

# Show somebody you **CARED**

## CONVERSATION STARTERS

Community members who come in contact with older adults through their work or their daily activities are in an ideal position to be on the alert for signs of isolation. It all starts with a conversation.

What kinds of questions could we ask and what might a response be? Here are some examples using the CARED prompts:

### **C**onnections

Does the person want more social contacts?  
Are they lonely?

#### What you might say

Would you like to be around more people?  
Would you like to make new friends?

#### What you might hear

It gets very lonely sometimes.

### **A**ctivities

Does the person lack meaningful activities to participate in?

What do you do for fun?  
Would you like to become more active?

I'd like to get out more.  
I wish I had something to do to pass the time.

### **R**elationships

Does the person have little contact with family or friends?

Do you have family nearby?  
Do you see them often?

My children don't live here.  
I don't want to be a bother.

### **E**mergency Contact

Does the person lack someone to call in a crisis?

Do you have someone to call in an emergency?

If I got sick, nobody would notice.

### **D**welling

Does the person live alone? Is their environment unsafe?

Do you live alone?  
Do you feel safe where you live?

I live alone.  
I used to know the neighbours. Now I don't feel safe here anymore.

