

## THE EFFECTS OF LONELINESS AND SOCIAL ISOLATION

- Findings show loneliness has resulted in 17% higher odds of having a mental health issue and **1 in 10** Canadians will experience this in their lifetime
- Higher levels of loneliness, is associated with physical health symptoms, living alone, small social networks, low-quality social relationships, higher mortality rate and other negative risks to older adults with disabilities and the aging population
- Research shows, social isolation and loneliness is as lethal as smoking 15 cigarettes a day



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for this program by:



**United Way**  
Brant



Scan QR-code  
for references.

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**Compassionate  
Community  
Care Calls**

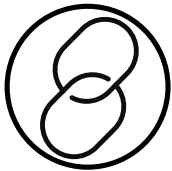
**Telephone Reassurance  
Program**

## OUR GOALS



### Security

Helps to provide clients and families with peace of mind, knowing there is an extra person looking out for their overall well-being.



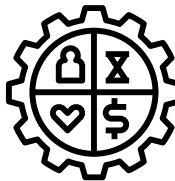
### Connection

Helps to re-integrate seniors and volunteers back into the community through social connection.



### Support

Helps seniors and persons with disabilities manage the stress that comes with aging, and to provide emotional support in times of need.



### Service

Helps to provide beneficial resources within our community to be utilized by the aging population.

## WANT TO BE A VOLUNTEER?

Would you like to make a meaningful impact on your community through helping vulnerable persons with disabilities or seniors?

Then we want to hear from you!

The Telephone Reassurance Program has been shown to provide:

- A sense of purpose and belonging within the community
- The opportunity to develop new social networks and expand connections with your community
- A peace of mind to caregivers and participants

## WANT SOMEONE TO CALL YOU?

Simply, fill out an application form and a partner will be paired up to you based on similar interests, language, needs and necessity for clients.

Or contact us directly, information can be found on the back of the brochure.



## WHAT IS COMPASSIONATE COMMUNITY CARE CALLS?

### Compassionate Community

**Care Calls** is a free volunteer based platform to provide emotional support, security, social connection and access to services within the community, to seniors and persons with disabilities.

We are here to support and prevent the risks associated with social isolation that can come with aging.

### Seniors are eligible if they:

- Are 50 years or older
- Living alone or are homebound
- Living in retirement or assisted living settings
- Reside in Brantford or Brant County
- Complete an application

"We help ourselves by helping others"

