



GINKGO

The social link factory

Isola-spot

A tool to raise awareness about the risk of isolation among older adults

- ☐ Have you noticed a change in your neighbor's behavior? 
 - ☐ Has someone you know told you they'd like to have more visitors?
 -  ☐ Does your friend still go out as often as before?
 - ☐ Is your neighbor still taking care of their home and garden?
 -  ☐ Have you noticed that mail is piling up at your neighbor's house even though she's home?
 - ☐ Is your loved one still taking good care of themselves?
 - ☐ Have you noticed any difficulties in verbal communication with your neighbor?
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Who to contact?



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Social isolation can have a significant impact on the physical and emotional health of older adults. Often, the signs are subtle and may go unnoticed. Paying attention to small changes in behaviour, habits, or communication can help us identify situations where isolation may be a concern and take action to provide support and companionship. This tool has been designed to encourage a more attentive and mindful approach toward the older adults around us.



www.ginkgo-project.eu