

SOCIAL ISOLATION AND LONELINESS IN CAREGIVERS

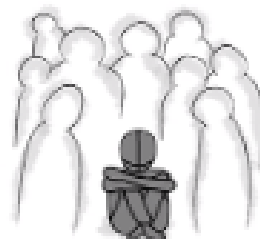
SOCIAL ISOLATION

- A lack of social connections
- Can lead to loneliness in some people, while others can feel lonely without being socially isolated



LONELINESS

- The feeling of being alone, regardless of the amount of social contact



STATISTICS

- More than 1/3 of adults aged 45 and older feel lonely
- Nearly 1/4 of adults aged 65 and older are socially isolated
- Nearly 10% of caregivers feel lonely often or always

EFFECTS

- High blood pressure
- Heart disease
- Obesity
- Weak immunity
- Anxiety
- Depression
- Cognitive decline
- Dementia

