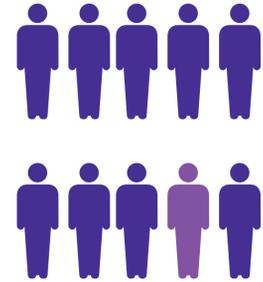


# Reducing the impact of social isolation within the community

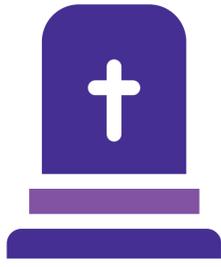
## The unmet need:



**“Social isolation** is equivalent to the **health effects** of smoking 15 cigarettes a day or consuming more than six alcoholic drinks daily”  
- Professor Andrew Beer, UniSA



**One in ten** people are socially isolated



**“Loneliness** is associated with a **26% increased** likelihood of **mortality**”  
(Holt-Lunstad, Smith, Baker, Harris, & Stephenson, 2015)



Up to 50% of those **aged over 60** are at risk of social isolation and approximately one-third of older people will experience some degree of loneliness later in life<sup>#</sup>



A wide range of health outcomes associated with **loneliness and social isolation** include **depression, cardiovascular disease, quality of life, general health, biological markers of health, cognitive function and mortality.**<sup>f</sup>

## Open Support’s Strategy 2020 Objectives

- Reduce the impact of those who are socially isolated.
- Provide an opportunity for social connectedness.
- Ensure the services within Open Support and St Vincents Health Australia complement each other in response to supporting people impacted by social isolation.

## How we address the unmet need?



Provision of a **fortnightly face to face** visit program



**114** visit clients  
**2,195** visits

**48%** new clients  
**64%** clients supported with mental health



Provision of a **small groups** program to create **social connections**



**70 participants** through **42 artplay** sessions in St Vincent’s Public and Private Hospital, and for the homeless at Tierney house



**9,393** instances of Court support and assistance to attendees at Liverpool, Downing Centre and Darlinghurst courts

<sup>f</sup> Courtin, E. & Knapp, M. (2015). Social isolation, loneliness and health in old age: a scoping review. Health and Social Care in the Community

<sup>#</sup>Grenade, L., & Boldy, D. (2005). Social isolation and loneliness among older people: issues and future challenges in community and residential settings. Australian Health Review, 32, 468-478.