



advice and support for older age

**Independent
Age**

Reducing loneliness in later life

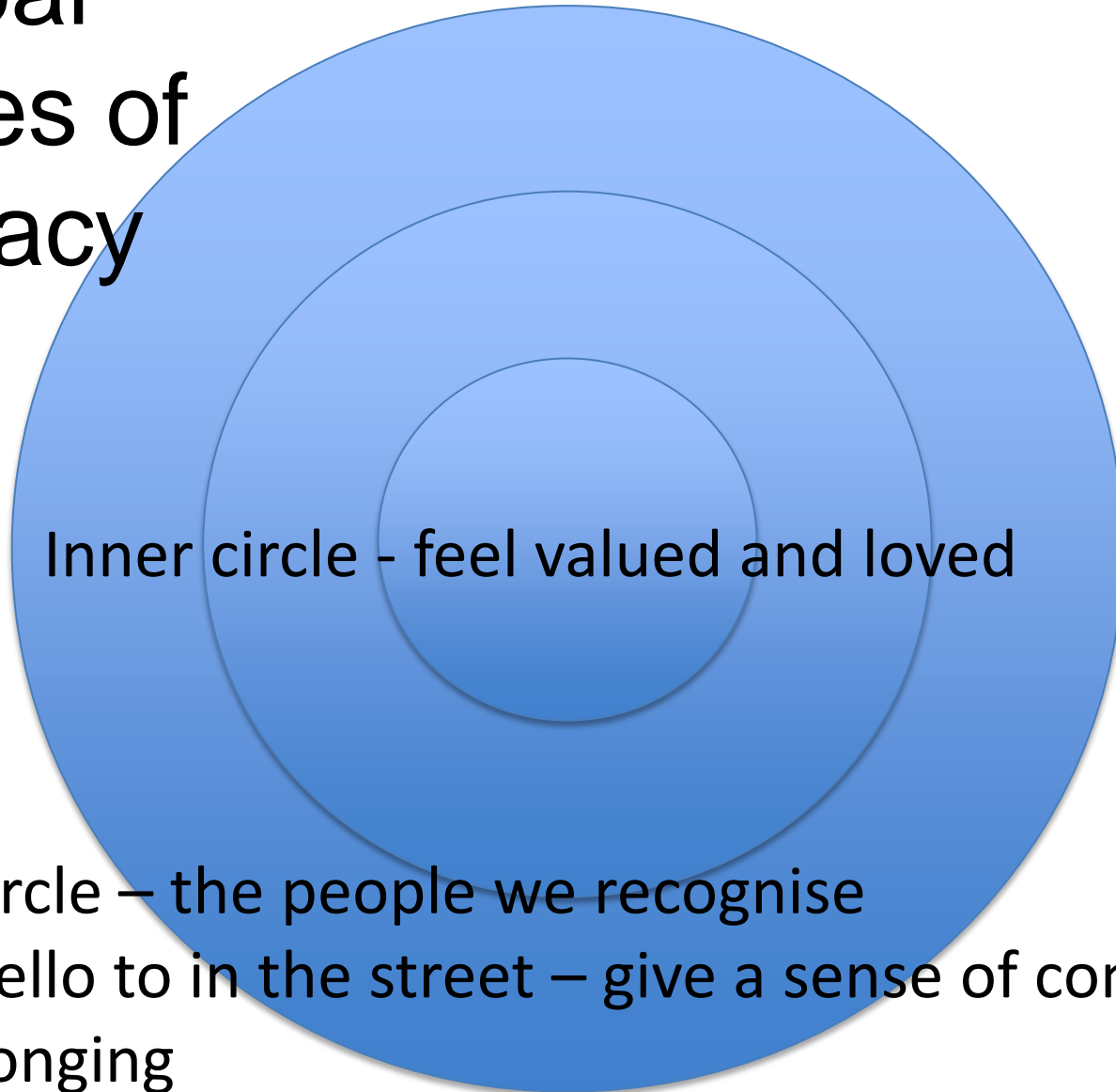
Janet Morrison

Campaign to
EndLoneliness
CONNECTIONS IN OLDER AGE

Safeguard your convoy



Dunbar Circles of Intimacy

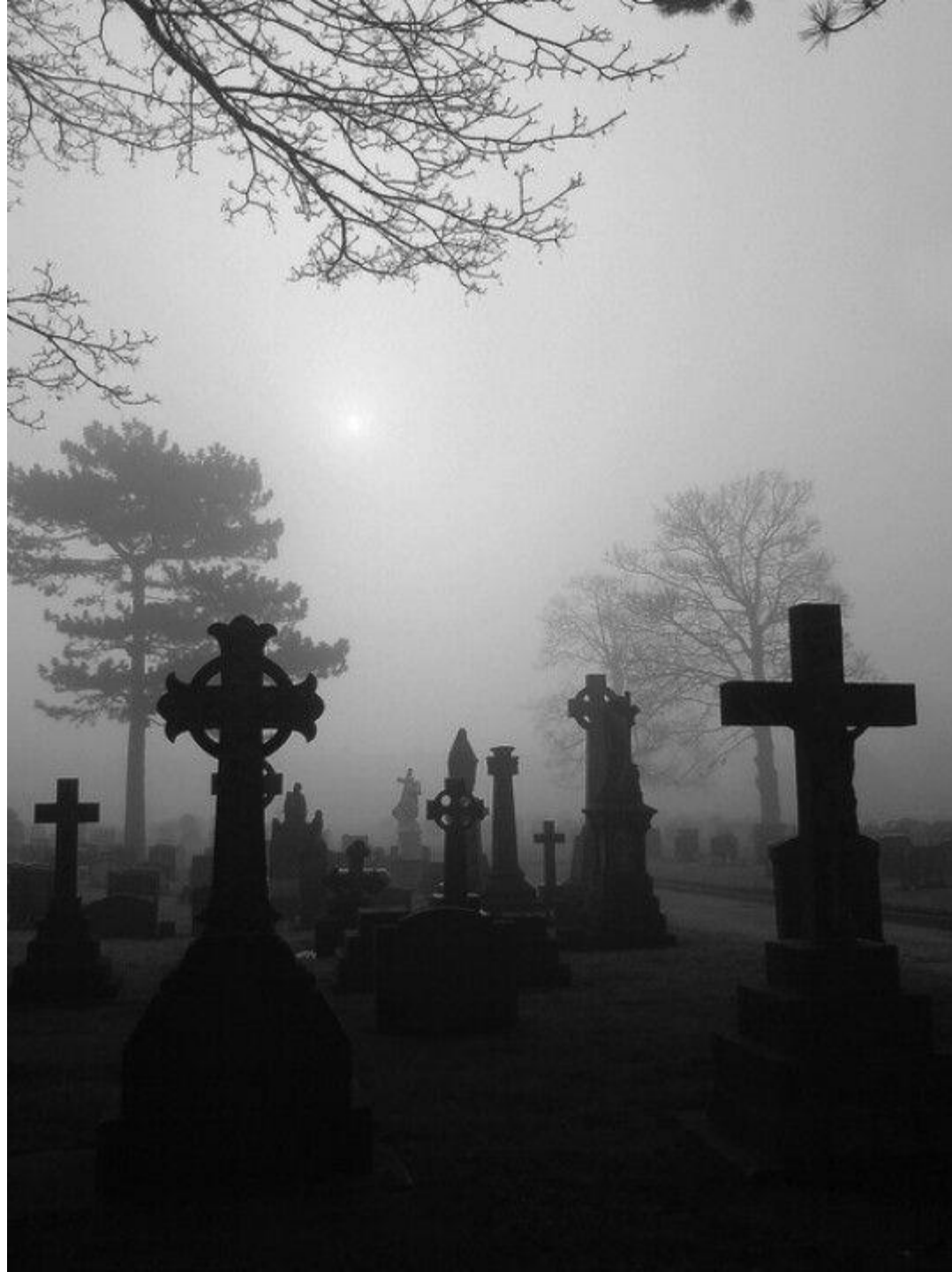


Inner circle - feel valued and loved

Outer circle – the people we recognise
or say hello to in the street – give a sense of community
and belonging

Loneliness is
like hunger





Risks and triggers in older age

- Transitions through life course:
 - retirement, bereavement, becoming a carer, moving house or into care
- Onset of illness/disability/sensory impairment/dementia
- Structural – marital status/living alone
- Relationships quality
- Community infrastructure – housing, community, transport, amenities and services, technology



**Loneliness affects
people differently**



And requires different approaches



**Chronic/
Acute**

High

Medium

Low

‘What do you expect at your age?’

Ageist attitudes play a part

- Less likely to be offered bereavement support , psychological support and talking therapies
- Less likely to be diagnosed with depression
- Less likely to have care plans that reflect social needs
- Negative stereotypes and self stereotyping
- Expectations of older age

But we can invest in happiness, health and connections

