

WHAT WE KNOW ABOUT LONELINESS

The risk of loneliness increases with age



Groups and activities in our community support people to connect, but this does not appeal to everyone

What stops people from participating?

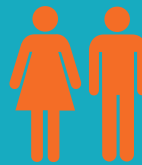


How can we reduce this?

How many people does it impact?



40% of all people say they are lonely



About 10% of older Victorians are significantly impacted



Many older people fear becoming lonely

Loneliness...



Is the same as smoking 15 cigarettes a day



Is worse than obesity for your health



Increases the risk of death



Increases risk of dementia, heart disease and depression

Protective factors



Being social later in life helps people to stay connected

Loneliness can be reduced when we work together

FIVE RISK FACTORS FOR LONELINESS

1. Personal circumstances

- Living alone or being single
- Being childless
- Availability of family & friends
- Low income
- Living in public housing / residential care
- Housing stress / homelessness
- Educational and literacy level
- Limited technology skills
- No access to a car



2. Health and disability

- Functional impairment
- Disability
- Being a carer
- Poor health
- Depression
- Onset of illness
- Cognitive impairment
- Hearing or vision loss



3. Personal characteristics

75+

Age



Older men



Being gay, lesbian, bisexual, transgender, intersex (LGBTIA+)



From an ethnic community

4. Transitions

- Loss of partner / bereavement
- Move to residential care
- Retirement
- Becoming a carer / stopping being a carer

5. Environmental

- Lack of accessible transport
- Lack of local facilities
- Fear of crime

