

Loneliness & The Elderly

Risk Factors for Loneliness in Elderly

Family Support Below their Expectations

Single, Widowed, Divorced

Social Isolation

Living Alone

Impact of Loneliness



More negative interpretation of stressors and more likely to develop depression.



More likely to face social isolation which is a state whereby the elderly suffers from a dearth of interactions.



Higher risk of mortality.

Strategies to Overcome Loneliness



Social participation strengthens the social network and helps to alleviate loneliness.



Intergenerational programmes improve relationship with family. The strong bonds alleviate loneliness even when the elderly lives alone.

3+1=4

Innovative programmes (re-employment and additional education) renew his/her sense of purpose and alleviate feelings of loneliness.

Did you know? Loneliness *v.s.* Living Alone

Loneliness is a subjective emotional measure of one's state of mind and negative feelings about one's level of social contact.

Living alone is a living arrangement whereby an elderly resides in a place without anyone else whom they know.

- UCLA Loneliness Scale
- De Jong Giervald Loneliness Scale



Use this QR code to learn more about the tools

