



# PhonePals to address Social Isolation among Older Adults



Team H12: Bob-Shen Yan, Fatima Hameed, Riyadh Asgarali

## PROBLEM

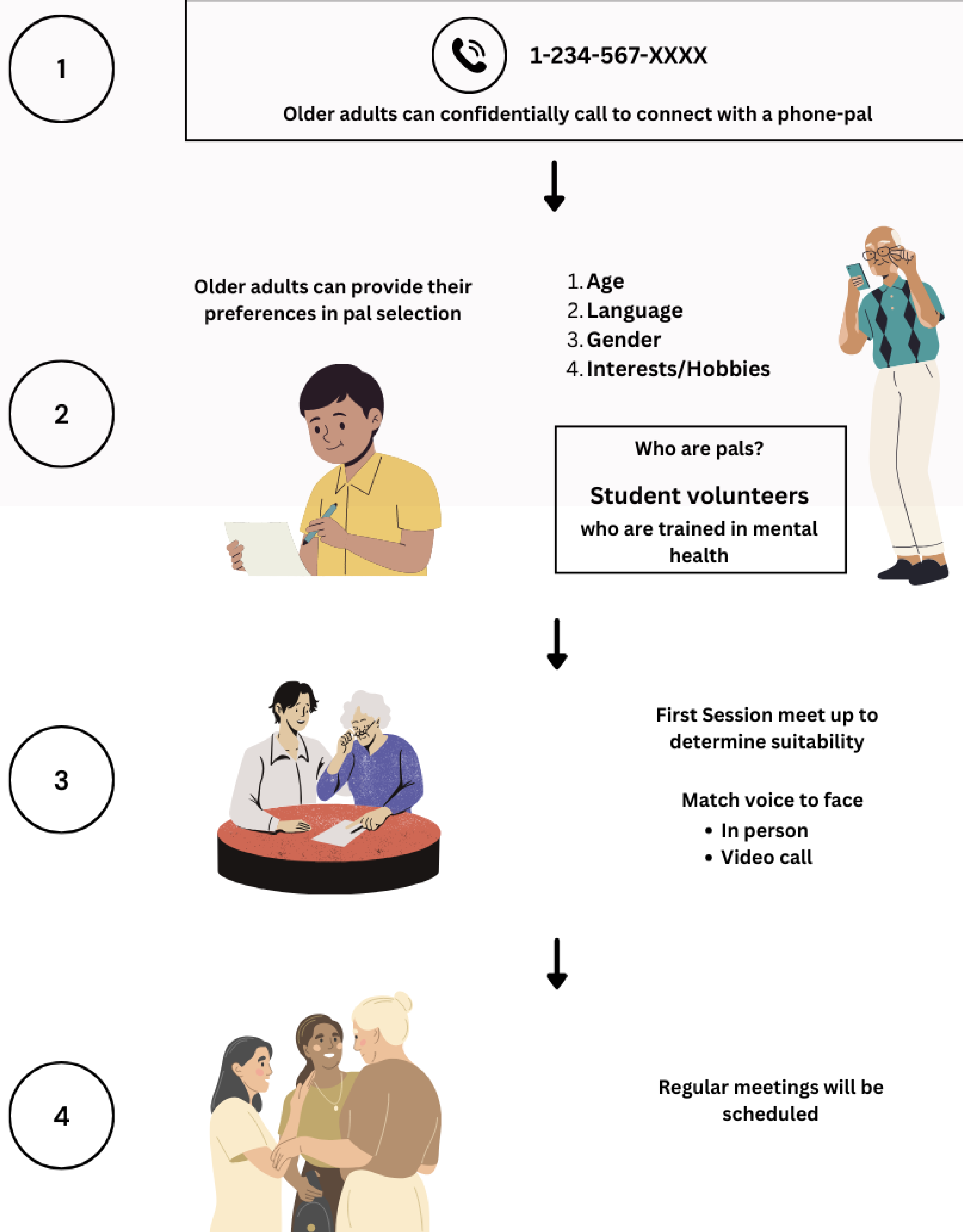
*How might we reduce social isolation among older adults?*

- Social isolation in older adults is associated with negative emotions such as fear, frustration, and boredom.<sup>1</sup>
- 20% of older adults residing in social housing experience social isolation.<sup>2</sup>
- Social engagement opportunities for older adults are limited and irregular.

**Over 50%**  
of elderly adults at  
**Shalom Village** are  
interested in  
PhonePals and find  
the process simple.

## SOLUTION

After discussion with older adults at **Shalom Village** we have decided to implement the **PhonePal** program as follows:



## NEXT STEPS



1. Begin recruitment
2. Connect with more long-term care homes in Hamilton
3. Regularly monitor feedback from older adults
4. Host socials and fun community events

## REFERENCES

1. Rodrigues NG, Han CQY, Su Y, Klainin-Yobas P, Wu XV. Psychological impacts and online interventions of social isolation amongst older adults during COVID-19 pandemic: A scoping review. J Adv Nurs. 2022 Mar;78(3):609–44.
2. Agarwal G, Pirrie M, Gao A, Angeles R, Marzanek F. Subjective social isolation or loneliness in older adults residing in social housing in Ontario: a cross-sectional study. Canadian Medical Association Open Access Journal. 2021 Jul 1;9(3):E915–25.

## ACKNOWLEDGEMENTS (OPTIONAL)



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