My Connection Plan



1. What are my barriers to connection ?

a. _____

b. _____

c. _____

2. Ways I can connect/actions to take:

a. _____

b. _____

c. _____

This handout is from Van Orden et al.'s (2020) article "Strategies to Promote Social Connections among Older Adults during 'Social Distancing' Restrictions." It is intended to be completed with the support of a service provider. For more details on how to use this tool, visit: www.eenet.ca/resource/social-connection-isolated-older-adults.