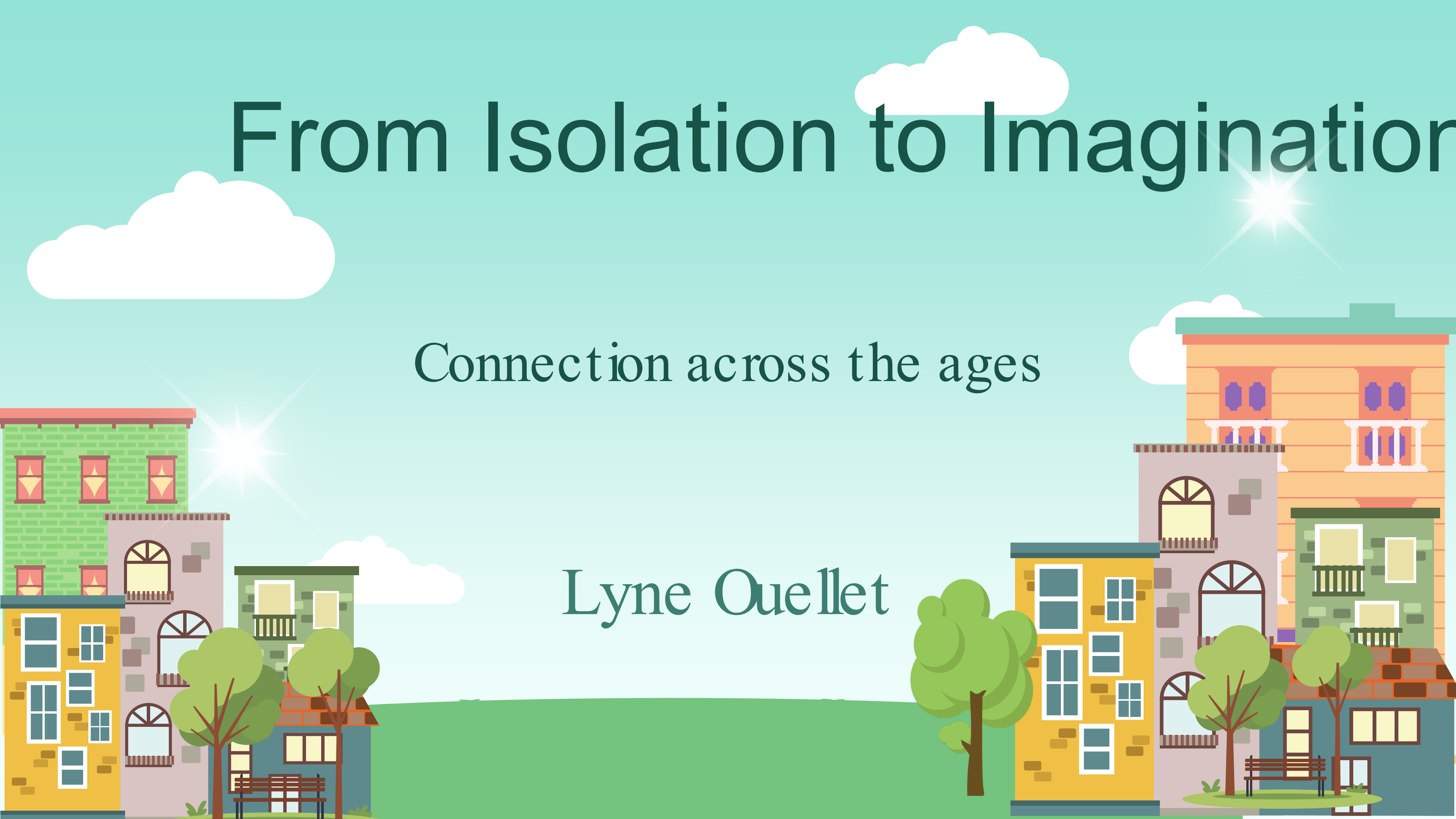



From Isolation to Imagination

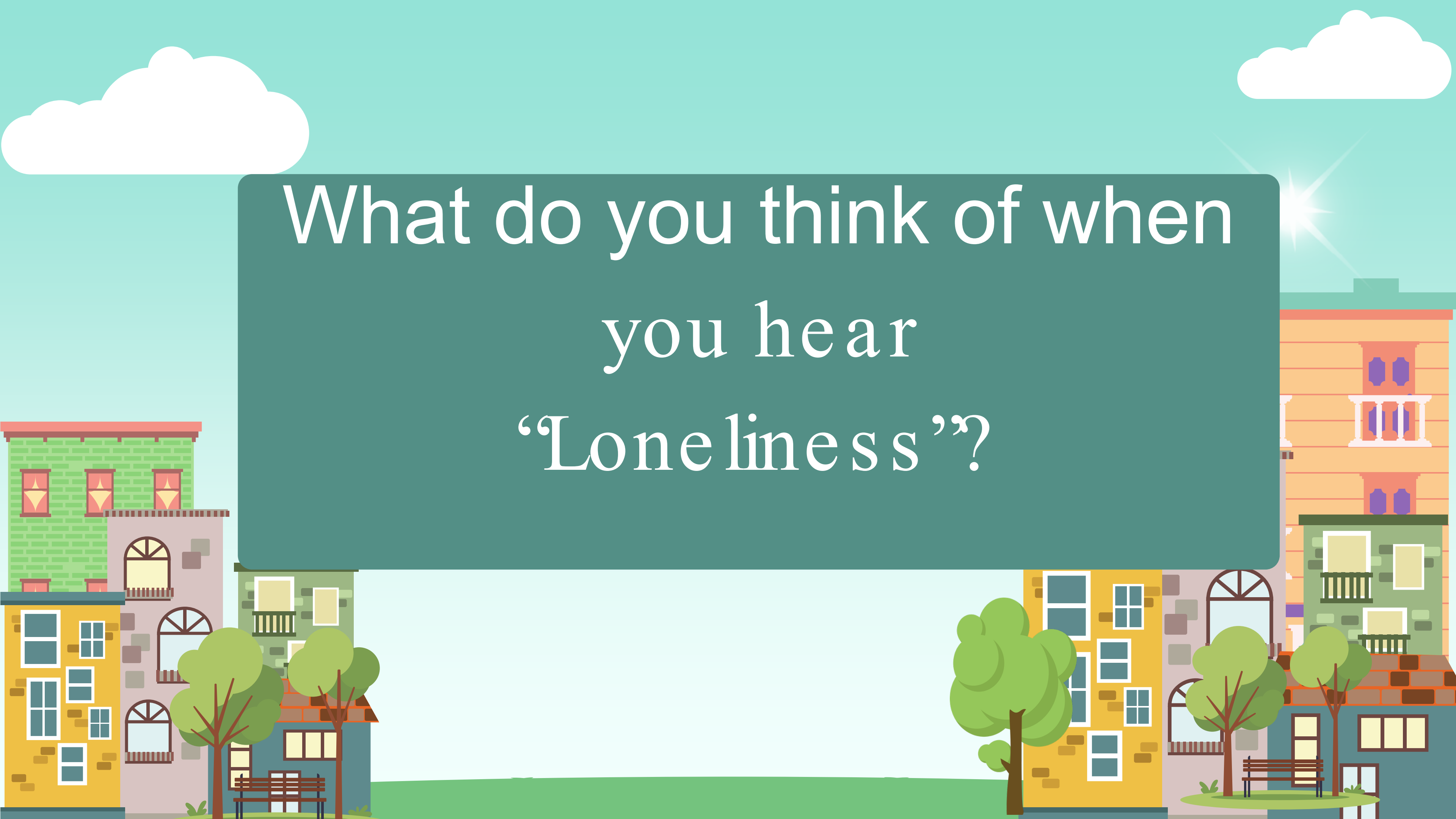
Connection across the ages

Lyne Ouellet






What do you think of when
you hear
“social isolation”?



