
SOCIAL ISOLATION IN OLDER AGE

THERE'S NO SHAME IN FEELING LONELY

Healthy, respectful relationships are directly correlated with our mental and physical health. Relationship Australia's study shows that over 27% of retired Australians feel socially lonely. You are not alone.

RISK FACTORS FOR SOCIAL ISOLATION

These recognised factors may increase your risk of social isolation and feeling lonely:

- Living alone
- Being retired
- Living rurally or remotely
- Experiencing financial struggles
- Having impaired hearing or vision
- Having limited mobility or a disability
- Facing discrimination
- Having a preoccupied family
- Being widowed or unmarried
- Facing language or cultural barriers
- Have peers who have passed away
- Having no children or grandchildren

BENEFITS OF SOCIALISING IN OLDER AGE

- Improves your mood
- Raises your confidence
- Benefits your memory and your sleep
- Reduces your risk of experiencing elder abuse
- Can help to combat anxiety, depression, and dementia
- Gives you a social outlet and a support system of peers
- Decreases your risk for heart disease and high blood pressure



1300 062 232



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Relationships Australia
QUEENSLAND