



# Loneliness and wellbeing



# Loneliness

"a complex and unpleasant emotional response to isolation or lack of companionship..... includes anxious feelings about a lack of connectedness or communality with other beings..... loneliness can be felt even when surrounded by other people. "



# Loneliness

- Loneliness vs Living Alone
- Individual and environmental determinants
  - Personality and attitudes
  - Physical isolation
  - Community resources
  - Gender



# Loneliness

- Loneliness vs Living Alone
- Individual and environmental determinants
  - Personality and attitudes
  - Physical capacities (sensory impairments)
  - Physical isolation
  - Community resources
  - Gender



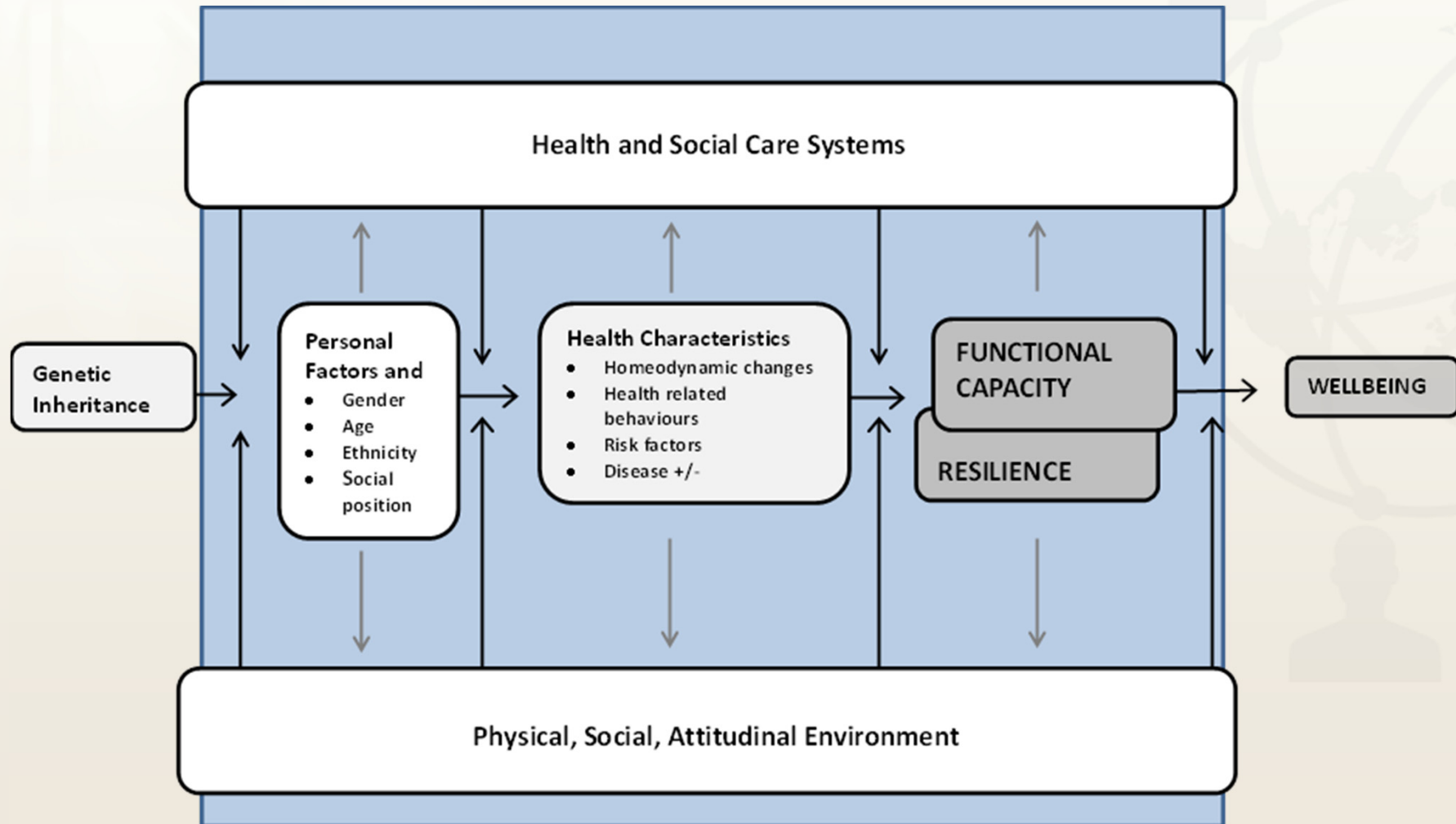


# Avoiding loneliness

- Personality and attitudes
  - Don't wait for others to come to you
  - Don't wait too long
  - Don't accept
  - Change priorities
  - Feel the fear and do it anyway
- Physical capacities (sensory impairments)
- Physical isolation
  - But now there is IT
- Community resources



# Healthy Ageing



# Wellbeing

- Having a role
- Attachment
- Enjoyment
- Control
- Security
- Personal development





