

Resources that can help
if you are suffering from
loneliness and social
isolation in later life

Age UK

Helpline: 0800 169 6565

(open 8 am to 7 pm, every day of the
year)

ageuk.org.uk

Independent Age (Advice and Support for Older Age)

Advice line: 0800 319 6789

(Monday to Friday - 8:30am to
6:30pm / Saturdays - 9am to 1pm)

independentage.org

Contact the Elderly

Advice line: 0800 716543

(Monday-Friday 9am-5.30pm)

contact-the-elderly.org.uk

The Silver Line

Helpline: 0800 4 70 80 90

(open every day and night of the
year)

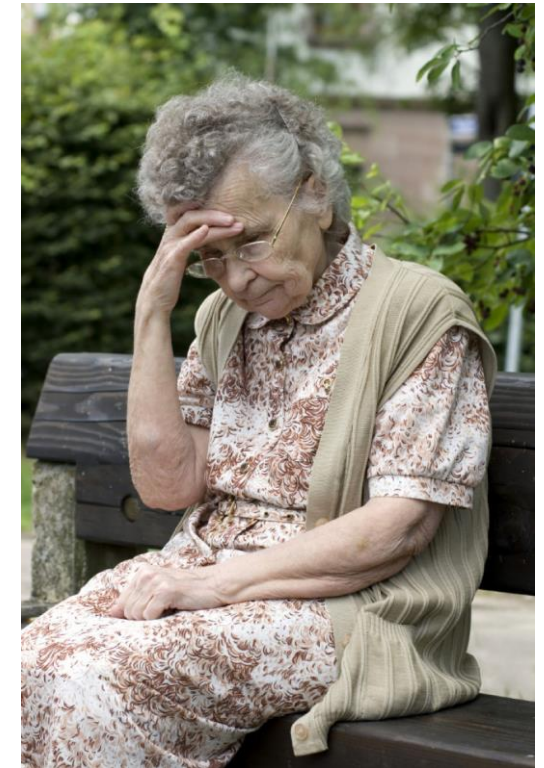
thesilverline.org.uk



most people will have feelings of
loneliness and being socially
isolated it can be a daily reality for
many people in later life and it can
have a major impact on their mental
and physical wellbeing. These
feelings can affect anyone at any
time it could be the loss of a loved
one or just not having someone to
talk too and the feeling that there's
nothing to focus your life on. If you
are going days or even weeks
without seeing or speaking to
anyone this leaflet can offer some
help that can prevent you from
being isolated and lonely in later
life.

According to Age UK, more
than 2 million people in
England over the age of 75 live
alone, and more than a million
older people say they go for
over a month without speaking
to a friend, neighbour or family
member.

Loneliness and social isolation in later life



Know the signs and get the help

What factors put you at more risk of feelings of loneliness and social isolation.

anyone can be at risk of loneliness and social isolation but the risk can increase as we get older.

- Bereavement
- Poor health
- Physical impairment
- Language barrier
- Low income
- Low self-esteem
- Depression
- Sexual orientation
- Living alone
- retirement

if you are a care giver these are some factors to be aware of to know if someone is at risk of loneliness and being socially isolated.



If you are currently having feelings of being lonely and socially isolated reach out to the resources listed on this leaflet.

in addition to this it is a good idea to visit your general practitioner and explain how you are feeling recognizing these feelings are the first step to changing your quality of life.

Negative effects of loneliness and social isolation

- Increased physical and mental problems
- Higher blood pressure
- Impaired sleep quality
- Depression and anxiety
- Weakened immune system
- Increased risk of developing dementia
- Shorter lifespan

If you think that you have some of these symptoms you should seek help as soon as possible by speaking to either a family member, friend or your local general practitioner. Communication is the first step to a better quality of life. If you are concerned for someone you think may be struggling with loneliness or social isolation there are some things you can do to you can Help them seek support by encouraging them to make an appointment to go and see their general practitioner or a practice nurse.