

Reducing Frailty & Social Isolation in Primary Care

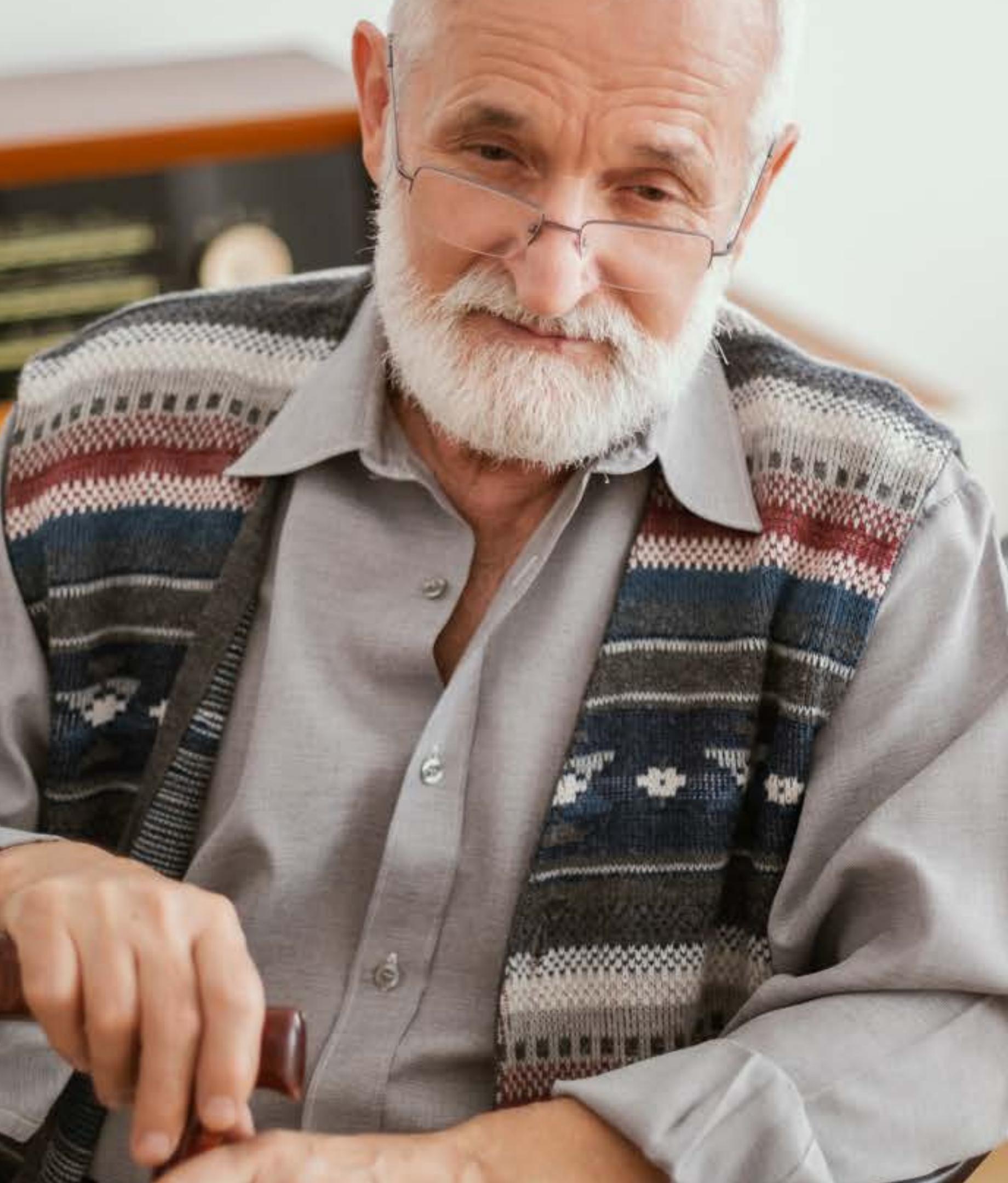


RFLA Allied Health Team

Katherine Taylor, RKin
