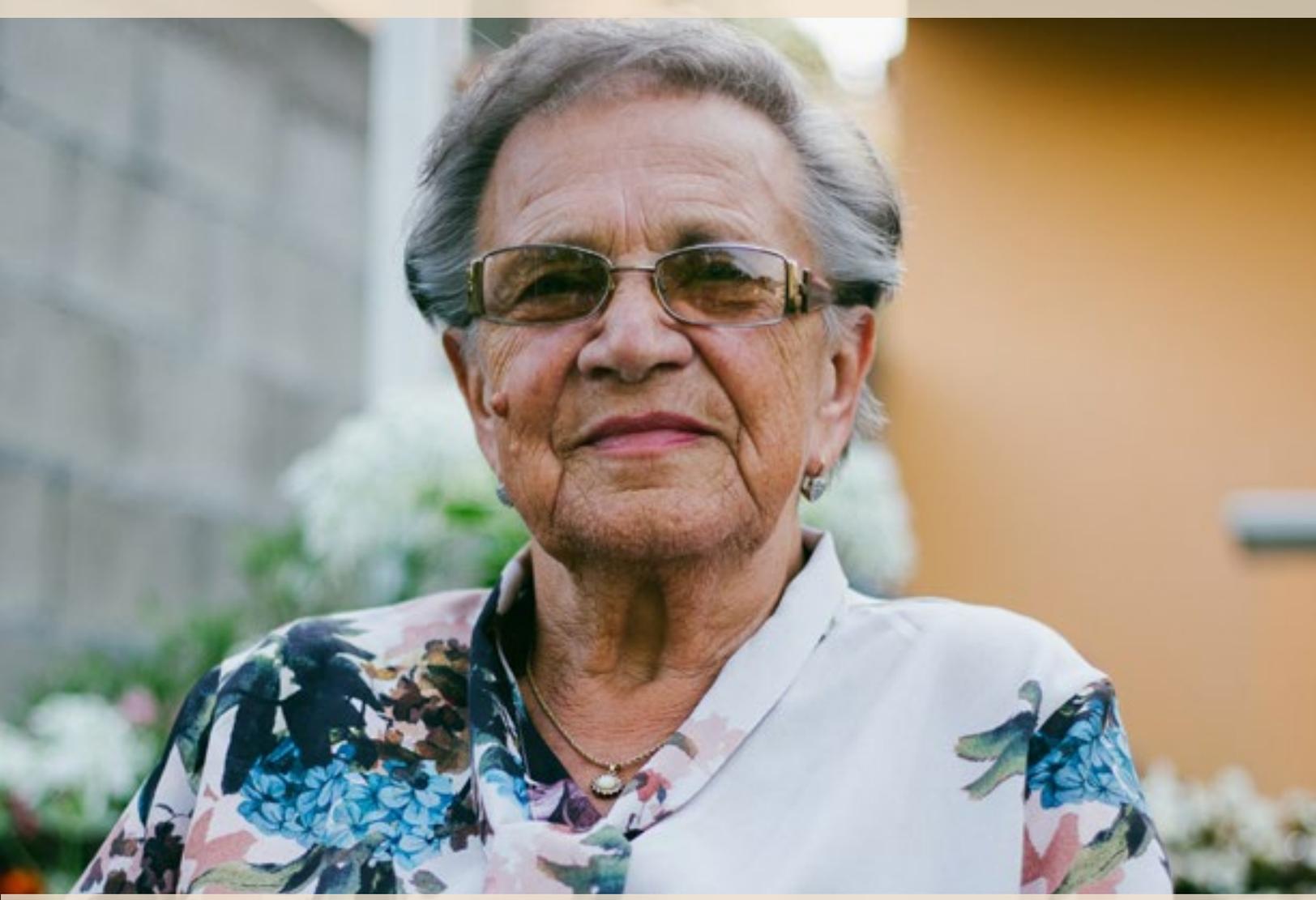

HOW LONELINESS IMPACTS THE ELDERLY

A GUIDE TO END LONELINESS THROUGH ENGAGEMENT IN SENIOR LIVING



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“THE BIGGEST DISEASE KNOWN TO MANKIND IS LONELINESS”



Since March, 2020, many of us have lived in isolation or semi-isolation in our homes due to Covid-19, for an ever-increasing segment of the population this is the NORM. Sixty-two percent of adult children caring for their parents or elderly relatives say their loved one has suffered physically or mentally from isolation during the pandemic, according to a December 2020 survey from *A Place for Mom*.

