

Isolation & loneliness in older adults

By Natalia piedrahita uribe

Student ID: 1906185

Introduction

- Assessment of the health and social care needs in the community among older adults over 65 years old, living daily in an active and healthy way, socialising and getting out of the monotony and other issues such as depression.
- **Isolation:** A feeling of being alone, especially when it makes you unhappy.
- **Loneliness:** Loneliness is a state of being alone.

It is essential to understand that loneliness and isolation are different but related concepts. Isolation can lead to loneliness, and loneliness can lead to isolation.

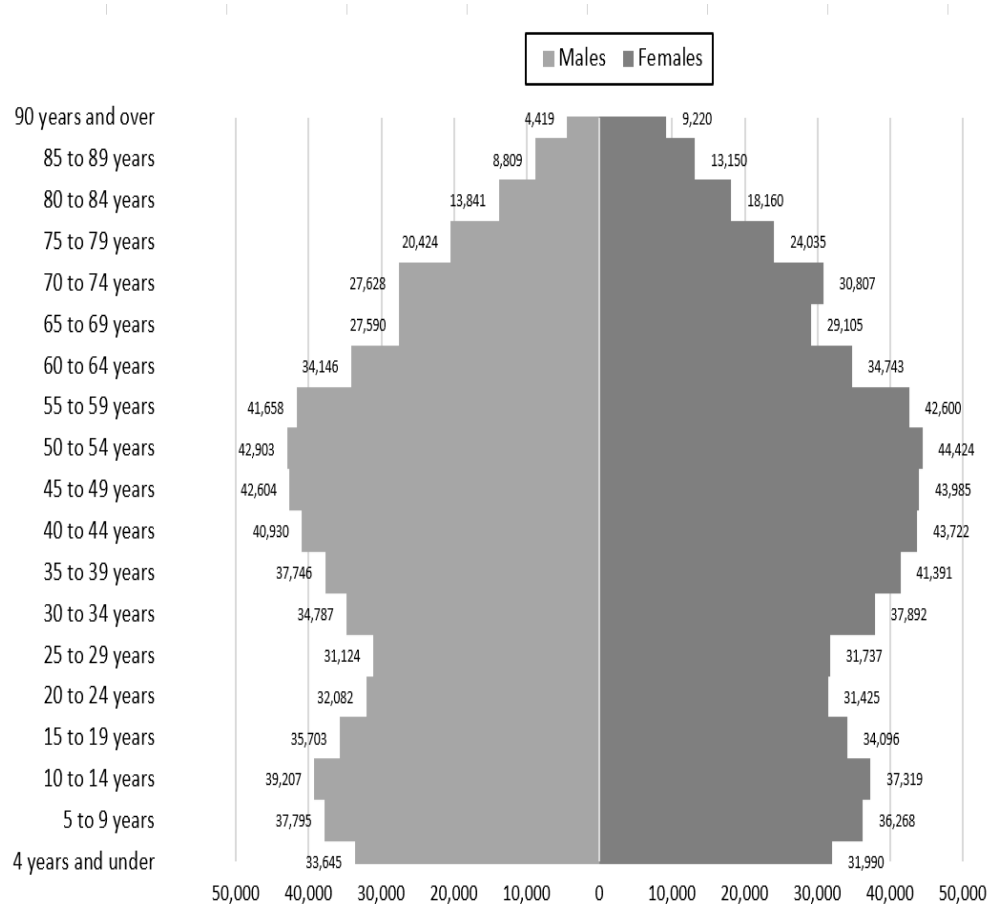
(Age UK, 2018)

Demographic , population

- *Area: Surrey*

- ❑ The number of people 65 and older in Surrey currently stands at around 232,000. A third of the county's older residents (almost 76,000 older people) live alone. (Ferguson, 2020)
- ❑ It is estimated that around 47,000 old people who live alone are over the age of 75. (Ferguson, 2020)

