

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.

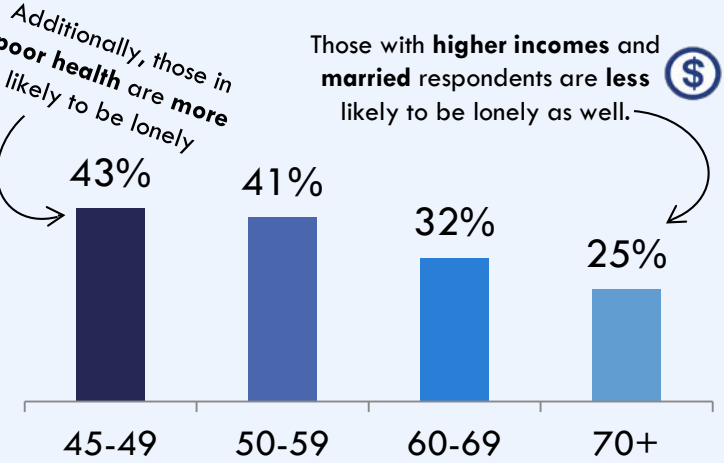
Over One Third of Older Adults Are Lonely

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

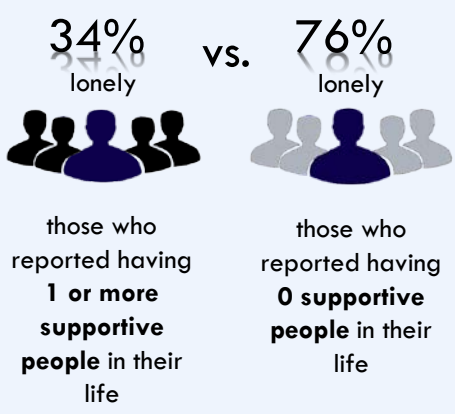


Lonely Adults View Technology Differently than Non-Lonely Adults

Percentage of respondents who agree with the statement...



Lack Of Social Support Is Associated with Loneliness



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

