



SOCIAL ISOLATION OF SENIORS

MAPS SHOWCASE OCT. 17-17

Unwanted Social Isolation of Seniors Social Vulnerabilities and Supports

RISK FACTORS

poverty
 Physical Health & Mobility Limitations
 Mental Health Limitations
 Language Barrier
 Caregiving for a Loved One
 Transportation Issues
 Emotional Health Issues
 Environmental

LOSSES/CRISES

Loss of Income
 Physical Health & Mobility Crises
 Death of Loved One
 Mental Health Crisis
 Loss of Connections with Family
 Loss of Home
 Loss of Driver's License
 Loss of a pet

EXTERNAL SUPPORTS FROM COMMUNITY & OTHERS

Income Supports
 Medical/Health Supports
 Family/Caregiving Supports
 Community Supports
 Religious Communities
 Seniors Housing
 Transportation
 Advocate's Support

INTERNAL RESILIENCE FACTORS & SELF-CARE

Personally-Meaningful Action

Personal Resilience

Spirituality

Self Advocacy

staying Active & healthy

Positive Relationship



Systemic Barriers
 Restrictive Government Policies (e.g. SuperVisa for immigrants)
 Not Enough Affordable Seniors Housing
 Not Enough Affordable Transportation

Potential Systems Solutions
 Policy Improvement
 Enough Income Supports
 Age Friendly Spaces
 Enough Affordable Housing
 Enough Affordable Transportation

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PEGASIS
Connecting Seniors
To Reduce Isolation

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