

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

BRIGHT LIGHTS AWARDS



2019

Nomination

Community and social accountability

Don Mills Family Health Team

Interactive Art Therapy: A Tool to Reduce Social Isolation Among seniors in a Primary Care Setting



The effect of social isolation on health is now of a similar magnitude to other risks to health, such as high blood pressure, smoking and obesity. Social isolation can have direct effects on cardiovascular disease risk factors including increased sympathetic nervous system activity, increased inflammation, and decreased sleep (Cacioppo, et al., 2011). Individuals that participated in the Art Series program over time reported feeling more connected to themselves and others, being more content with their social network, and feeling as though they have enough people in their network where they feel comfortable asking for help at any time.