

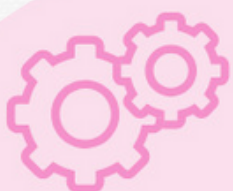
The epidemic of loneliness is rapidly spreading across Canada, particularly affecting older adults and vulnerable populations.

More than **a third** of older Canadians feel lonely at least some of the time and the harms of loneliness to health and well-being are becoming increasingly evident.

While other regions of the world have started to take action to address loneliness in meaningful ways, in Canada, we are falling behind.

Women's Age Lab's Intersectoral Collaboration for Loneliness outlines four key recommendations for action that can change this. These recommendations are based on expert opinion from representatives of more than a dozen institutions at the national, provincial, and regional levels working to address loneliness in Canada in a variety of sectors.

1



Build a national strategy to promote social connections

2



Champion the importance of connection through a public awareness campaign

RECOMMENDATIONS FOR ACTION *to address loneliness in Canada*

3

Measure loneliness and deepen knowledge through research



4

Expand strategies and increase investments in social infrastructure and interventions