Physical Activity for Chronic
Disease Management Lead

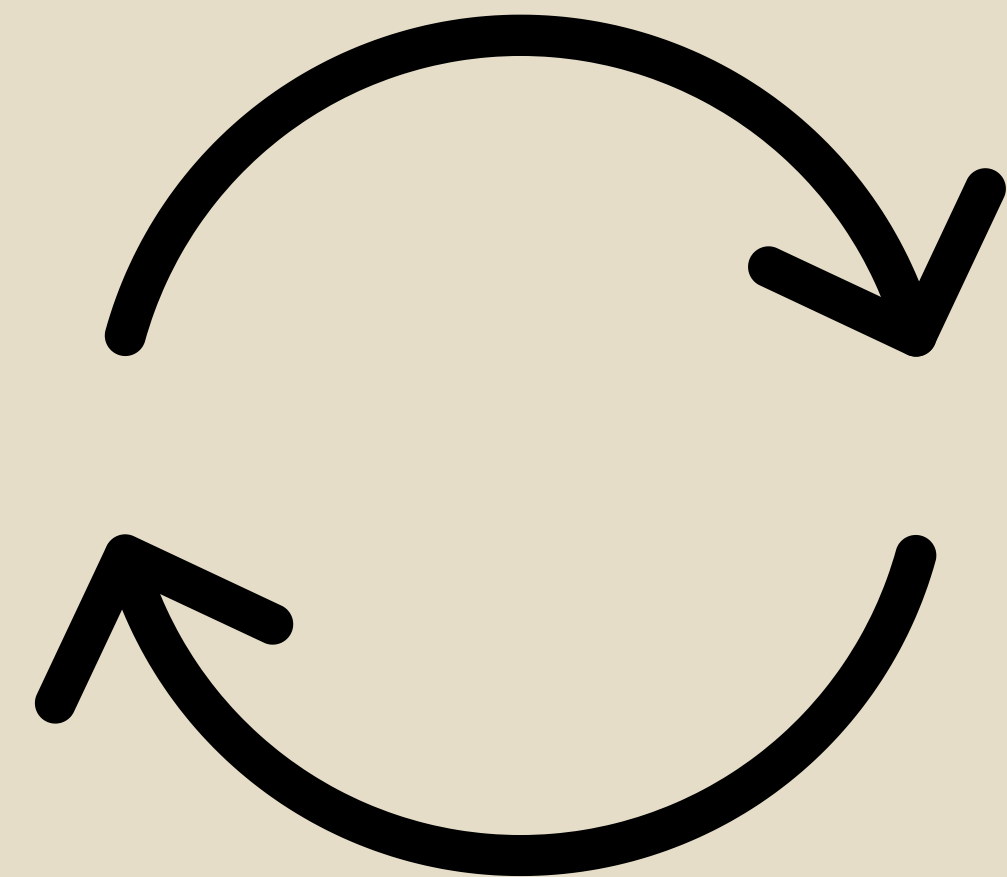
Carly Corrigan
Active Living
Facilitator





