



Loneliness is Bad for You

Social isolation and loneliness are often considered to be particular problems of old age.

Reduced social contact, loneliness isolation and being alone are thought to reduce older people's quality of life and life satisfaction.

In a survey conducted by Help the Aged it was found that 12% of all people aged over 65 felt trapped in their own homes. More than 7% experienced feeling, in the

preceding 12 months as if no one knows they existed and more than 2% had gone for a whole week without speaking to friends, neighbours or family.

People over 75, particularly women, are found to be the most severely isolated.

Loneliness is complex and is associated with multiple, interrelated factors. For some people, loneliness may be linked to recent changes in health such as poor physical or mental health, or events such as a relationship breakdown or they may have been bereaved.

Older people on low incomes and with long term health problems are especially vulnerable to feeling lonely and depressed.

If an older person is suffering from depression

and/ or poor mental health it may be that because of their illness they have become cut off from family and friends and have become isolated in the community.

Lonely people experience more stress than people who are not lonely. They find it harder to deal with stress, partly because older people enjoy poor quality sleep and are less likely to seek help from others.

According to research, fear of being alone is a major cause of anxiety as we grow older.

Older people are also often anxious about the risks of falling if they venture outside, especially in the winter months.

If you are concerned about an older person please refer them to Age Concern Cardiff and the Vale of Glamorgan Counselling Service.

Counselling can help older people experiencing loneliness and isolation to rebuild their confidence.



**If you would like to talk to a counsellor or make a referral, contact us at:
029 2052 1125**

A confidential answer-machine is available for messages when no-one is in the office to take your call.

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