What do you think of when
you hear
“Loneliness”?

A vibrant, stylized illustration of a town. The scene features several multi-story buildings in various colors like green, orange, yellow, and blue. Some buildings have windows with shutters or balconies. In the foreground, there are green trees and wooden park benches on a grassy area. The sky is a clear blue with a few white clouds and a bright sun in the upper right corner. A large, dark teal rectangular box is overlaid on the center of the image, containing white text.

Do you have an image of a person? If so, what are those qualities/descriptors of that person?



Social Isolation

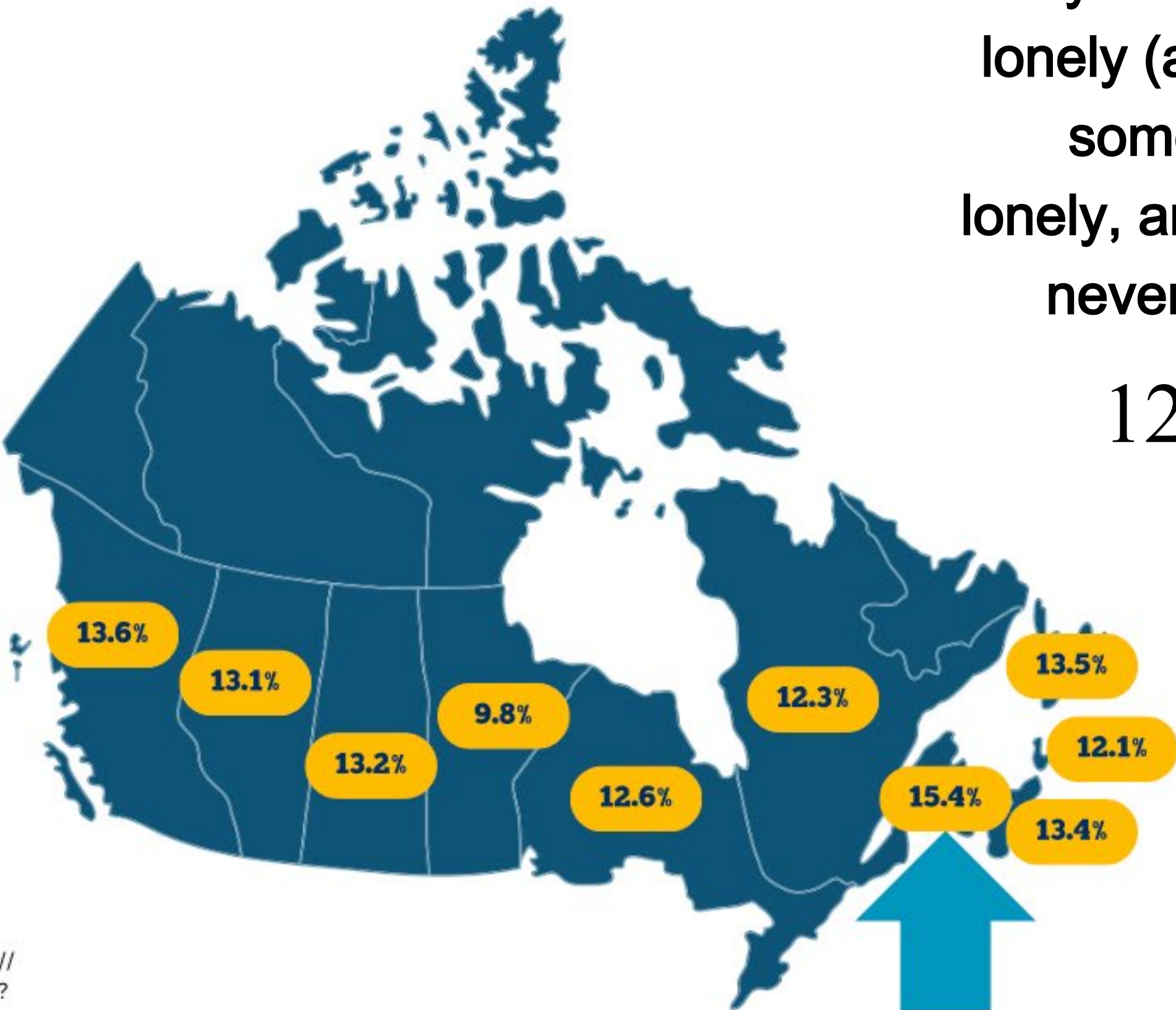
Loneliness

SILo

Loneliness in Canada:

Always or often feels lonely (also asked sometimes lonely, and rarely or never lonely)

12.8%



Statistics Canada, February 10, 2025. <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4510004801>

Loneliness in Canada:

Always or often feels lonely (also asked sometimes lonely, and rarely or never lonely)

13.4%

15-24: 14.9%

25-55: 15.0%

65+: 9.2%



Statistics Canada, April 10, 2025. <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4510004801>

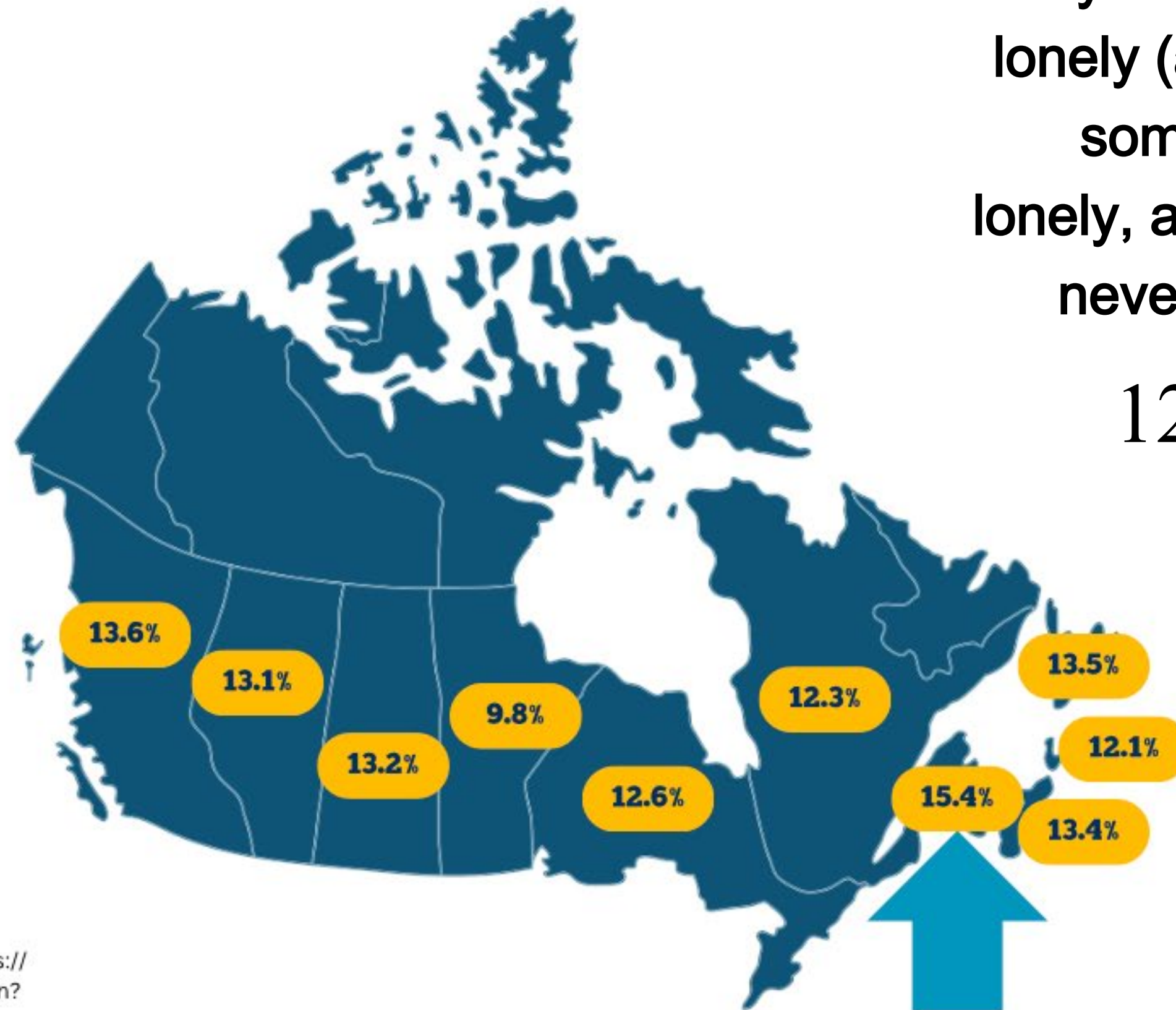
Loneliness in Canada:

