

Resource for older adults launching at library

Written By **Paula Brown**

Local Journalism Initiative Reporter

Community network, Ageing Well in Caledon Dufferin (AWICD) has launched a new resource for older adults to help connect them with essential resources in the Caledon Dufferin area.

The new resource is a yellow information card called 'Are You Connected', which provides older adults and seniors with the contact information of a number of local services. The services featured on the yellow card are listed into three sections: connection, support, and wellness.

'We know that studies show loneliness and social isolation are associated with higher risks for adverse health effects. The hope is that this card will serve as a quick point of reference for older adults to be proactive about ageing well in our community through staying connected,' said Jennifer McCallum, co-chair of the AWICD network.

The 'Are You Connected' resource cards will be distributed throughout the county, through a number of community events such as various farmers' markets, markets, and fairs. AWICD will largely be engaging with older adults in the community to promote the new card.

The development of the 'Are You Connected' resource cards was funded through the Dufferin Community Foundation's Emergency Support Fund. The funding was allocated to the project to raise awareness of local community resources, reduce social isolation, and encourage older adults to remain connected.

Ageing Well in Caledon Dufferin (AWICD), is a collaborative effort between over 20 local community support agencies and organizations addressing physical, mental, social and emotional well-being specific to older adults.

The AWICD network will officially be launching the resource card and their new website at the Shelburne Public Library on Thursday (Sept. 29) at 4 p.m.

For more information about 'Are You Connected' email the network at ageingwellcd@gmail.com or visit their website ? www.awicd.org.