

Social Participation

Affordability

- Cost
- Income
- Transportation

Range of Opportunities

- Urban centers
- Scheduling
- Meals
- Recreation
- Faith-based
- Entertainment
- Educational

Accessible Opportunities

- Transportation
- Safety
- Smoke free
- Proximity
- Language

Scheduling + waiting times

- Admission/Membership
- One stop, primary locations

Social participation and social support are strongly connected to good health and well-being throughout life. Participating in leisure, social, cultural and spiritual activities in the community, as well as with the family, allows older adults to continue to exercise their competence, to enjoy respect and esteem, and to maintain or establish supportive and caring relationships.

Fostering Community Integration

- Age groups/Intergenerational
- Cultural diversity
- Families
- Neighbourhood design
- Welcoming facilities and settings
- Promotion + Awareness
- Volunteers

Addressing Isolation

- Frequency
- Proximity to home
- Walkability
- Community Centers
- Promotion & Encouragement
- Language
- Health
- Presence/absence of caregiver
- Personal Visits
- Telephone calls; mailing lists