YOUNG
ADULTS

15-24:
14.9% to
9.0%

Always or often feels
lonely (also asked
sometimes
lonely, and rarely or
never lonely)

12.8%



Statistics Canada, February 10, 2025. <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4510004801>

Why care about SILO?

Health

Sense of belonging

Economy

Resilient in emergencies

Crime

Education





Who is most at risk?

We all have experienced SILO.

The concern is when it is prolonged.

SILo and ageism



We are over categorizing older adults as being “inevitably lonely/it’s a part of ageing”

-We are under-recognizing the issue and impact it is having on youth and young adults

Ageism

What is ageism? Ageism remains one of the most pervasive yet least recognized forms of discrimination—woven into our language, policies, institutions, and even our own assumptions.

Canadian Coalition Against Ageism

<https://ccaageism.ca/>

“Human rights do not have a best before date”.

Ageism

Where do we see ageism?

- Self-directed ageism
- Interpersonal ageism
- Institutional ageism

Ageism

Impact

- Health
- Exclusion
- Mistreatment of older persons
- Economic costs

Ageism

Retirement readiness across Canada:

*% who can afford to retire when
they want*



NATIONAL AVERAGE*
34%

British Columbia
34%

Alberta
30%

Manitoba/Saskatchewan
35%

Atlantic
18%

Quebec
41%

Ontario
34%

*Territories not included

https://rdo.iks.mybluehost.me/website_8ba3989f/wp-content/uploads/2025/11/November-11-2025_Regional-Perspectives-on-Ageing_Atlantic-Canada_Resource.pdf



Assumptions:

Do I make generalizations about someone's abilities based on age?



Language:

Do I use or hear ageist jokes and comments?



Systems:

Are healthcare, housing, or employment policies fair and inclusive to people of all ages?



Media:

Are older people portrayed as dependent or "super agers," or with realism and diversity?




Representation:

Are older people included in workplaces, leadership roles, and public spaces?