Frailty & Social Isolation = A Dangerous Combination

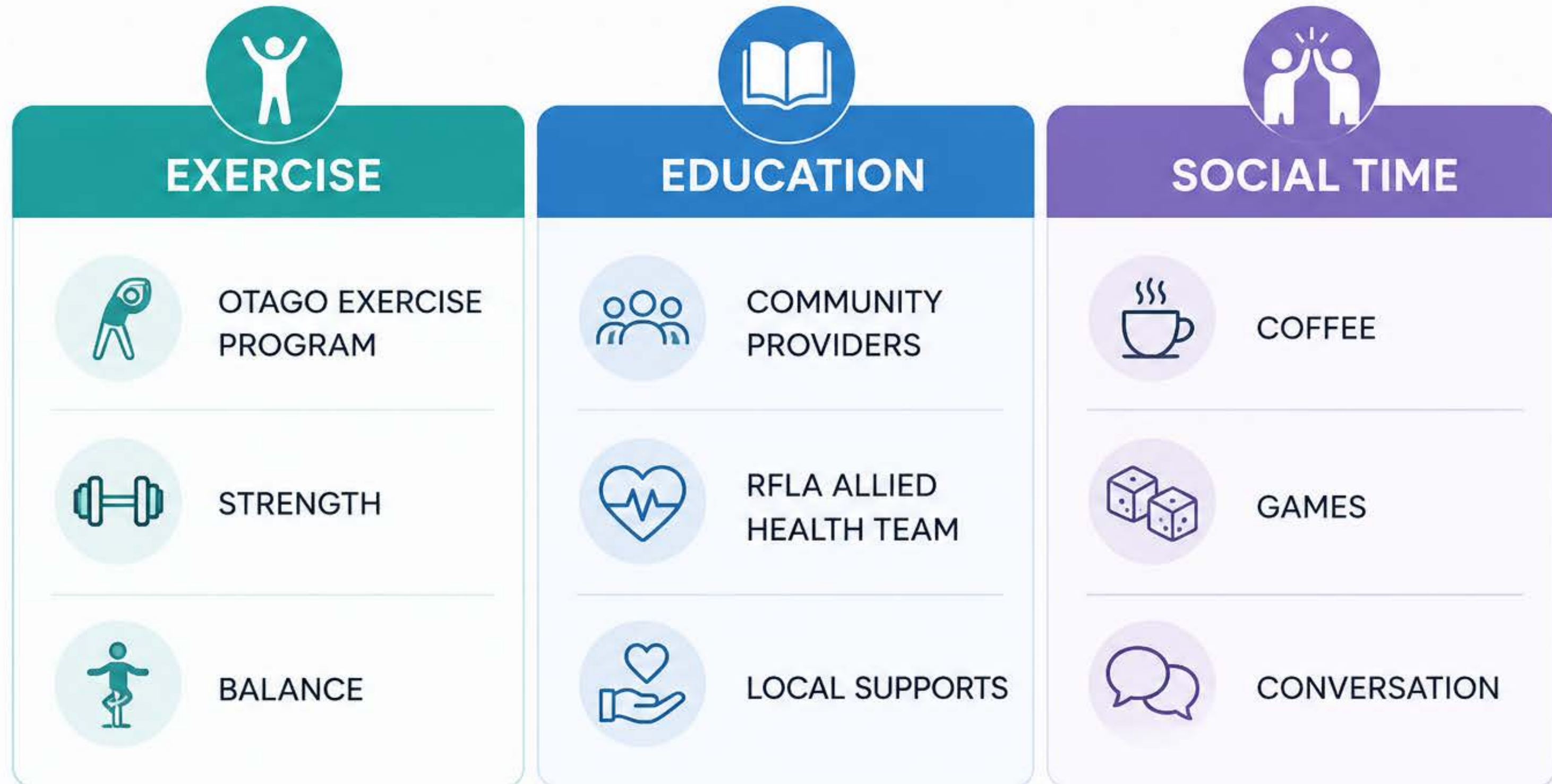
Frailty increases vulnerability to falls, hospitalization, disability, and loss of independence,



Social isolation has been associated with approximately a 50% increased risk of developing dementia and higher risks of heart disease, stroke, and premature mortality.

