

This Fact Sheet contains additional statistics on the prevalence of loneliness and on some of the 'trigger' factors that can cause it.

Levels of loneliness

- It is estimated that about 20 per cent of the older population is mildly lonely and another 8–10 per cent is intensely lonely¹.
- Over 700,000 people aged over 65 in the UK report that they are lonely².

Contact with friends and family

- 17 per cent of older people are in contact with family, friends and neighbours less than once a week, and 11 per cent are in contact less than once a month³.

Getting out and about

- 12 per cent of older people feel trapped in their own home⁴.
- 6 per cent of older people leave their house once a week or less⁵.
- Nearly 200,000 older people in the UK don't get help to get out of their house or flat⁶.
- 9 per cent of older people say they feel cut off from society⁷.

Living alone

- About 3.8 million older people live alone. 70 per cent are women over 65⁸.
- Over half (51 per cent) of all people aged 75 and over live alone⁹.
- It is predicted that between 2008 and 2031 the increase in the number of 65-74 years olds living alone will be 44 per cent and the increase in those aged 75 plus living alone will be 38 per cent¹⁰.

Statistics on some major risk factors

- Sight loss – 1 in 5 people aged 75 plus and 1 in 2 people aged 90 plus and over are living with sight loss¹¹.
- Hearing problems – More than 70 per cent of people aged 70 plus and 40 per cent of people 50 plus have some form of hearing loss¹².
- Dual sensory impairment – There are currently 356 000 deafblind people in the UK and this number is set to increase by 60 per cent to 570,000 in 2030 with the over 70s most affected (they will make up 74 per cent of deafblind people in 2030)¹³.
- Caring – There are 1.5 million carers over the age of 60, many of whom have long-term health problems. There are almost 350,000 carers aged 75 and over and more than 8,000 aged 90 and over¹⁴.

(See also Fact sheet: Risk factors)

References:

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