

# **Social Isolation and Loneliness in Older Adults: A Knowledge Synthesis of Global Interventions and a Case Report of Identification of Services in Montreal, Canada**

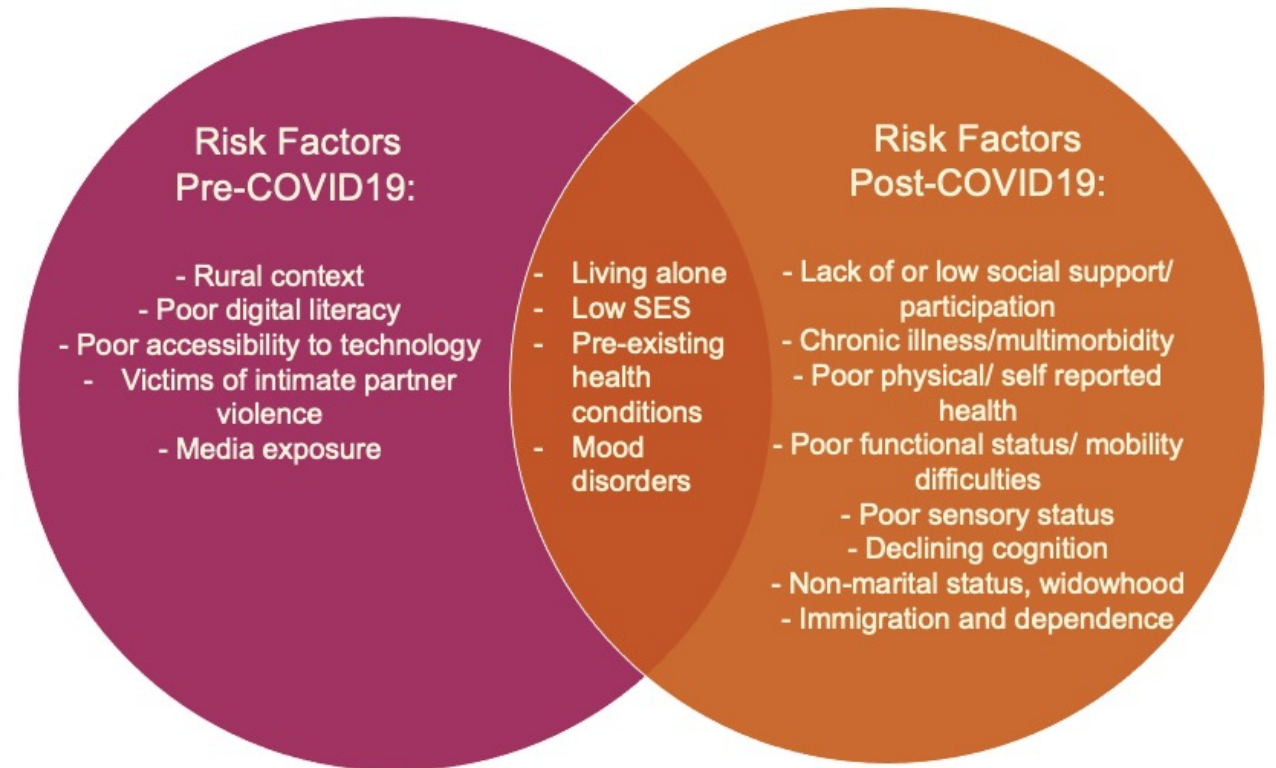
Catherine Paquet, Jocelyne C. Whitehead, Rishabh Shah, Alayne Mary Adams, Anna-Liisa Aunio,  
Laurette Dubé

## BACKGROUND:

- COVID-19 has caused a severe decline in the mental health of individuals, especially the elderly.
- Prolonged social isolation and loneliness lead to significant increases in morbidity and mortality.
- Little knowledge on effective interventions.

## AIM:

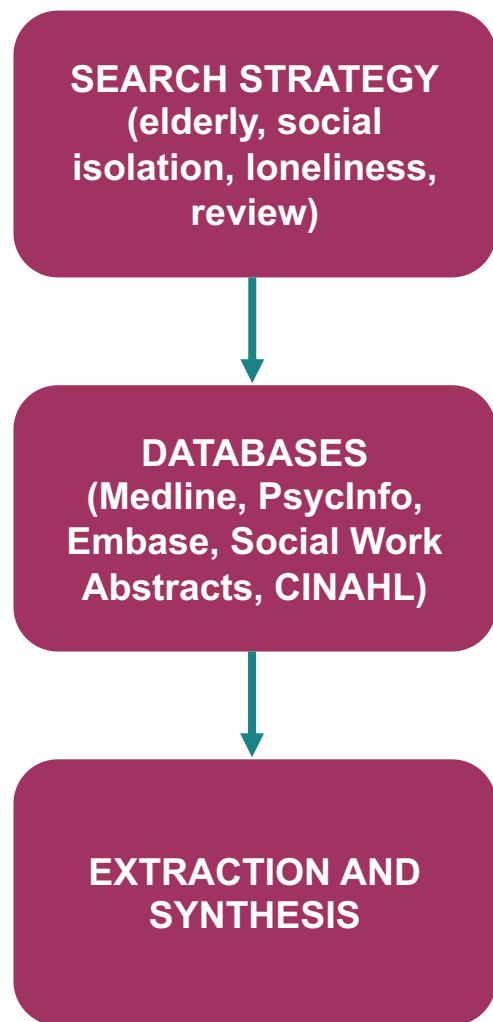
1. Conduct a meta-review (knowledge synthesis) of loneliness and social isolation interventions for older adults (age 50+ years).
2. Evaluate the concordance between evidence-based interventions and community services offered in the city of Montreal, Canada.



