

THE EFFECTS OF SOCIAL ISOLATION AND LONELINESS IN OLDER ADULTS

INFOGRAPHIC



1 Loneliness versus Isolation

1. Loneliness is the feeling of being alone, regardless of the amount of social contact.
2. Social isolation is a lack of social connections.
3. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.

2 How many Older Adults are Socially Isolated or Experience Loneliness?

25% of adults age 65 and older have reported feeling socially isolated.

- Risk factors include having a chronic disease, hearing loss, and being widowed



3 Increased Risk of Dementia

Social isolation increases older adults' risk for dementia by

50%

4 Loneliness Can Be As Dangerous As Smoking

Studies have shown that loneliness can be as dangerous as smoking **15 cigarettes a day** or being an alcoholic.



5 How Has COVID-19 Impacted Social Isolation?

56% of older adults report feeling isolated from others as a result of the COVID-19 Pandemic.



6 How to Alleviate the Effects of Social Isolation?

1. Intergenerational Programs - Gen Bridge
2. Improve Access to Transportation
3. Lifelong Learning Programs - Adventures in Learning

