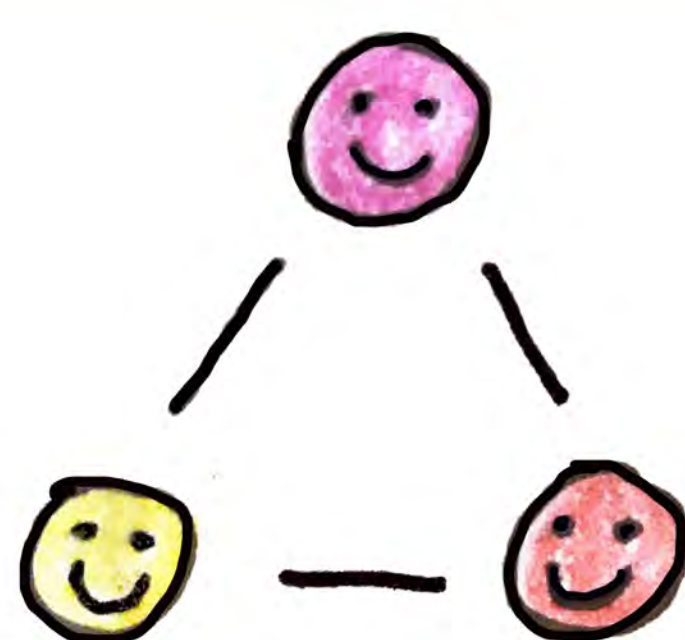


# Social Relationships are Important for the Mental Health of People Living in Long-Term Care Homes

## 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**

**Cognitive decline**

**Loneliness**

**Boredom**

**Sadness**

**Negative mood**

**Anxiety**

**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**



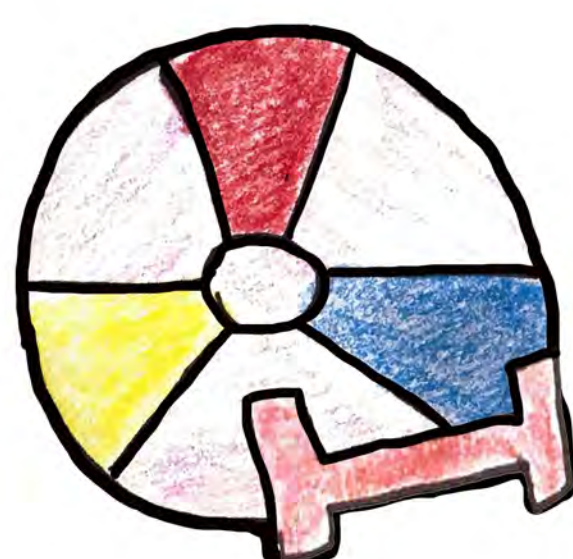
**Address vision and hearing loss**



**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**