Exercise + Education + Social Time

A well-rounded approach to improving strength, knowledge, and connection

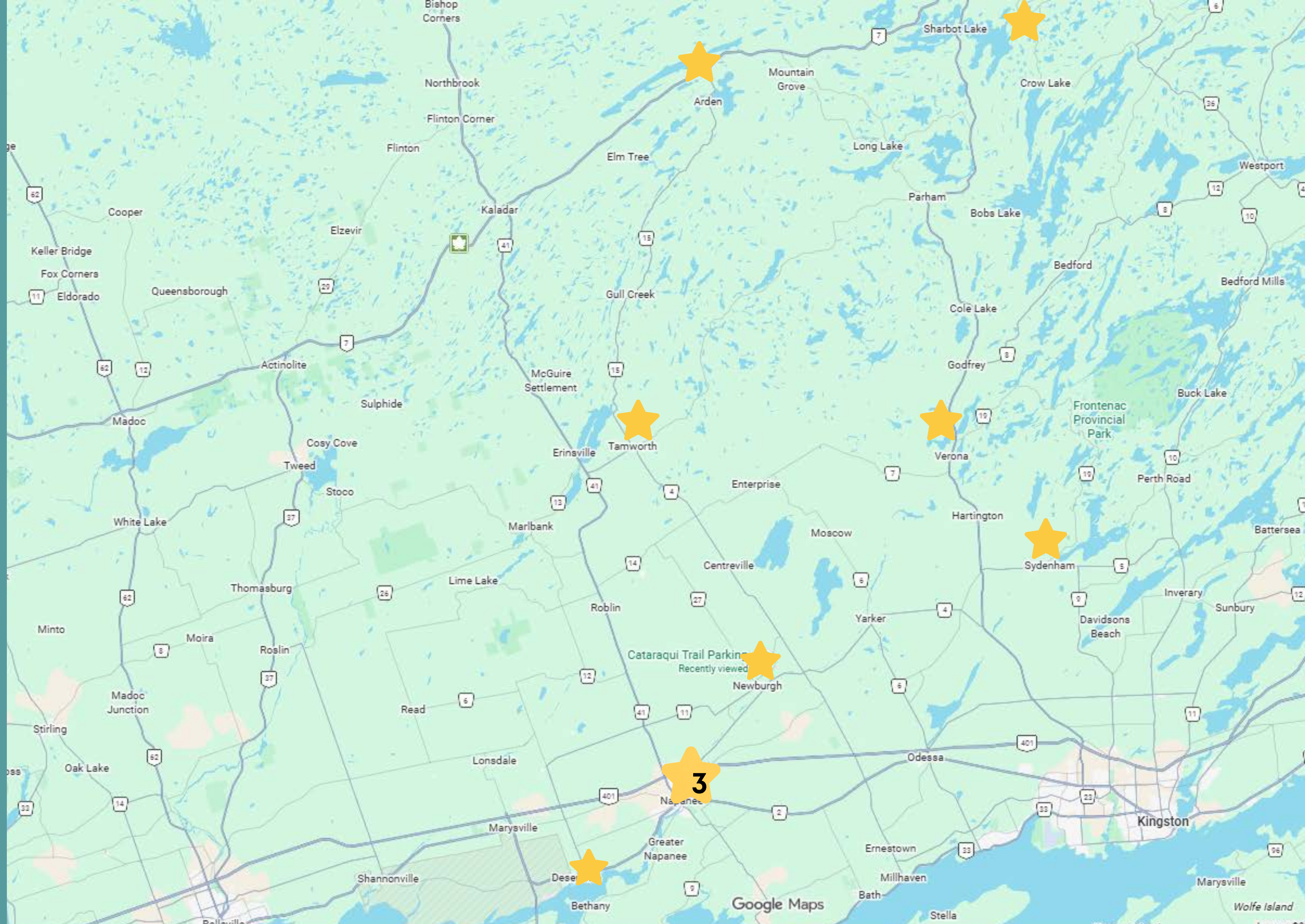


Building strength in body, mind, and **community**.

