

Meeting loneliness together

Northern Ireland

Social

Care

Council

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Social Care Council

Loneliness: The role of social care practitioners

National Loneliness Awareness Week

Why do we need to look out for loneliness?



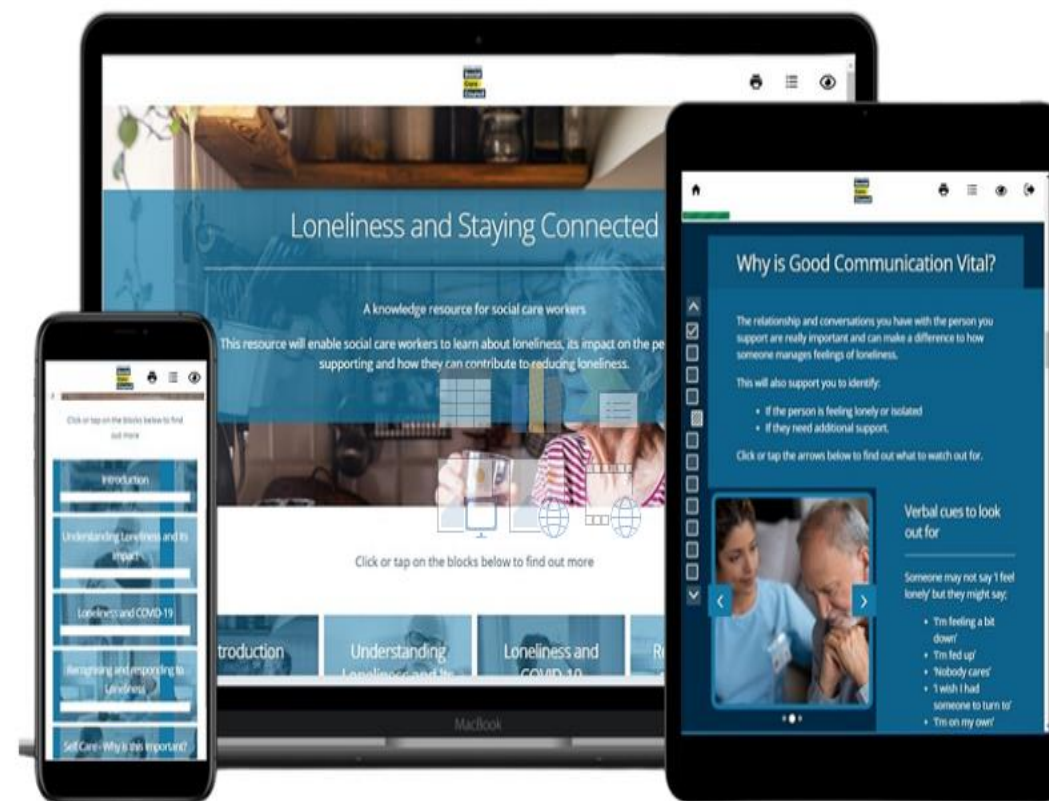
- Loneliness is defined as an emotional feeling of not having the meaningful connections we would like.
 - Loneliness is bad for our physical and mental health.
 - 19.4% (1 in 5) people in NI reported feeling lonely 'often / always' or 'some of the time'. (NISRA survey 2022/2023)
 - Those most likely to feel lonely include people with long term health conditions, physical, sensory or learning disabilities, people over 75yrs, young people aged 16-25yrs, people living alone or in residential care.
 - Contribution of social care to promoting the physical and emotional wellbeing of service users and carers; developing effective relationships, supporting people to maintain social networks and meaningful connections.
- Standards of Conduct and Practice for Social Care Workers**

Shielding, Social Isolation, Loneliness and Staying Connected

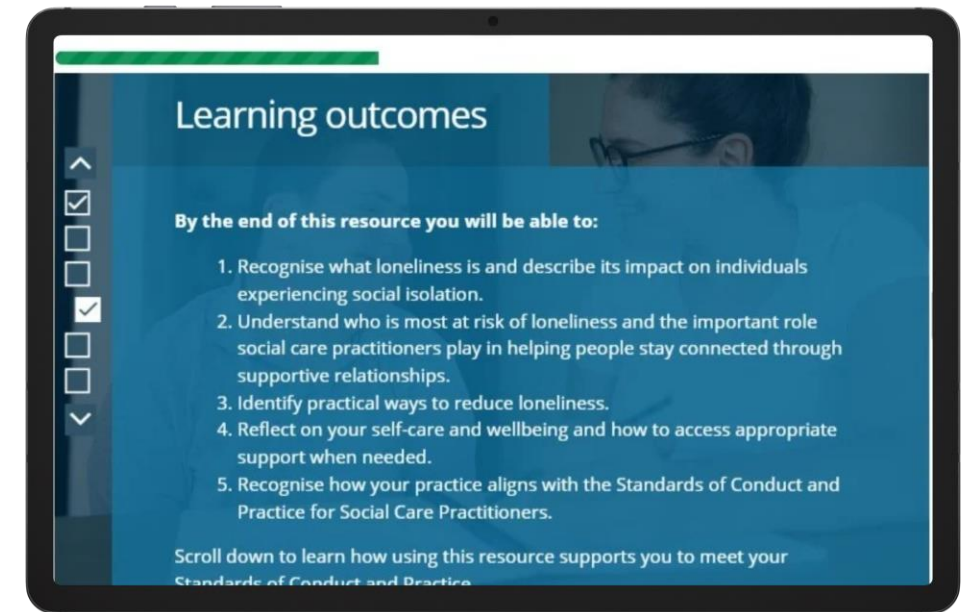
2020



2022



2025 - Loneliness: The role of social care practitioners



Learning outcomes

By the end of this resource you will be able to:

1. Recognise what loneliness is and describe its impact on individuals experiencing social isolation.
2. Understand who is most at risk of loneliness and the important role social care practitioners play in helping people stay connected through supportive relationships.
3. Identify practical ways to reduce loneliness.
4. Reflect on your self-care and wellbeing and how to access appropriate support when needed.
5. Recognise how your practice aligns with the Standards of Conduct and Practice for Social Care Practitioners.

Scroll down to learn how using this resource supports you to meet your Standards of Conduct and Practice

Loneliness: Promo Film

Access and Feedback

Using the QR code on the screen, open the resource from your mobile device, and start to explore. Then let us know your thoughts on the following questions:

- What was your overall impression of the resource?
- What did you find most useful?
- How easy was it to navigate and use the resource?

You can provide feedback via the **Feedback Survey** within the resource.

[Loneliness: The Role of the Social Care Practitioners - NISCC Learning Zone](#)