

# LONELINESS AND SOCIAL ISOLATION AMONG THE OVER 70s IN IRELAND

## PREVALENCE OF LONELINESS IN OLDER ADULTS



71%

OF ADULTS HARDLY EVER OR NEVER FEEL LONELY.



24%

OF ADULTS FEEL LONELY SOME OF THE TIME AND JUST 5% OFTEN FEEL LONELY.



LIVING ALONE

31%

ARE **LEAST** LONELY, 32% **MODERATELY** LONELY AND 37% **MOST** LONELY.



LIVING WITH OTHERS

49%

ARE **LEAST** LONELY, 30% **MODERATELY** LONELY AND 21% **MOST** LONELY.

## COVID-19 PANDEMIC & LONELINESS IN OLDER ADULTS

**ALONE**

COVID-19 helpline



55%

of calls were from over 70s, the cohort advised to 'cocoon'.

75%

of callers to the helpline were living alone.

26,174 calls

to ALONE's National Support helpline from March 9th - July 5th.



ALONE has seen a rise in callers reporting negative emotions, including suicidal ideation during the pandemic.



There has been an increase in callers who are putting off medical treatment or examination, including after falls.

## REQUIREMENTS FOR OLDER PEOPLE IN COVID-19 PANDEMIC

- Callers have most often requested support for their physical health, befriending, and emotional and mental health needs.
- Social distancing and cocooning measures are likely to increase levels of loneliness & social isolation, which may have a negative effect on the wellbeing of older adults. Public policies should be developed to ensure that these issues are addressed.

If you have concerns about your own wellbeing, or the wellbeing of an older person you know, call ALONE on 0818 222 024 from 8am-8pm, seven days a week

For more information please visit [www.tilda.ie](http://www.tilda.ie)

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