Are you feeling lonely?

Talk to your care team about the senior-friendly approach for loneliness.

Loneliness is a health concern your care team can help you with. Talk to us if:

✔ You feel alone in a room full of people
✔ You feel that you lack companionship
✔ You feel left out
✔ You feel isolated from others
✔ Your level of social activity is less than you would like it to be

or anything else...

Your care is why we’re all here!

sfCare
Senior Friendly Care

rgptoronto.ca