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## Interventions for loneliness and social isolation

*Centre for Reviews and Dissemination*

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### Record Status

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### Authors' conclusions

Social isolation is the lack of social contact or support; loneliness is the feeling of being alone or isolated. Loneliness is a multifaceted issue and may not be simply resolved by tackling one aspect alone. General practitioners may be well-placed to identify people who are, or who are at risk of, loneliness and social isolation. Overall, evidence of effective interventions is limited, but group-based activities and support that provide opportunities for social interaction appear to show some promise in addressing isolation and loneliness. The Campaign to End Loneliness produced a toolkit to support CCGs and Health and Wellbeing Boards understand, identify, commission and evaluate interventions to tackle loneliness in older people.

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