

Sources for Isolation Infographic

1. There are 1 million people over 65 living lonely and isolated lives in the UK.
One Voice: Shaping our ageing society, Age Concern and Help The Aged, 2005.
<http://www.campaigntoendloneliness.org.uk/information-on-loneliness/loneliness-research/>
2. Over half a million older people will spend Christmas Day alone.
Christmas Day survey (unpublished), ICM research Help The Aged, 2007.
<http://www.ageuk.org.uk/latest-press/archive/prevent-half-a-million-older-people-spending-christmas-day-alone/>
3. Loneliness has been found to increase the risk of Alzheimer's disease by 50%.
<http://www.campaigntoendloneliness.org.uk/information-on-loneliness/threat-to-health/>
4. 60 older people a week die alone - Paul Burstow MP.
<http://news.bbc.co.uk/1/hi/health/4564166.stm>
5. The effects of isolation.
http://www.health.gov.bc.ca/library/publications/year/2004/Social_Isolation_Among_Seniors.pdf
6. Half of all older people say that TV is their main form of company.
Agenda for Later Life, Age UK, 2012.
<http://www.ageuk.org.uk/health-wellbeing/relationships-and-family/befriending-services-combating-loneliness/>
7. More than a quarter of people over 65 do not have a best friend.
James, Robert Dr (2011) *Social Work, Social Policy and Older people*, pp 96
<http://books.google.co.uk/books?id=tuTQ3UTuMmUC&pg=PA96&lpg=PA96&dq=%22quarter+of+people+over+65+do+not+have+a+best+friend%22&source=bl&ots=w0ajJQI-hh&sig=esxMiGlaeqo-7zgd7chv1v7Nh0k&hl=en&sa=X&ei=6RqgUIu5MeKp0QW5wIGICA&ved=0CCwQ6AEwAA#v=onepage&q&f=false>
8. 1/3 of people over 65 see their local supermarket as somewhere to socialise and get out of the house.
James, Robert Dr (2011) *Social Work, Social Policy and Older people*, pp 96
<http://books.google.co.uk/books?id=tuTQ3UTuMmUC&pg=PA96&lpg=PA96&dq=%22quarter+of+people+over+65+do+not+have+a+best+friend%22&source=bl&ots=w0ajJQI-hh&sig=esxMiGlaeqo-7zgd7chv1v7Nh0k&hl=en&sa=X&ei=6RqgUIu5MeKp0QW5wIGICA&ved=0CCwQ6AEwAA#v=onepage&q&f=false>
9. 68% of people say the worst thing to experience at Christmas would be to be alone.
Friends of the Elderly survey November 2011
10. Being lonely has a significant and lasting effect on blood pressure, with lonely individuals having higher blood pressure than their less lonely peers.
Hawkey, L.C., Thisted, C.M. and Cacioppo, J.T. (2010) 'Loneliness predicts increased blood pressure: 5-year cross-lagged analyses in middle-aged and older adults', *Psychology and Aging*, vol 25, no 1, pp 132–141.
11. Loneliness is also associated with depression (either as a cause or a consequence) and higher rates of mortality.

Pitkala, K.H. et al. (2009) 'Effects of psychosocial group rehabilitation on health, use of health care services, and mortality of older persons suffering from loneliness: a randomised, controlled trial', *Journal of Gerontology: Medical Sciences*, vol 64A, no 7, pp 792–800.

Mead, N. et al. (2010) 'Effects of befriending on depressive symptoms and distress: systematic review and meta-analysis', *British Journal of Psychiatry*, vol 196, no 2, pp 96–100.

Ollonqvist, K. et al. (2008) 'Alleviating loneliness among frail older people: findings from a randomised controlled trial', *International Journal of Mental Health Promotion*, vol 10, no 2, pp 26–34.

12. The influence of social relationships on the risk of death are *comparable with* well-established risk factors for mortality such as smoking and alcohol consumption and *exceed* the influence of physical activity and obesity.

Holt-Lunstead, J., Smith, T. and Layton, J.B. (2010) 'Social relationships and mortality risk: a meta-analytic review', *PLoS Medicine*, vol 7, no 7, doi:10.1371/journal.pmed.1000316

13. About 370,000 over 75s spend 'zero hours' with other people on a typical day.

http://www.centreforsocialjustice.org.uk/client/media/Older_People_Lonely_24.12.11.pdf

14. 13% of people say they would consider having a lonely older person to stay over Christmas.

Friends of the Elderly survey November 2011

15. Over ½ of people in the UK would like to help reduce the isolation of older people in their community, but almost a 1/3 do not have the confidence to do so.

http://www.nesta.org.uk/press_releases/assets/features/a_third_of_people_lack_confidence_to_tackle_isolation_of_elderly_in_their_community

16. Risk.

<http://campaigntoendloneliness.org/toolkit/wp-content/uploads/Risk-factors.pdf>

Victor et al, "The prevalence of, and risk factors for, loneliness in later life."

http://www.ageuk.org.uk/documents/en-gb/for-professionals/evidence_review_loneliness_and_isolation.pdf?dtrk=true

17. Resilience.

<http://campaigntoendloneliness.org/toolkit/wp-content/uploads/Services-to-reduce-loneliness-and-isolation-amongst-older-people.pdf>

18. Spotting the signs.

http://www.ageuk.org.uk/documents/en-gb/for-professionals/evidence_review_loneliness_and_isolation.pdf?dtrk=true

<http://campaigntoendloneliness.org/toolkit/wp-content/uploads/Risk-factors.pdf>

19. Taking control.

<http://campaigntoendloneliness.org/toolkit/wp-content/uploads/Services-to-reduce-loneliness-and-isolation-amongst-older-people.pdf>

http://www.ageuk.org.uk/documents/en-gb/for-professionals/evidence_review_loneliness_and_isolation.pdf?dtrk=true

20. Who is responsible for tackling isolation amongst older people: 64% said families are.
[Charity Awareness Monitor, September 2012, nfpSynergy](#)