Recognizing Ageism in Everyday Life



Ageism



60%
SAW A REDU
IN FINE I

Chat Now

Limited edition

Anti-Aging Routine: Mini Smart Clinical Repair Kit

BE THE FIRST TO REVIEW

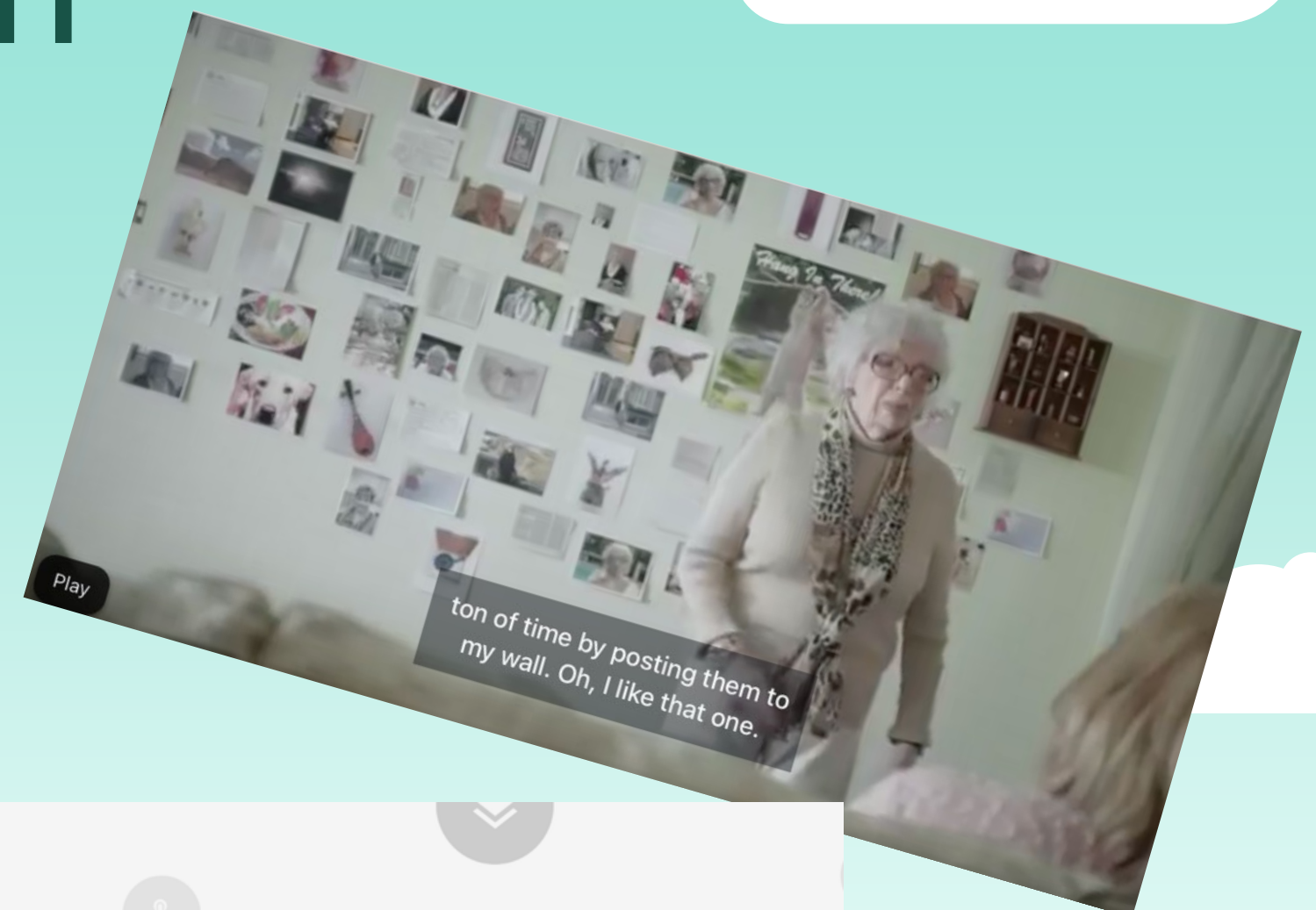
Concern Anti-Aging, Lines & Wrinkles
Skin Type Very Dry to Dry, Dry Combination, Combination Oily, Oily

CA \$48.00 One Size

1 Add To Bag

CLINIQUE smart clinical repair
CLINIQUE smart clinical repair
CLINIQUE smart clinical repair

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[Home](#) > [Department of Communities](#) > [Challenge Your Bias – reducing ageism in Western Australia](#)

Challenge Your Bias – reducing ageism in Western Australia

As an action of the State Seniors Strategy, the Department of Communities is raising awareness of ageism (or age discrimination) to support the health and wellbeing of older Western Australians.

Last updated: 2 December 2025



So what can we do?

Create connected communities!



So what can we do?

Create connected communities!

