social Isolation

The impact of social isolation is well known and documented. It is linked to poor mental and physical health, stemming from a deep sense of disconnectedness. This is why social workers specifically work to find ways to ensure older people are social included.

Best Practice

While not specifically aimed at older people we currently have 4 SMART groups running across Angus.

We have specific groups on most days across Angus.

We support people to attend the Scottish Recovery Consortium’s Recovery College and had 2 people from Angus attend and graduate from this last year.

We are currently developing a Community Well-being Café that will be run by the public.

We offer a flexible and responsive service which increase choices and supports to enable individuals to achieve an inclusive and meaningful day.

We offer advice and support to enable individuals to create natural networks, build connections and access activities in their own community.

Support is available during the day, evenings and weekends. The support provided is outcome focused and person centred to enable individuals to achieve their personal goals and self-development.

Social Inclusion is one of 5 key outcomes within the Learning Disabilities Self Evaluation document which links directly to National, local and service outcomes. The Day Opportunities team promotes enablement and independence and aims to increase the number of individuals accessing community based activities in accordance with Keys to Life recommendations.
Potential Ideas for Improvement

We would like to stress the importance of an accessible, consistent and regular public transport system. The challenge in a rural area is transporting sometimes very frail individuals and groups across large areas so they can access community activities and resources.

Effective Awareness Raising

We would be very interested to hear about ways we can improve awareness about social isolation.

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Angus Council  
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