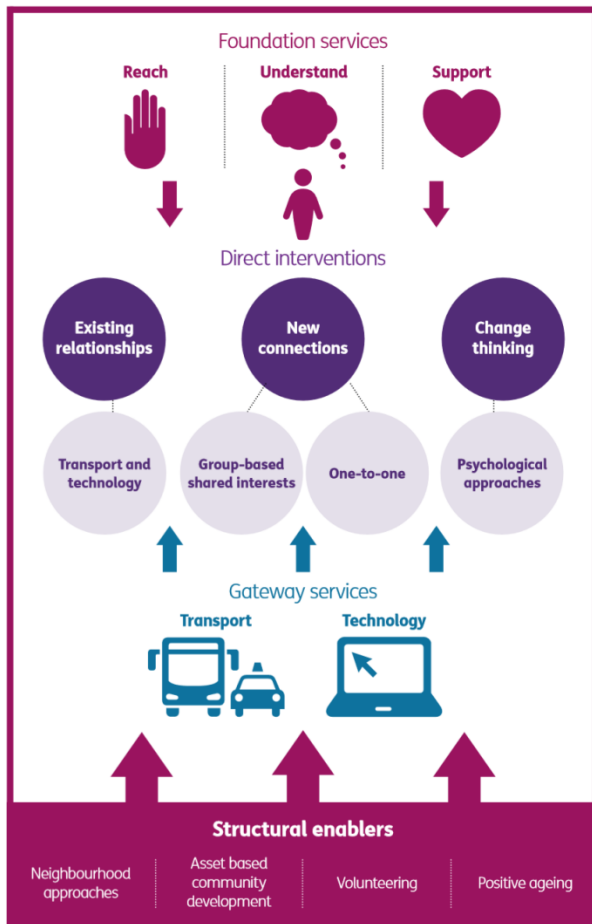


## Tool 5: Reducing loneliness

This tool presents a way of thinking about interventions to reduce loneliness along with some questions for reflection. You can use it to think about how your role and service works with older people to reduce loneliness.



How do you reach people, understand their situation and support them to take up services that help them to make meaningful connections?

How do you support people to maintain existing relationships, sustain new connections and change their thinking about their social connections?

How do you ensure access to transport and technology as a gateway to enabling social connections?

How do you use neighbourhood approaches, asset based community development, volunteering and positive ageing to empower people?

This is based on Age UK and The campaign to end loneliness (2015) Promising approaches to reducing loneliness in later life <http://www.campaigntoendloneliness.org/loneliness-research/>