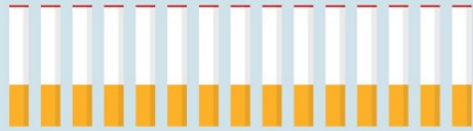


THE DANGERS OF SENIOR LONELINESS AND ISOLATION

LONELY SENIORS HAVE A 59% HIGHER RISK OF **PHYSICAL** AND **MENTAL** HEALTH DECLINE



LONELINESS CAN BE AS DANGEROUS AS SMOKING **15** CIGARETTES A DAY



THE RATE OF DEPRESSION FOR SENIORS WHO LIVE IN RESIDENTIAL CARE FACILITIES HAS BEEN AS HIGH AS **44%**



SENIORS WHO SUFFER FROM LONELINESS HAVE A

64%

HIGHER RISK OF DEMENTIA

5 FACTORS THAT INCREASE THE RISK OF ISOLATION

- 1 BEING AGE 80+
- 2 HAVING CHRONIC HEALTH PROBLEMS
- 3 LACK OF CONTACT WITH FAMILY
- 4 LIVING WITH LOW INCOME
- 5 CHANGING FAMILY STRUCTURES

IN 2009, **1 IN 4** SENIORS AGED 85+ FELT LONELY AT LEAST SOME OF THE TIME



STEPS TO ALLEVIATE LONELINESS & ISOLATION

- > GIVE BETTER ACCESS TO TRANSPORTATION
- > WORK BETTER TO INTEGRATE SENIORS INTO THEIR COMMUNITIES
- > USE TECHNOLOGY TO HELP SENIORS CONNECT WITH OTHERS