


Loneliness Among Older Adults

AARP's Loneliness Study examined the prevalence and impact of loneliness and social isolation among older adults. The study was conducted via online panel using a nationally representative sample of 3,012 US adults age 45 and older.

Over One Third of Older Adults Are Lonely

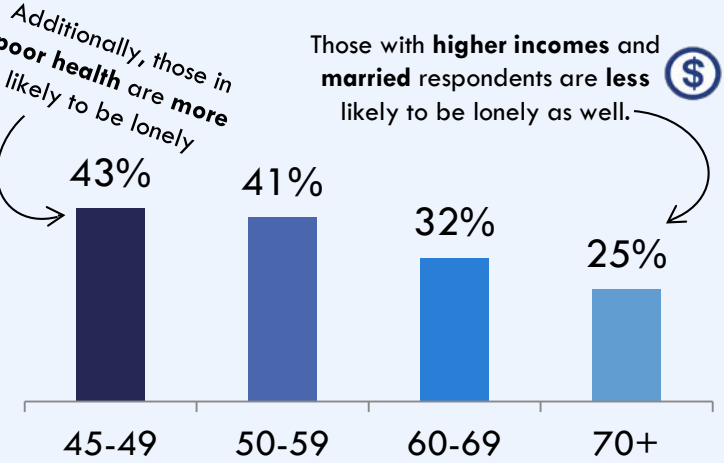
35% of adults age 45 and over are lonely*

Based on 2010 Census population estimates, that equates to over **42.6 million older adults** suffering from chronic loneliness.

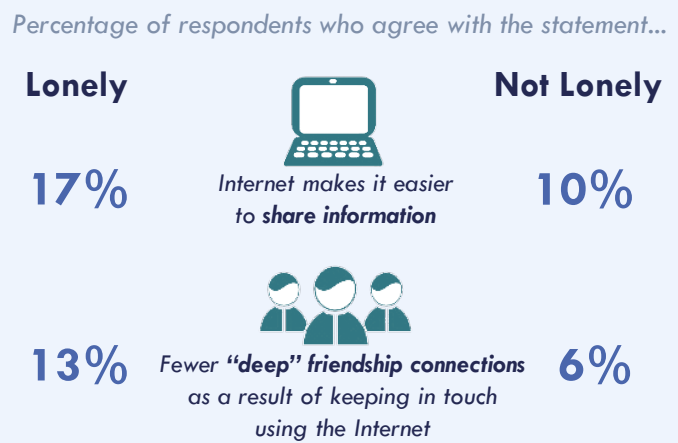


*as measured by a score of 44 or higher on the UCLA Loneliness Scale

Seniors Are Less Likely to Be Lonely Than Boomers



Lonely Adults View Technology Differently than Non-Lonely Adults



Lack Of Social Support Is Associated with Loneliness

34% lonely vs. **76%** lonely

those who reported having **1 or more supportive people** in their life

those who reported having **0 supportive people** in their life

Lonely respondents are **less likely** to be involved in **social events** that could help them build a social network such as...

- Attending religious services
- Engaging in hobbies
- Volunteering
- Belonging to a local community organization, club, or group

56% of lonely people have **fewer friends** compared to five years back