



End Isolation.
Fin à l'isolement.



Engage: End Isolation

Throughout our lives, we thrive on our relationships. Meaningful connections with family, friends, neighbours, colleagues and our communities keep us engaged and socially active, contributing to happiness and better emotional, mental and physical health.

But social isolation can affect anyone, especially retired individuals. Often, after losing a spouse, or experiencing decreased mobility or cognitive decline, seniors may become increasingly isolated from their friends, family and community.

Social Isolation Awareness Month

The RTO/ERO Foundation's month-long Engage: End Isolation campaign will deepen the national dialogue on connecting and engaging Canada's seniors by:

- Raising awareness through information, facts, tips and action ideas
- Empowering people to recognize and help those who are socially frail
- Supporting programs and research on social isolation

Join the Challenge

This October, reach out and connect with aging Canadians in your community. Through the RTO/ERO Foundation's Engage: End Isolation Campaign, we will send you ideas during October on how to raise awareness and take action on moving Canada's seniors from isolation to inclusion.

Visit www.embrace-aging.ca/endisolation to join the challenge.

#Engage #EndIsolation

A project of



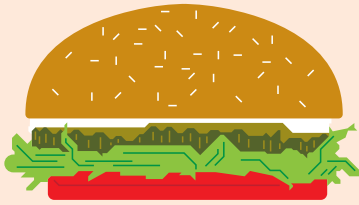
THE RETIRED TEACHERS OF ONTARIO FOUNDATION
LA FONDATION DES ENSEIGNANTES ET ENSEIGNANTS
RETRAITÉS DE L'ONTARIO

Made possible by



Social Isolation

IS THE NO.1 EMERGING ISSUE FACING SENIORS IN CANADA



2 TIMES



AS DEADLY

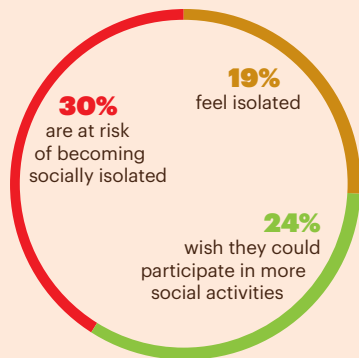


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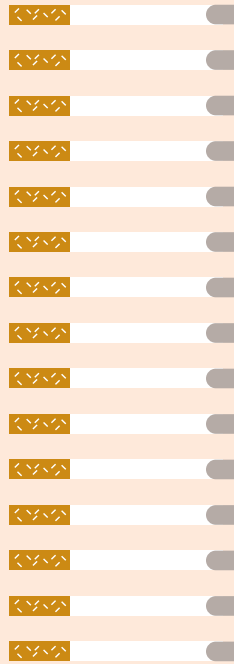


LEADING TO
DIABETES

OF CANADIANS OVER 65



chances for early death similar to smoking 15 cigarettes a day



INCREASES RISK OF DEMENTIA BY

64%

DEFINING SOCIAL ISOLATION:

Social isolation involves limited contact with others and few social roles. It is the absence of mutually rewarding relationships.



“ Social connectedness has proven to be vital to seniors’ health and well-being. Those with close connections and relationships tend to cope better with health conditions and experience fewer mental health issues, like depression. Social isolation can cause physical risk and put seniors at increased risk for elder abuse. ”

About the RTO/ERO Foundation

Inspired by the generosity and philanthropic spirit of the retired education community, the RTO/ERO Foundation invests in its bold vision—to enhance the quality of life for aging adults—by funding:

- Aging-related research and training
- Innovative community initiatives that promote social connections and engagement among older adults

With each carefully-vetted project, the Foundation’s goal is to create impact beyond the grant project partner, and to deepen knowledge across sectors that affect aging Canadians. Since 2014, the Foundation has invested \$2.8 million in enhancing the aging experience. Learn more at www.embrace-aging.ca.