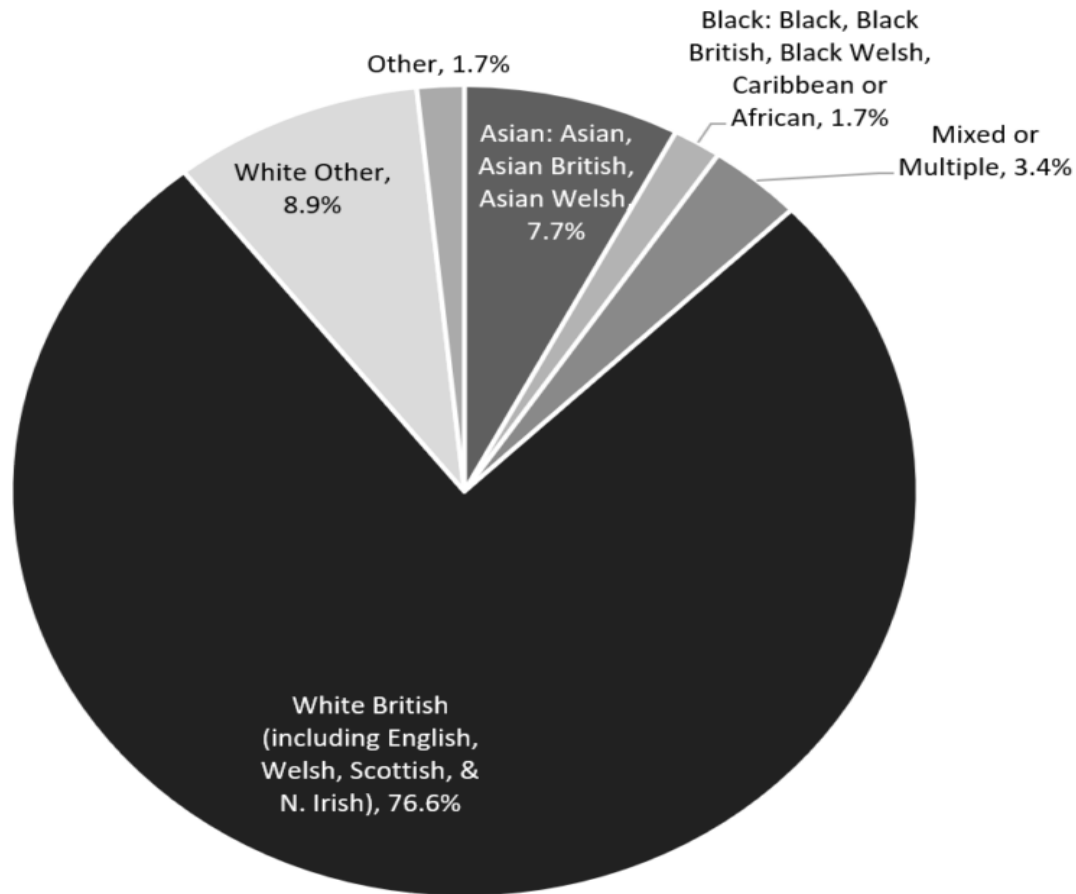
Gender.



□ as the population pyramid shows Across Surrey, Just under a fifth (18.9%) of residents were older than 65 years of age, while over half were of 'working age' (20-64 years, 57.3%).

(www.surreyi.gov.uk, n.d.)

