

Workshop 2 – Tackling loneliness: older people

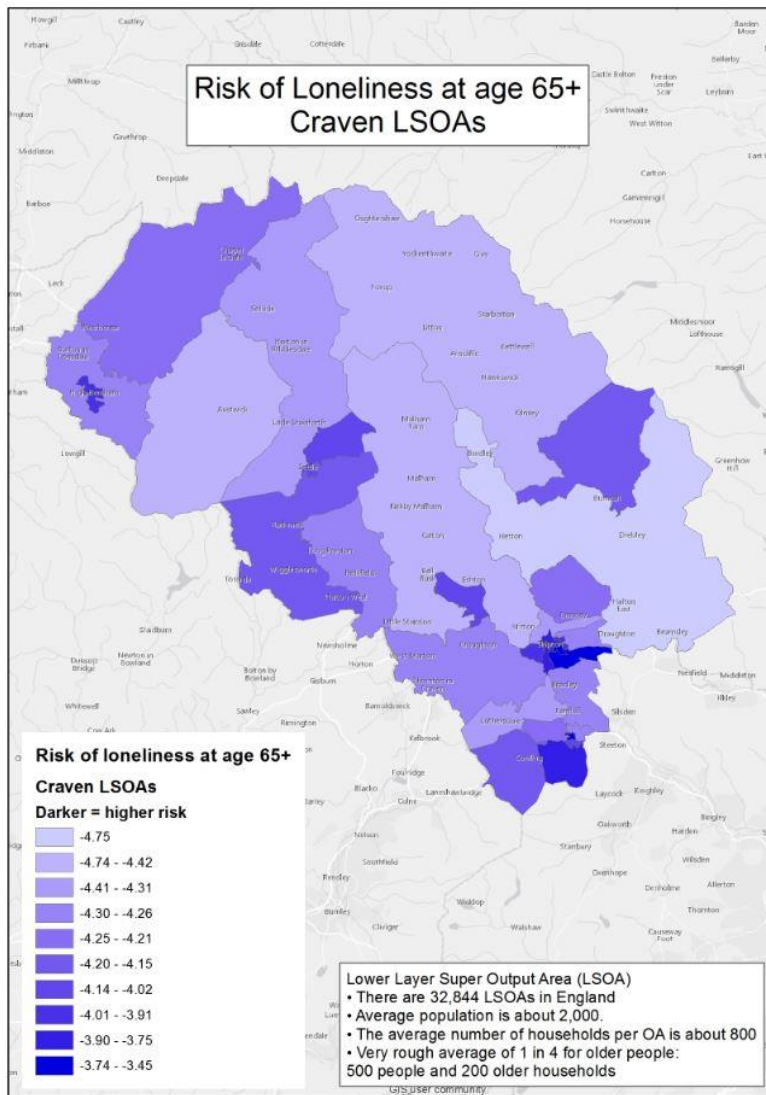
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There are over 2.2 million people aged 75 and over living alone in Great Britain, an increase of almost a quarter (24%) over the past 20 years (Office of National Statistics). Of course, living alone does not necessarily make a person lonely, but without supportive social and family networks the risk increases.

Age UK research shows that there are 1.2 million chronically lonely older people in the UK and half a million older people go at least five or six days a week without seeing or speaking to anyone at all.

Loneliness in Craven



The map shows the hot spots for risk of loneliness in Craven.

What is loneliness?

Loneliness is the disappointment and lack of connection someone feels if the number of:-

- Reciprocal friendship opportunities,
- Social opportunities – events and places to look forward to,
- Positive occasions of being recognised and welcomed in your neighbourhood, village or town

..... falls well short of the numbers of these opportunities and feelings you would like to have.

What are the predisposing triggers

Personal Circumstances – living alone; divorced or never married; living on a low income; living in a care setting

Health & Disability – poor health; immobility; cognitive impairment; sensory impairment.