In the US, 30% of the 46 million seniors who live outside a nursing institution or retirement community, live ALONE.

Of these “home-aloners”, half are over 85, and 75% are women. Men are more likely to die before their wives, and widowed or divorced men are more likely to remarry than are widowed or divorced women.

Many older people who live alone say they feel lonely and isolated...

This **feeling of isolation and loneliness** can have a wider impact, then just on mental health, and does affect other health issues. A recent study found loneliness is considered **as serious as smoking or obesity**, which could lead to higher blood pressure and stress levels.

Seniors may fall into the habit of not eating well-balanced meals, due to the difficulty of preparation and no one likes to eat alone. Any deterioration in sight and hearing may go undetected, and a number of seniors have **difficulty in managing their medication**. The Rush Institute for Healthy Ageing found that mental decline was faster and the risk of Alzheimer's **nearly doubled** when seniors experienced loneliness.

Lonely seniors are more likely to drink or smoke to excess and take less physical exercise. The changing dynamics of the American family mean that the grandparent does not necessarily live together with their family leading to **isolated living**. Many feel **technologically left behind and isolated** in an ever-advancing world.

Isolation leads to higher instances of **elder abuse**. Isolated seniors are more likely to fall prey to scammers and financial abuse. Neglect, one of the seven types of elder abuse, is more likely to go unnoticed. Seniors themselves are less likely to report physical abuse and they may **protect abusers** if they do not have other caregiver resources.

Studies have shown that older people who lack social interaction tend to have **more** health problems than those who are not socially isolated.

Yet many older people are fiercely independent and want to remain alone despite the challenges.



Moving into a Senior Community could be the panacea.

Life Enrichment Programs -

Senior living communities offer residents a full calendar of life enrichment activities. Active, independent residents enjoy a rich calendar of on-campus activities and community outings designed to work around any of the residents' physical or cognitive limitations. For those with mobility challenges, the opportunity to enjoy activities onsite helps them stay connected. Specialty programs for Alzheimer's residents help promote self-esteem and success for adults coping with memory loss.





Opportunities for Volunteerism -

Most community living offers a wide range of volunteer opportunities for seniors. This might mean helping with book clubs, running the community's library, leading current event discussions, spearheading craft programs, etc.



Peer-to-Peer Support:

Healthy relationships with people who understand age-related changes help build strong interpersonal connections. Having someone nearby who can identify with, empathize with and even laugh at shared struggles helps older adults stay positive.

Well-Balanced Meals-

Good nutrition is central to a healthy lifestyle. At Hollenbeck meal-time becomes a nourishing and social experience. Older adults enjoy well-balanced meals prepared for them served in our elegant dining room, where they can interact with friends, or roof top dining in the Bistro.



Planned Fitness Programs -

From Chair Yoga to Tai Chi and strength training, fitness is essential to the wellness programs offered at Hollenbeck. Residents can join both formal and informal groups of their peers to exercise on a regular basis.



Low Maintenance Living:

Community living offers the chance to live well in a low maintenance environment. The employees of the community take care of the gardening, trash disposal and all the other strenuous chores needed to maintain a home. This is helpful for both seniors who already have mobility issues and seniors who want to avoid them as long as possible. This leaves time to stroll in the grounds or reflect in the Garden of Meditation, by the Koi Pond.





Schedule A Tour Today
323-263-6195