Age Friendly communities:

From WHO:

“Our physical and social environments are major influences on how we experience ageing and the opportunities it brings. Creating age-friendly environments enables all people to age well in a place that is right for them, continue to develop personally, be included, and contribute to their communities while enabling their independence and health.

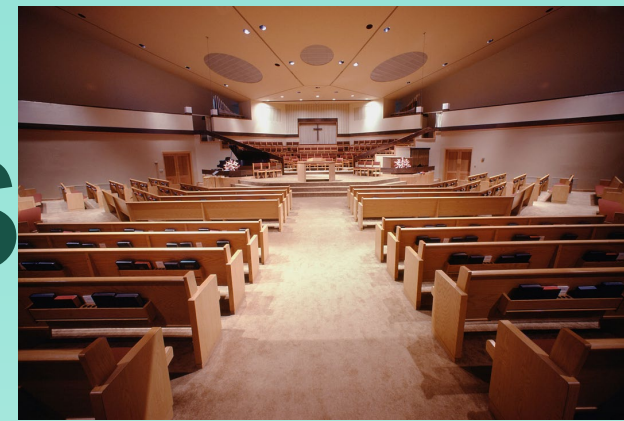
Developing age-friendly cities and communities is a proven way to create more age-friendly environments – for everyone. Age-friendly cities and communities improve access to key services and enable people to be and do what they value.”

Social Infrastructure

“Physical spaces,
services,
or programs,
and the networks

across and within physical and social spaces where people come together”

Spaces



Public spaces are the glue to our communities. They can enable feelings of meaning and belonging, strengthen social cohesion, and encourage a sense of collective identity.



Spaces: Neighborhoods

Neighbours as first responders

What we have heard from communities across Canada is that, during the first wave of COVID, it was the local citizens – the neighbours – who were able to react and support community faster than governments and organizations.

This revelation isn't surprising. Research shows that, in an emergency, the first person to respond to your crisis will probably not be someone who's officially trained to be a first responder (a police officer, paramedic or firefighter); it will be your neighbour. Furthermore, there is a lot of social science research that shows that social capital is a bigger driver of recovery than income.



We're In It Together Great Neighbor Before/During/

PEI

'It's the Island way': P.E.I. couple helps neighbours shovel out after storms

Ted and Janie Kitson have been digging out their neighbours' walkways for the past 4 years

Nicole Williams - CBC News - Posted: Feb 16, 2017 3:00 PM AST | Last Updated: February 16, 2017



Many people in our communities have been facing varying levels of crisis due to the recent storm.

We have seen amazing acts of kindness, neighbours helping neighbours, and we continue to feel inspired by this community.

When crisis strikes, our region comes together.

Popular Latest Newsletters

The Atlantic

BUSINESS

It Helps to Like Your Neighbor During a Natural Disaster

Research suggests that "resilience" isn't just about constructing buildings—it's also about strong communities.

Daily Gleaner / Fredericton & West

'An act of kindness': Indian community hands out water during heat wave

Matthew Daigle

Published Jun 21, 2024 • Last updated Jun 21, 2024 • 1 minute read

[Join the conversation](#)




Amid LA fires, neighbors helped each other survive – 60 years of research shows how local heroes are crucial to disaster response

Published: January 20, 2025 8.36am EST

Networks: People





We are going to work together to create connected communities

Where do you go?

PLACES

Who are the people?

FACES

What supports are in place
to help participate in:

SHARED EXPERIENCES

Create communities that
encourage connection:

Spaces

People

Supports

What did you create?





