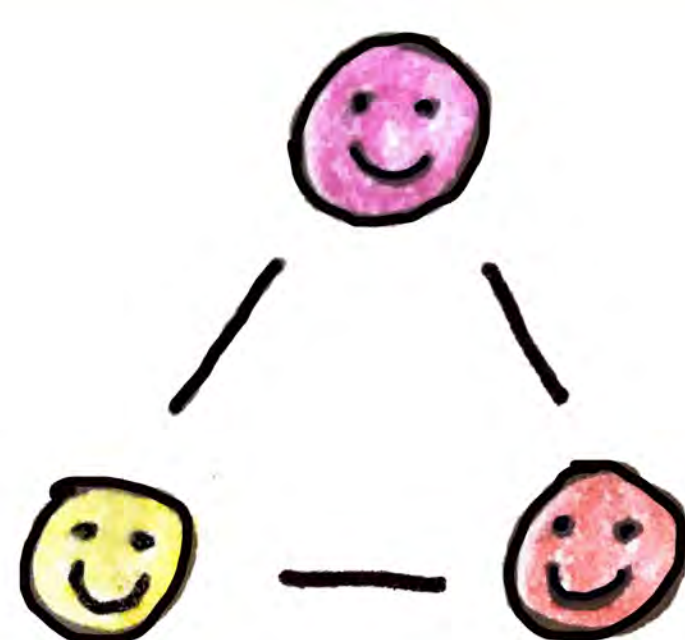


Social Relationships are Important for the Mental Health of People Living in Long-Term Care Homes

What do we mean by social relationships?



Social Network

The people we have relationships with, like family, friends and other people in the home.



Social Support

The help we get from people in our social network, including with emotional and physical needs.



Social Engagement

When we take part in activities with others, like having lunch or going for a walk together.

Why are social relationships important for the mental health of people living in long-term care homes?

Social relationships are good for our physical health and quality of life. Not having enough quality or quantity of social relationships have also been linked to:

Depression

Sadness

Cognitive decline

Negative mood

Loneliness

Anxiety

Boredom

Responsive behaviours

Our social networks, the time we spend together and the support we give and get from others, are all important in our lives. Some things that might help build and maintain social relationships for people living in long-term care homes include:



Manage Pain



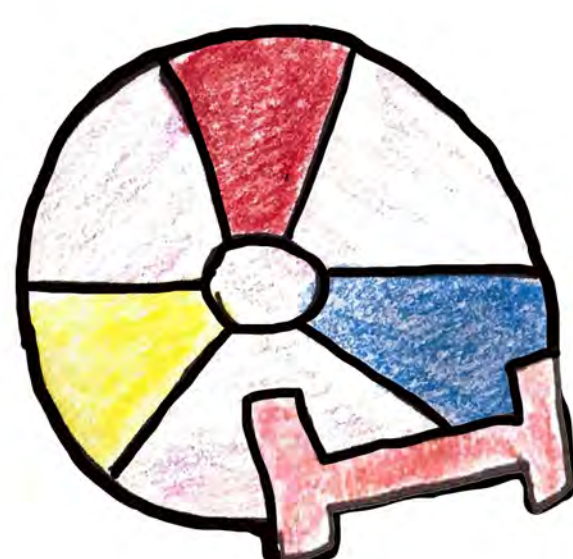
Address vision and hearing loss



Sleep at Night, Not During the Day



Find Opportunities for Creative Expression, like Art, Music and Storytelling



Exercise



Maintain Religious and Cultural Practices



Garden, Either Indoors or Outside



Visit with Pets



Use Technology to Communicate



Laugh Together



Reminisce About Events, People and Places



Communicate Non-verbally