

Many literature have indicated that social isolation and loneliness have detrimental effects on the psychological and physical well-being of older adults. The COVID-19 pandemic is finally drawing to a close, ushering us into the post-COVID-19 era. COVID-19 brought several changes, including increased reliance on internet-based interactions, which can influence interpersonal relationships. In this symposium, we will delve into the topics of social isolation, health, and the utilization of information and communication technology (ICT) among older adults in Japan, Taiwan, and South Korea. The first speaker will elucidate the challenges faced by older Japanese men living alone, including the risk of poverty and difficulties in help-seeking. The second speaker will present evidence demonstrating the preventive effects of social activities on the health of older Taiwanese individuals. The third speaker will underscore the significance of social engagement and community networks among Japanese older adults. The fourth speaker will examine the e-literacy levels of older Koreans, emphasizing the negative association between low e-literacy and health outcomes, thereby highlighting the importance of enhancing their digital literacy skills. Following the four presentations, we will engage in a discussion on the deleterious effects of social isolation on health from various perspectives, as well as strategies for its prevention.