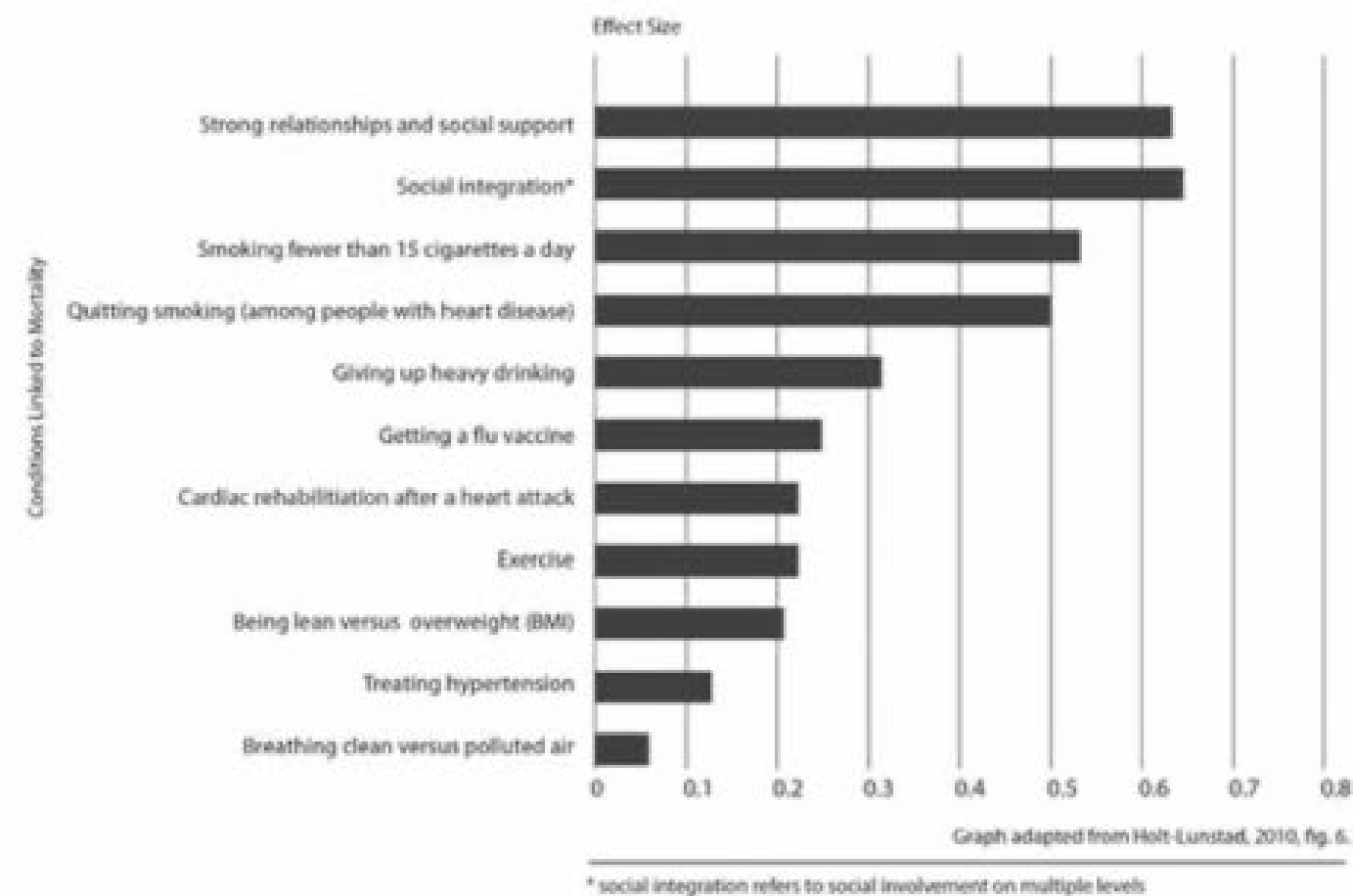
Thank You

Lyne Ouellet

nbccommunityconnectors@gmail.com

Social Relationships and Mortality Risk: A Meta-analytic Review

What Reduces Your Chances of Dying the Most?



The influence of social relationships on risk of death is comparable with well-established risk factors for mortality such as smoking and alcohol and exceeds the influence of physical activity and obesity (Holt-Lunstad, 2010).

Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A Meta-analytic Review. PLoS Med 7(7): e1000316. <https://doi.org/10.1371/journal.pmed.1000316>