



The Scottish Parliament  
Pàrlamaid na h-Alba

# How can we beat social isolation?

The Equal Opportunities Committee is looking into issues around age and social isolation. There has been an increasing amount of literature and research about isolation and loneliness and its impact on older people, and we've heard that many younger people feel isolated and lonely.

## YOUR VIEWS

The Committee is keen to hear from individuals, people working in the health and social services, local authorities and the voluntary sector on the prevalence and impacts of social isolation.

The Committee hopes to be able to share best practice, and hear ideas on how to improve and influence policy, and how to raise awareness of issues surrounding social isolation in communities.

## HOW TO SUBMIT YOUR VIEWS

The call for written views will close on **13 March 2015**.


Responses should be sent electronically in Word format to:  
**[equal.opportunities@scottish.parliament.uk](mailto:equal.opportunities@scottish.parliament.uk)**

Or written submissions to:

**Equal Opportunities Committee**  
**TG.01**  
**Scottish Parliament**  
**EH99 1SP**

For more details, visit our website  
at the following link:

**[www.scottish.parliament.uk/isolationinquiry](http://www.scottish.parliament.uk/isolationinquiry)**



What are the main causes of social isolation in younger and older people?

What groups of younger and older people are affected by isolation?

What is the impact of social isolation on mental and physical health?

Are there other impacts, for instance on employment and education?

Are there examples of good practice in helping to combat social isolation?

What more can be done by policy makers to tackle social isolation?