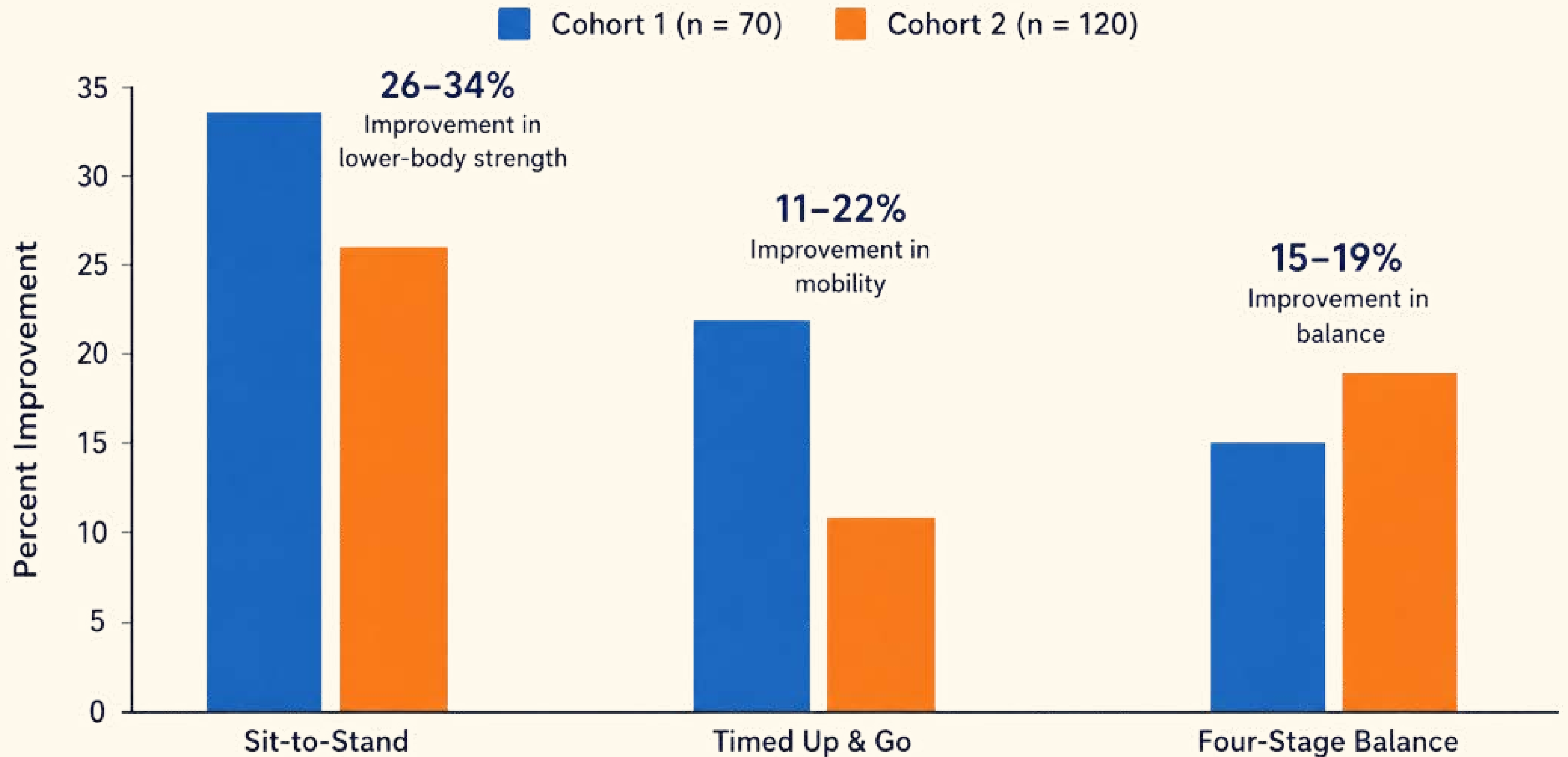
Intake 1:
70 participants
Sept-Dec 2025
6 locations

