

# United Way Maritimes Impact Area



Social Inclusion  
& Access

## What is Social Inclusion, Accessibility and Social Isolation?

**Social inclusion** is ensuring that everyone has barrier-free opportunities to participate in economic, social and political life. Social connection is a necessity for good wellbeing, and considered a major social determinant of health.

**Accessibility** means that barriers to participation are removed to allow for full participation in society. Accessibility barriers include physical, cultural and financial.

**Social isolation** occurs when people have low quantity or quality of contact with others. People experiencing social isolation often experience loneliness, which can be fleeting, situation, interpersonal or chronic. Social isolation disproportionately impacts those who are most marginalized, and poverty has a profound impact on social inclusivity in our communities.

## Who is impacted when people don't have social inclusion and access?

13.1% of Canadians report that they always or often feel lonely, and 1 in 4 report that they do not consistently have someone they can depend on when needed.

Loneliness especially impacts seniors, people who are widowed, those who have disabilities and those who are living on lower incomes.

Racialized people are also more likely to experience loneliness.

Barriers to accessibility are also a concern for Canadians, especially in rural areas where access to public transportation is less common.



United Way  
Maritimes

Serving Central &  
Southwestern NB,  
PEI & Mainland NS



## Local Statistics

New Brunswick	Nova Scotia	Prince Edward Island
<ul style="list-style-type: none"> <li>• 14.7% reported they always or often feel lonely</li> <li>• 26.3% do not have someone they can consistently depend on</li> <li>• 51.7% report a strong sense of belonging in community</li> <li>• 38.8% live within 1km of a public transportation stop, (3rd lowest in Canada).</li> <li>• 29.4% reported experiencing discrimination or unfair treatment in a 3-month period in 2024</li> </ul>	<ul style="list-style-type: none"> <li>• 13.9% reported they always or often feel lonely</li> <li>• 26.5% do not have someone they can consistently depend on</li> <li>• 50.2% report a strong sense of belonging in community</li> <li>• 39.2% live within 1km of a public transportation stop, (4th lowest in Canada).</li> <li>• 30.4% reported experiencing discrimination or unfair treatment in a 3-month period in 2024</li> </ul>	<ul style="list-style-type: none"> <li>• 13.7% reported they always or often feel lonely</li> <li>• 20.5% do not have someone they can consistently depend on</li> <li>• 52.7% report a strong sense of belonging in community</li> <li>• 37.5% live within 1km of a public transportation stop, (2nd lowest in Canada).</li> <li>• 25.2% reported experiencing discrimination or unfair treatment in a 3-month period in 2024</li> </ul>

## United Way Maritimes Impact

Having socially inclusive communities means we are better able to respond to major societal issues such as poverty, and reaffirms our commitment to diversity, equity, inclusion, and accessibility. United Way Maritimes will address social isolation and accessibility through community investments, capacity building, delivery of programs, and thought leadership activities to achieve the following outcomes:

- Reduced isolation and increased connection to community and/or historically marginalized groups
- Reduced physical, cultural, and financial barriers for people to participate in society
- Increased sense of belonging and connection to community

## What might this look like?

Immediate Needs	Intervention & Prevention	Addressing Root Causes
<ul style="list-style-type: none"> <li>• Wellness checks for isolated seniors</li> <li>• Transportation services</li> <li>• Navigation services</li> </ul>	<ul style="list-style-type: none"> <li>• Access to inclusive, safe places</li> <li>• Newcomer settlement and integration</li> <li>• Cultural connection and sharing programs</li> <li>• 2SLGBTQIA+ Allyship &amp; Education programs</li> </ul>	<ul style="list-style-type: none"> <li>• Anti racism and DEI work</li> <li>• Advocacy for equitable access to health, housing and community services</li> </ul>

Sources for this document can be found at [www.unitedwayhalifax.ca/impact-area-sources/](http://www.unitedwayhalifax.ca/impact-area-sources/)



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