

Alone and Aging

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.
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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

ACTION

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.

