



# The Benefits of Social Interaction for Senior's Health

Vicky McGrath  
Here to Help Home Care Services



# Introduction



**Hello! I am Vicky McGrath, owner of Here to Help Home Care serving York Region and area.**

**We combat senior isolation and loneliness through companionship!**

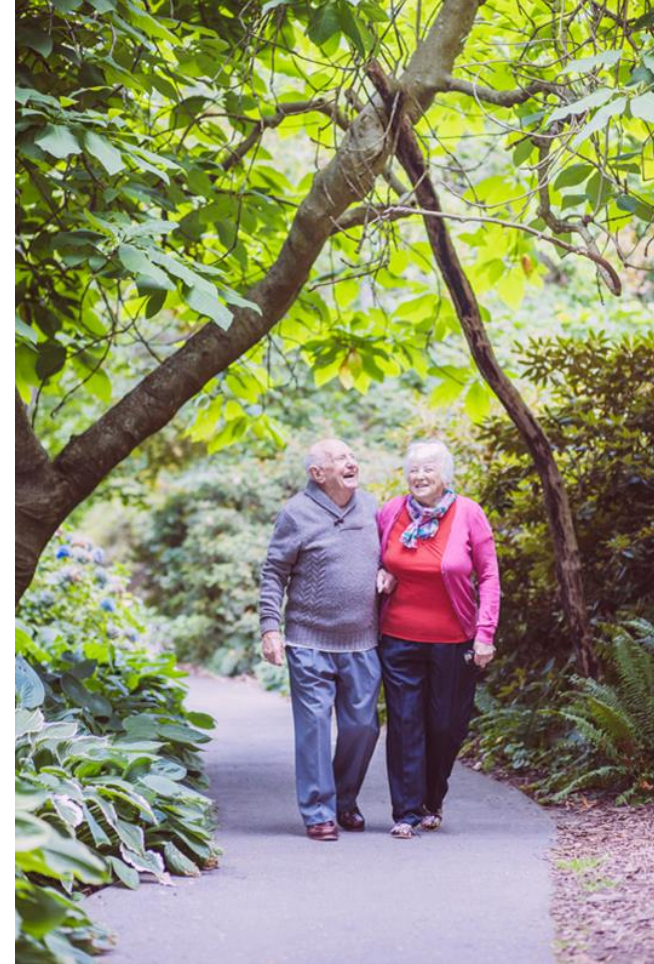
**647-362-5514**

**[vicky@heretohelp-homecare.com](mailto:vicky@heretohelp-homecare.com)**

# Ageing can contribute to isolation

## **Isolation can become a real challenge:**

- As physical ability declines
- As a caregiver for a loved one
- Due to COVID or other health concerns, including flu season
- In winter when being outside become treacherous



# Isolation Harms Mental Health

## **Isolation can lead to:**

- Feeling abandoned
- Deterioration of cognition
- Mental health issues
- And can also leave health concerns undetected





# Social isolation harms physical health

## Physical Health Impacts:

- Isolation has the same impact to health as smoking 15 cigarettes per day, making it more dangerous than obesity
- Loneliness is as bad for your health as alcoholism



# Benefits of Social Interaction

## Benefits include:

- Improved quality of life
- Improved happiness
- Improved mental and physical health
- Reduced healthcare costs
- Family peace of mind



# Creative Ways to Stay Connected

## What could you do “virtually”:

- Text or FaceTime with a friend or relative
- Learn to Zoom call and set up a meeting with a group of friends
- Share your talents on video or social media
- Set up a “no one eats alone” phone tree



# We are Here to Help!

## How can we help combat isolation:

- Companionship, meal preparation, physical activity, games, puzzles
- Grocery shopping/Medical appointments
- Different levels of care to match care needs
- Client/Caregiver perfect match
- Around the clock care (24/7)
- Post operative care
- Family member portal
- Ask about our Chatting to Wellness Partnership!







**Thank you!**

**Let me know if you would like more information or a free in-home safety assessment!**

Vicky McGrath

Here to Help Home Care Services

[vicky@heretohelp-homecare.com](mailto:vicky@heretohelp-homecare.com)