Transitions – Bereavement; becoming a carer or giving up caring; retirement.

Personal Characteristics – Aged 75 plus, being gay or lesbian; from a different community; from an ethnic minority community.

Geography – rurality; lack of transport and local services; more limited social networks, limited income

A new approach



Understand – we have used a guided conversation to enabling people to talk about all facets of life and pinpoint – a ready made menu of services may not be the answer.

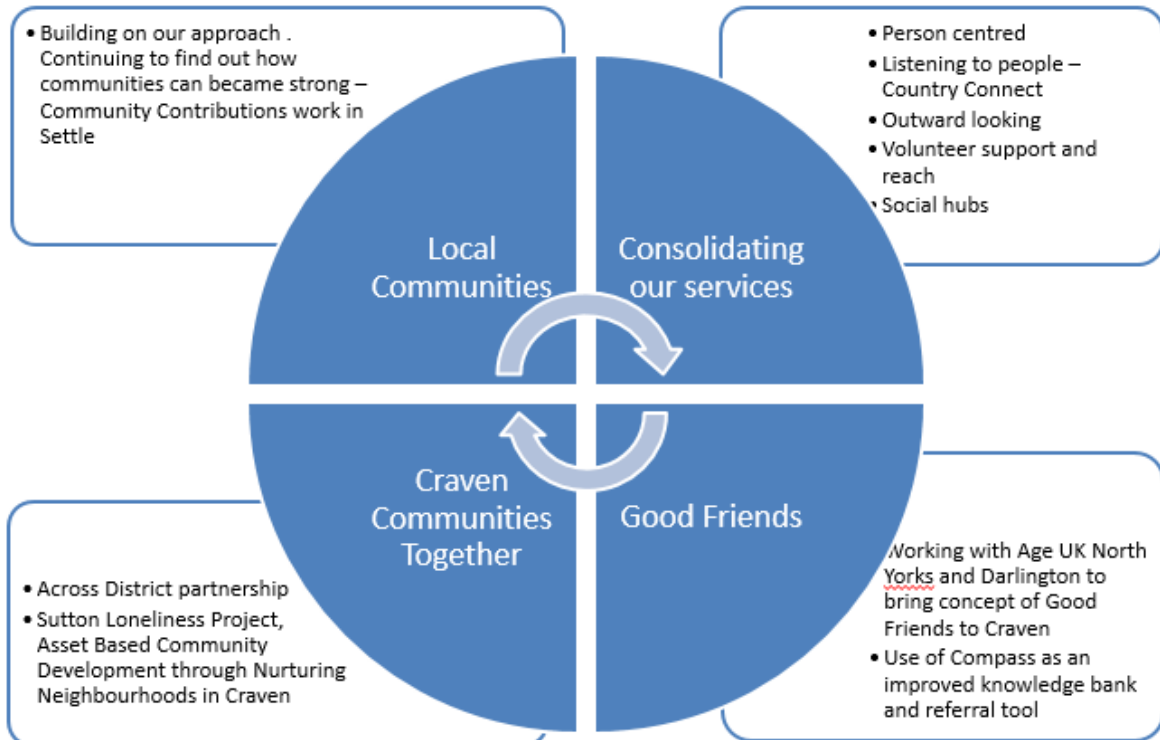
Reach – pinpoint where and why there are high numbers of people at risk of loneliness and share understanding of the risk factors with everyone who has a stake in a community – groups, churches, sole traders (hairdressers, taxi drivers,) increased understanding and commitment to time and understanding of community pathways – what's out there, referral routs

Support – agreeing a plan with someone means you can check together whether things are working and make changes together – person centred working that is not limited by your own offer, requires partnership with person, with community with other providers.

Our approach to working in North Craven



Addressing loneliness together



What needs to be in place to address loneliness for older people?

- Increased local knowledge?
- Understanding of loneliness and community connections
- Changing practice?
- Community support?
- Other ideas?