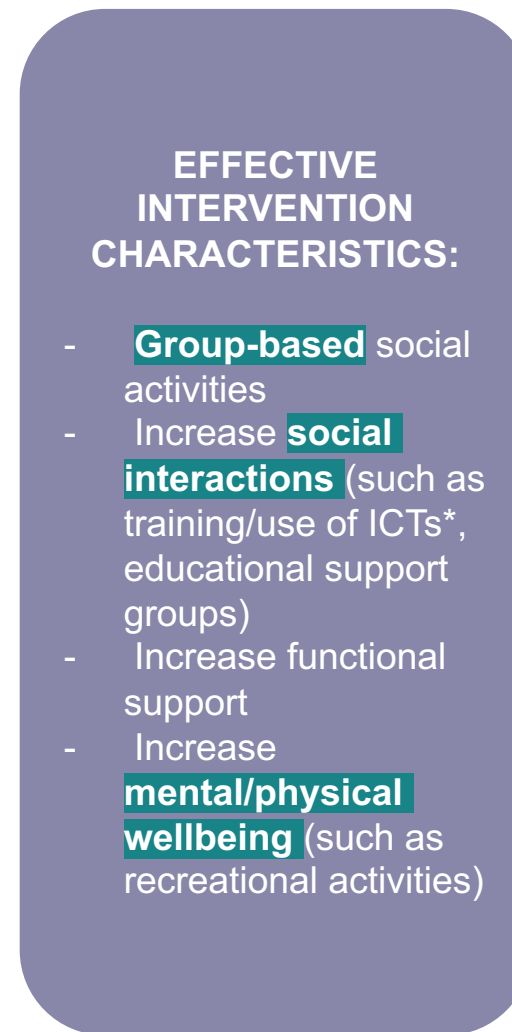
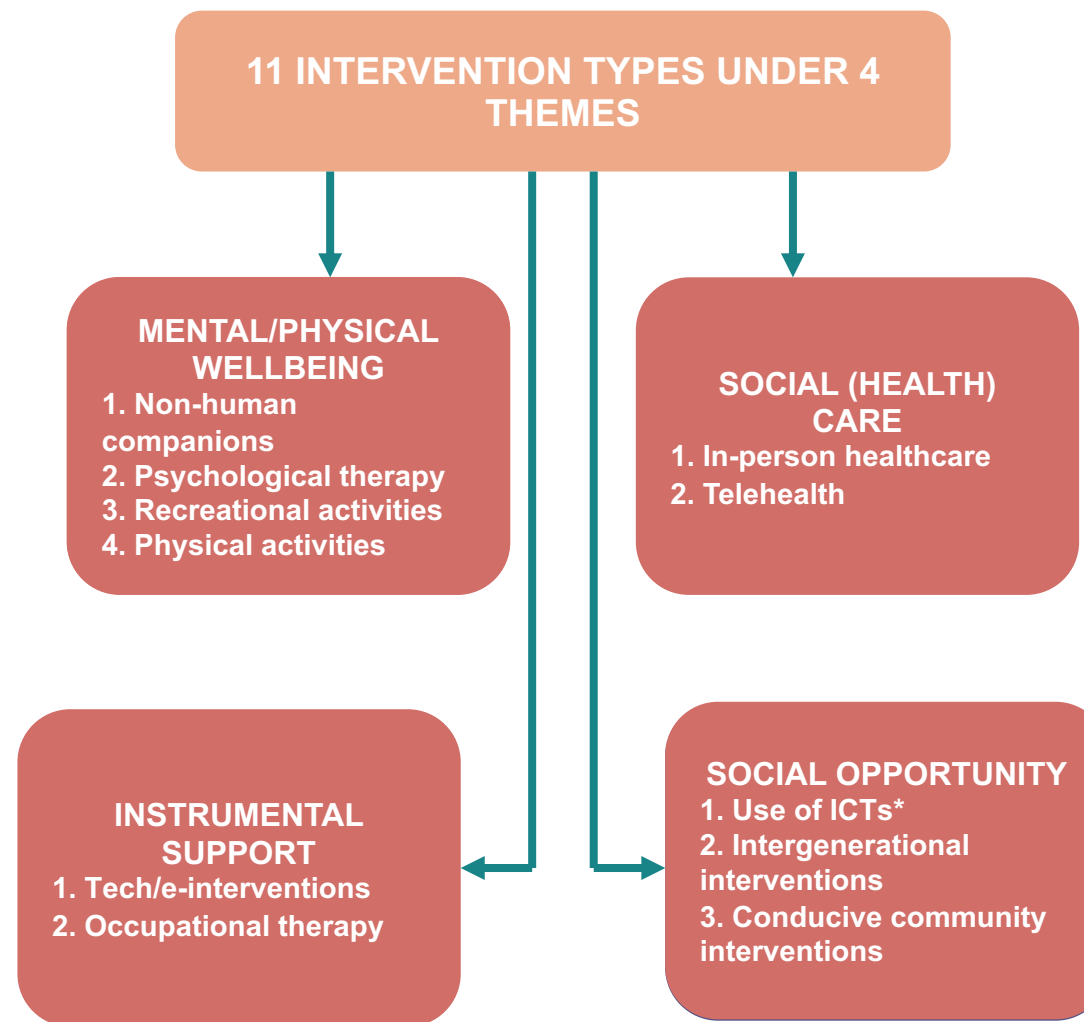
Venn diagram of risk factors influencing loneliness and social isolation amongst older adults pre-COVID19 and post-COVID19; adapted from [https://covid19mentalhealthresearch.ca/wp-content/uploads/2021/01/DUBE\\_CMH-KS-Final-Knowledge-Synthesis-2020-11-24.pdf](https://covid19mentalhealthresearch.ca/wp-content/uploads/2021/01/DUBE_CMH-KS-Final-Knowledge-Synthesis-2020-11-24.pdf)

