We think there may be lots of social isolation with older people but we also think it would be difficult to know for sure.

We think the causes of social isolation in older people can include:

- Break down of neighbourliness in some communities
- Family moving away
- Losing your partner or one who cares for you
- Retirement or loss of employment
- Lack of access to services
- Too proud to ask - too independent - 'isolating' attitudes
- A change with health - physical and mental health
- A change in living circumstances
- Lack of social transport with ease of access and routes available to get you to where you want to be
- Living on a low income

We think the following all helps combat social isolation in older people:

- Social transport projects
- Mobility benefits
- Health service providers eg podiatrist service or Falls Clinic which asks about your wellbeing
- Health Improvement Officers (Health Improvement Fund)
- Healthpoint in Aberdeen Health and Care Village
- Befriending Project
- Church groups
- Creating and fostering Intergenerational community activities
- Quarterly force
- Big Lunch type events - Invite your neighbours, get to know your neighbours
- Community Cleanups and Events
- Community Wardens
- Community Groups
- Neighbourhood Watch
We think older people want to live independently, be comfortable and well in their own homes. Depending on where they live they may connect well into their local community or not and may need access to affordable broadband.

The Signposters Project
13 March 2015