Intake 2:
120 participants
Jan- April 2026
9 locations

Intake 3:
115 participants
May-July
8 locations

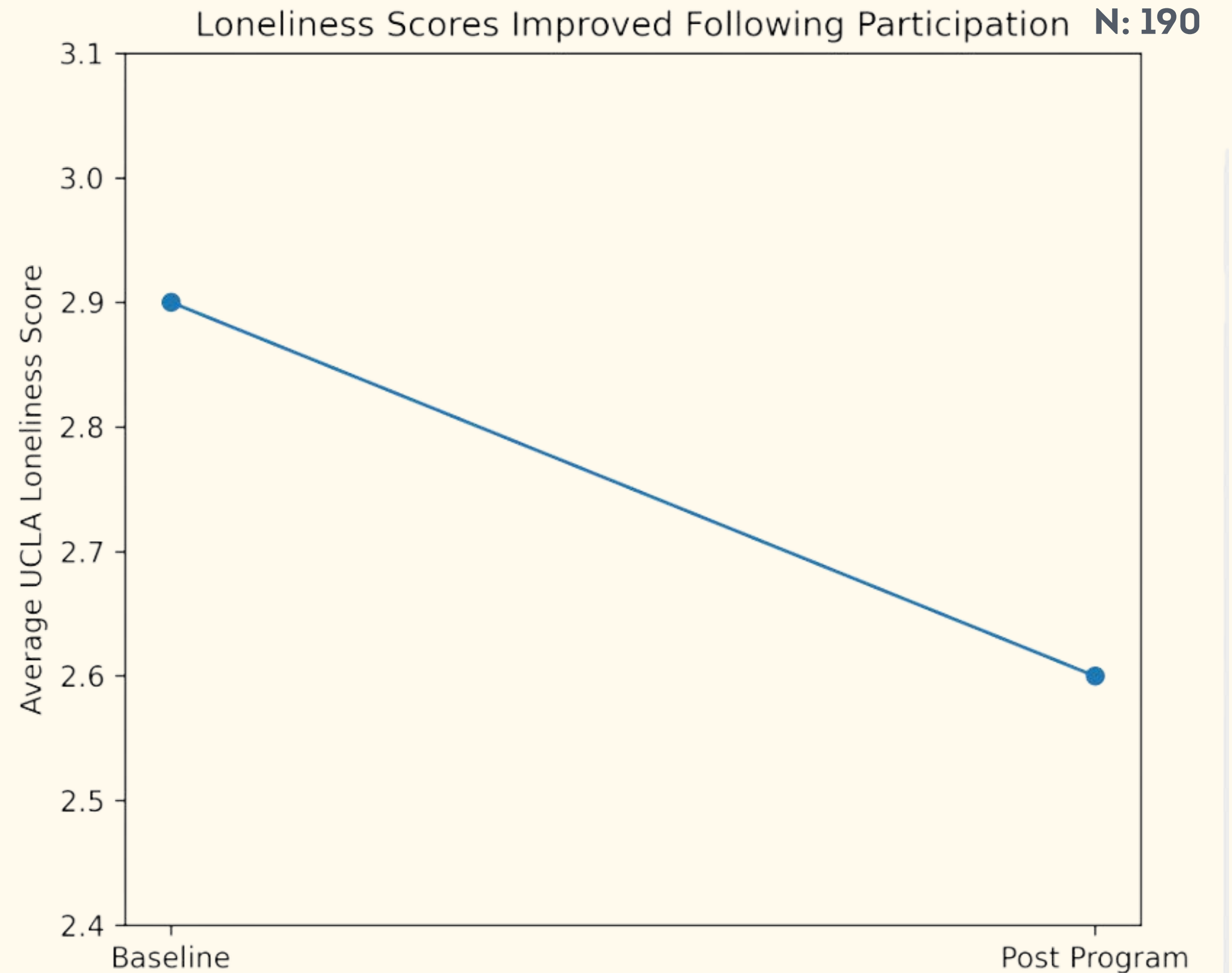


Meaningful Functional & Social Gains

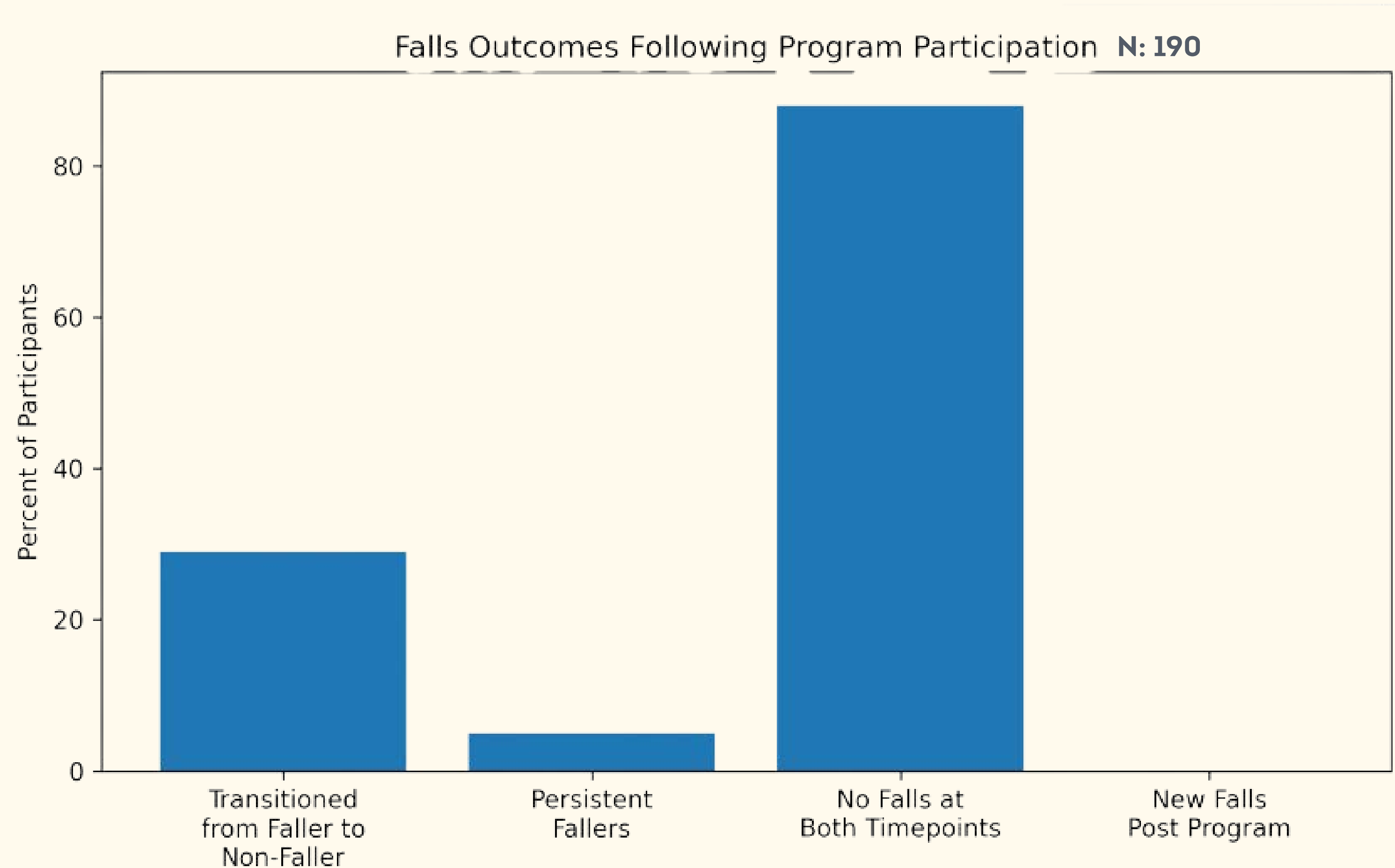


Meaningful Functional & Social Gains

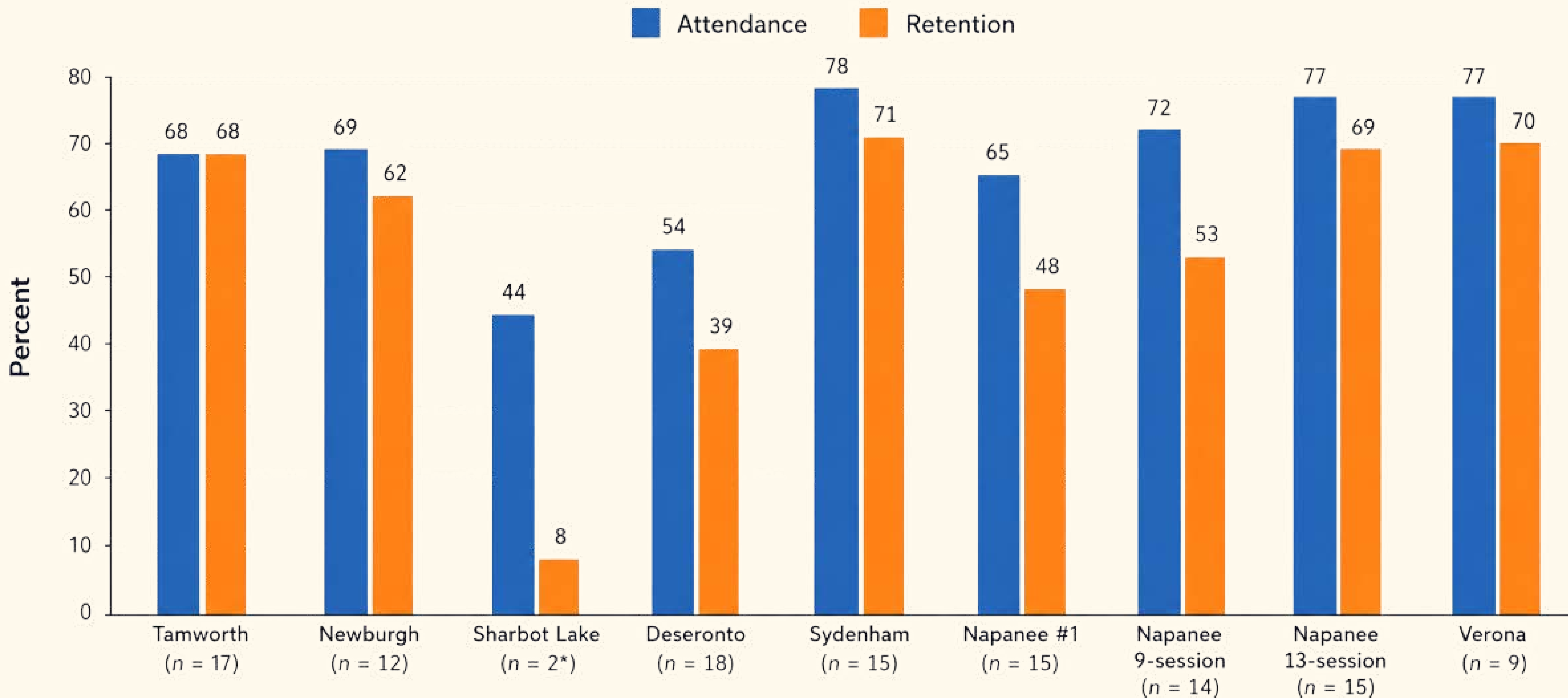
50–67% of
participants
reported
reduced
loneliness



Meaningful Functional & Social Gains



Attendance & Retention



Rural & Under-resourced Communities



Location



Equipment



Local Connections



Transportation



Graduate Group



Sustainable Partnerships

Organization	Health Promotion Topic
RFLA Allied Health Team Social worker Respiratory Therapist Dietitian Kinesiologist Active Living Facilitator	Social Health Art therapy Mindfulness Nutrition jeopardy Respiratory BINGO Bone Health Healthy Salad dressing making Falls Prevention Life size board games
Napanee Community Health Centre	Diabetes education Sleep Apnea Joy Adverse Childhood Experiences



Organization	Health Promotion Topic
University of Waterloo	Bone Health
VON	Stroke services
Zeal Holistic Health	Stretch and meditate
Heart and Stroke Foundation	Provided resources to handout
Alzheimer's Society	Brain Health
Napanee Physiotherapy	Pelvic Floor Health
Canadian Frailty Network	Neuroplasticity

Social Prescribing is Preventative Medicine



THANK YOU FOR LISTENING!

- #1: Social prescribing for those at risk.
- #2: Building partnerships for integrated programs
- #3: Advocating for policy & funding mechanism of community-based, social prescribing, prevention programs.

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RESOURCES PAGE