# AIM 1: META-REVIEW OF GLOBAL LONELINESS/SOCIAL ISOLATION INTERVENTIONS

## METHODS:

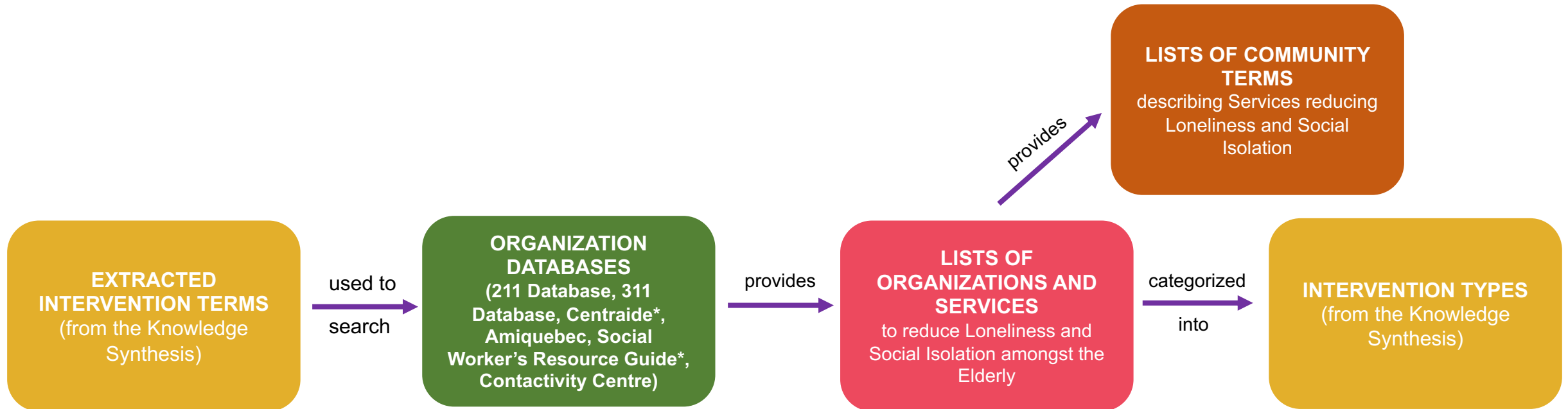


## RESULTS:



\*ICTs= Information and Communication Technologies

## AIM 2: CONCORDANCE BETWEEN EVIDENCE-BASED INTERVENTIONS AND COMMUNITY SERVICES IN MONTREAL



### RESULTS/ CHALLENGES:

- Databases with services to reduce loneliness/isolation are **limited** and not readily available.
- \*Some of the databases focus on specific regions of Montreal (Cote-de-Neiges and Notre-dame de Grace).
- There was a sizeable overlap between the meta-review keywords and community service terms for psychological therapy, physical activities and ICT interventions. Nonetheless, there was an evident **incongruity** between literature keywords and community ones.
- The **Recreational Activities** intervention was the most popular amongst the community organizations, while the Instrumental Support interventions were almost non-existent.

## CONCLUSION AND NEXT STEPS:

AIM 1:  
What works?  
For whom?

AIM 2:  
What  
resources  
currently exist?  
What is  
missing?

Create  
Targeted and  
Effective  
Interventions

Knowledge  
Mobilization:  
Decision  
Support Tool

## ACKNOWLEDGEMENTS:

Prof. Spencer Moore  
Prof. Yves Couturier



Tim D'Aoust, Joanna Kamar,  
Tihare Zamorano, Kelsea Towell,  
Tina Um

Dr. J. Miguel Cisneros-Franco  
Assistant Prof. Amalia M. Issa  
Assistant Prof. Raja Sengupta  
Prof. Gillian Bartlett



Valerie Lemieux  
Dr. David Kaiser

