Loneliness impacts health. Treating loneliness is not a one-size fits all approach. Your care team will work with you to assess the causes and create a care plan.

Part of your plan may include:
- Counselling
- Support groups
- Referral to specialized services or programs

Social activity can lessen loneliness.

Your plan may also include a “Social Prescription” that is tailored to your preferences for social activity.

**Rx for activity outside the home**
Do any of the following activities appeal to you?

Create weekly social habits with others, such as:
- Going grocery shopping together
- Sharing a meal or a pot of tea
- Watching a movie
- Having a games night

Join a common interest group or club such as:
- Bird watching
- Book clubs
- Day trips to sights of interest
- Choir or singing group

Take a class to learn new skills such as:
- Cooking
- Drawing or painting
- Computer skills
- Dancing
- A second or third language

- Join events for a culture or community you identify with
- Visit a “Seniors Active Living Centre” for a variety of activities

Volunteer to help or teach others at:
- Public events
- Schools (e.g., storyteller)
- Hospitals
- Tutoring academies

Your care is why we’re all here!
Are you feeling lonely?

Rx for activity *inside* the home
If you are unable to leave your home or if the idea of heavy social activity with others does not appeal to you, consider the following activities:

Participate in hobbies that you enjoy, such as:
- Reading
- Gardening
- Handicrafts
- Cooking
- Singing
- Playing an instrument

- Watch TV shows or movies that make you laugh or have characters or stories that you identify with in a positive way

- Dance (dance movements can be performed standing, sitting, or lying down!)

- Teach yourself a new skill, hobby or language

- Spend time outdoors (weather permitting). Explore your backyard or your neighbourhood

- Connect with a family member, friend, or social volunteer by phone at least once a week

Other ideas:
- _______________________
- _______________________
- _______________________
- _______________________
- _______________________
- _______________________
- _______________________
- _______________________

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