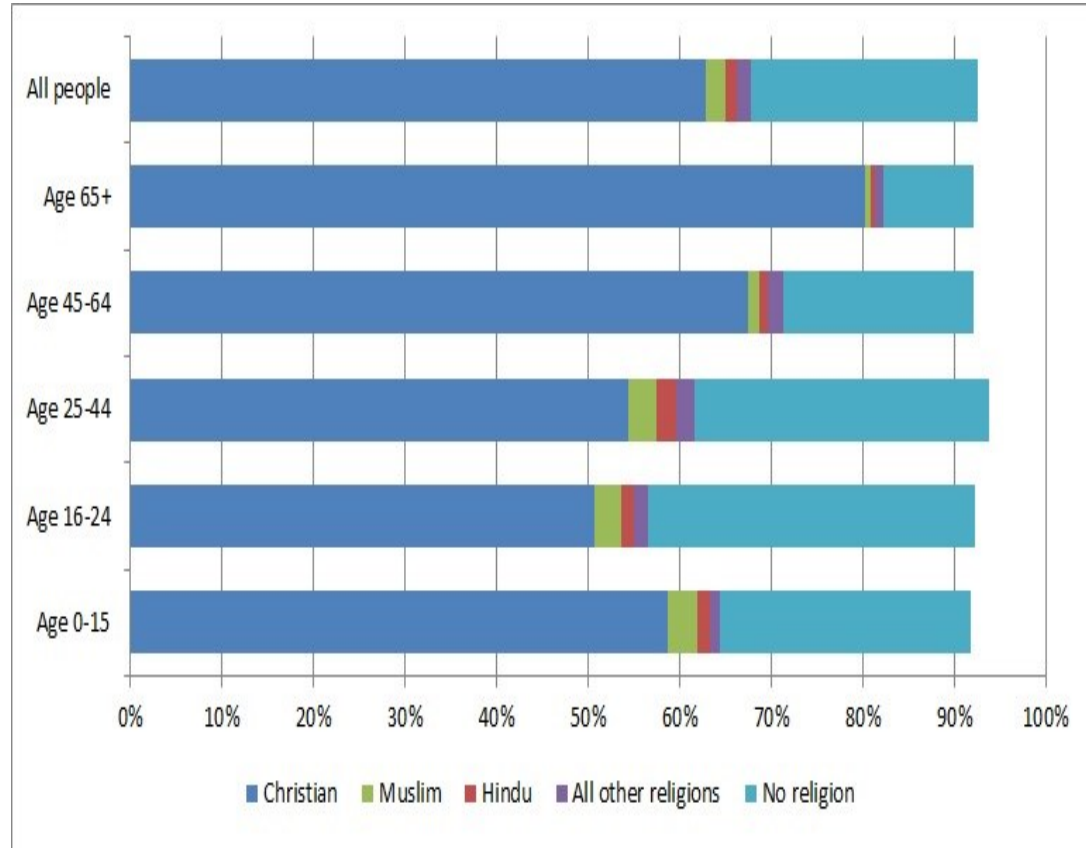
Ethnicity



□ Surrey residents reported identifying as White British in 2021, with 8.9 percent identifying as 'White Other'. As a result, 14.5 percent of Surrey residents identified as non-White. 7.7 percent of Surrey residents identified as Asian in 2021, the most significant percentage among non-Whites. Mixed and multiple ethnicity residents make up 3.4 percent of the Surrey population, while Black residents make up 1.7 percent.

(Surrey residents by ethnic group, 2021)

Religion



□ According to these statistics, There are only 10% of people over 65 who do not practice any religion. With 80% of older people affiliating with Christianity, this religion is more likely to be practised by older people.

The prevalence of religion within Surrey residents, 2021

Causes of loneliness

Currently exist many different factors associated with loneliness in older age which include:

- Social network
- Health
- Individual characteristics
- Neighbourhood characteristics

Loneliness can be linked very often with depression, sleep problems, impaired cognitive health, hypertension, psychological stress and mental health.

According to Age NI, loneliness can be as harmful for our health as smoking 15 cigarettes a day.

Policy & Legislation

- The UK government published the world's first government strategy for tackling loneliness, 'A Connected Society: A Strategy for tackling loneliness' in 2018.
- Extending patient choice of provider
- 2015-NHS organizations are directed to come together with local partners to develop sustainability and transformation plans (STPs)

Mean of communication and technology

- Digital Inclusion Strategy.
- Cafes and restaurants
- Day centers
- Social activities
- Advice lines (phones)
- Silver lines

Recommendation and Conclusion

- Internet usage has historically been low among older adults. In other words, they are not a generation of "digital natives." The digital divide has existed for years. It has been common for older adults to feel uncomfortable and hesitant about modern technology.(McDonough, 2016).
- It can be observed that Loneliness has nothing to do with age, gender, religion, colour or ethnicity. But it is pretty evident that older adults are more likely to suffer from loneliness due to the lack of technology knowledge.
- Key issue to address.

References

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