

A Research Poster About Being Alone and Aging

AA

INTRODUCTION

Nearly one-third of all seniors live by themselves, according to the U.S. Census Bureau. That's close to 13.8 million seniors aging alone. Senior isolation is both common and dangerous – and while living alone doesn't inevitably lead to senior loneliness, the two often go hand in hand.

THE EFFECTS

- loneliness leads to stress
- increase in unhealthy habits like smoking.
- increases the risk of alzheimers
- isolation leads to instances of abuse
- seniors become negative and often assume the worst.



SOME FACTS: WHY SENIORS ARE AGING ALONE

- Change in family dynamics
- change in neighborhood dynamics
- transportation challenge
- LGBTQ seniors are likely to be isolated

SOLUTIONS

- Reaching out to them makes a huge difference
- volunteering in centers and homes goes a long way in helping them
- government doing its part to fund programs for seniors
- the use of technology



the aged are entitled to freedoms and rights just like any other individuals. Injustices against the old should be dealt with and people work towards building stronger human connections. Families should depict togetherness and take care of each other regardless of their situations.