

INTERVENTION MODEL

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Isolation is a complex and multi-factorial phenomenon. It can not be tackled with a simple solution but needs integrated complementary policy interventions. The Breaking Isolation Intervention Model is a tool to be used by policymakers who wish to tackle social isolation at local level.

The intervention model presented here is built around 4 main policy interventions:

- 1. Identifying** people who are isolated or might be at risk of falling into isolation
- 2. Helping** those who are isolated by offering them a way out
- 3. Awareness-raising** to inform about the issue and equip people (inc. professionals) with tools, methods and knowledge about isolation
- 4. Preventing** isolation by intensifying social interactions and tightening community life and care

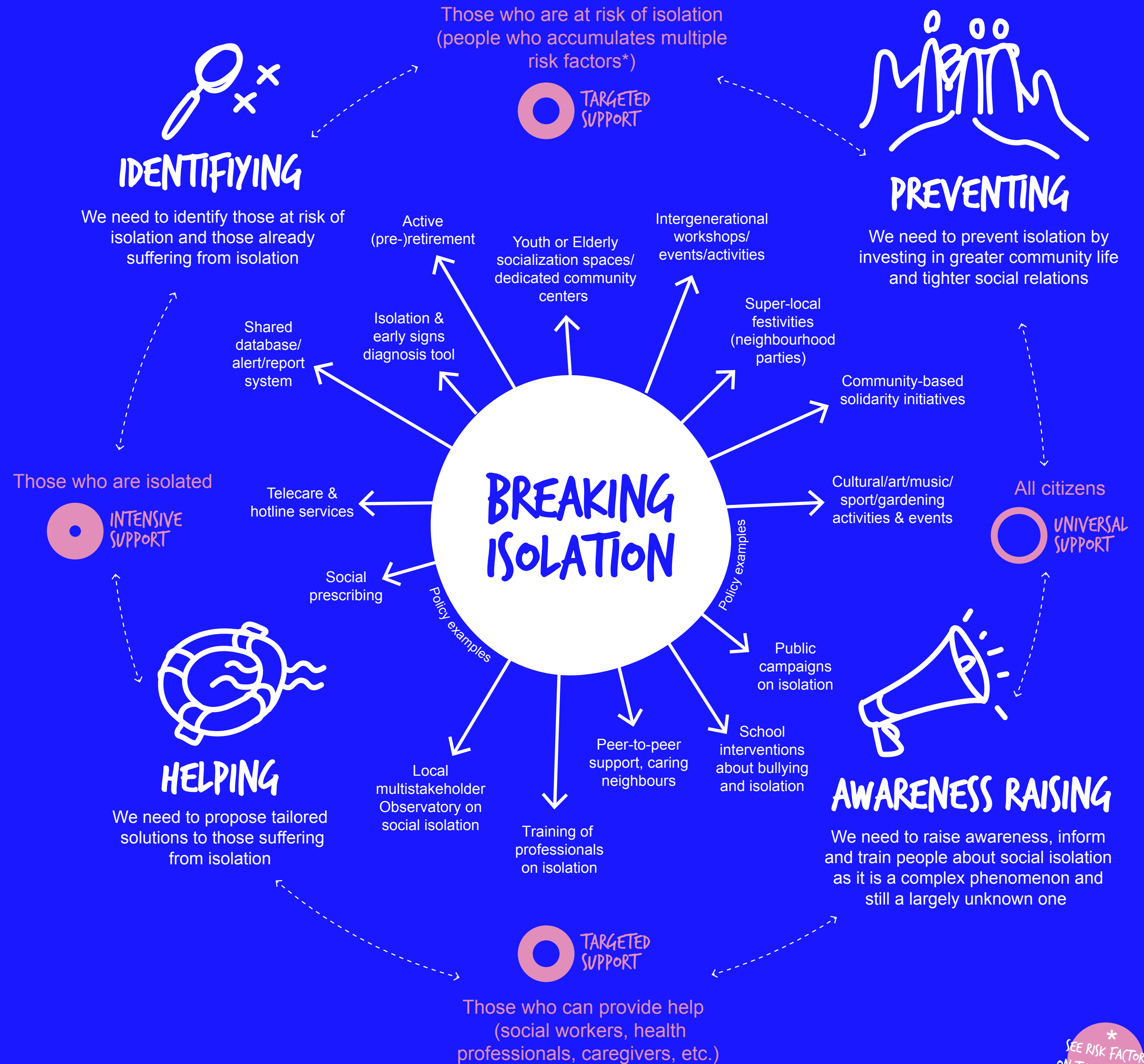
The model is articulated around 4 types of beneficiaries:

- Those who are isolated
- Those at risk of getting isolated
- Those who can provide help (professionals, care providers, informal helpers)
- All citizens

Interventions may be of 3 levels:

- Intensive support
- Targeted support
- Universal support

Finally, at the center of the model, examples of policy interventions provide concrete actions that may be put in place.



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ON THE OTHER SIDE

RISK FACTORS OF SOCIAL ISOLATION

Anyone can experience social isolation, but certain factors increase the risk. Research and interviews with practitioners from the 10 Breaking Isolation network cities allowed us to identify 10 key factors.

Warning: These causes don't automatically lead to isolation, but when combined, they increase risks.

It is also worth noting that the EU Loneliness Survey (which covers 27 EU countries) identifies 4 types of demographic and socio-economic characteristics that are significantly associated with a higher risk of feeling lonely:

1. Poorer people and the unemployed
2. Minority groups (migration background, LGBT, disabled)
3. People who moved places recently
4. Young adults (16-24)



Find more info about the Breaking Isolation network by visiting urbact.eu and downloading the baseline study: *Social Isolation - A discreet epidemic*

