FACTS ABOUT SENIOR LONELINESS

IN SANTA CRUZ COUNTY
18% of Santa Cruz seniors live alone.
36% of seniors surveyed report feeling lonely on a regular basis.

HIGHER RATE OF MORTALITY
Lonely seniors are more likely to decline and die faster. People 60 years and older who reported feeling lonely saw a 45% increase in their risk of death. Isolated elders had a 59% greater risk of mental and physical decline than their more social counterparts.

LONELY NUMBERS
One-fifth of adults over 75 reported having contact with another person less than once a week; one in ten said they see a visitor less than once a month.

SENIOR ISOLATION
Factors that lead to senior isolation include physical and geographic isolation, loss of a spouse, transportation challenges and seniors that identify as LGBT.

Perceived loneliness contributes to cognitive decline and risk of dementia. Loneliness in seniors is a major risk factor for depression and can cause high blood pressure.

Senior isolation increases the risk of mortality and the need for long-term care. Social isolation increases Medicare costs $6.7 billion dollars every year.

POPULATION SURGE
Santa Cruz County’s 60+ population has increased 42.9% since 2011.
The population of those under 60 has dropped 3.4% in that same time.

94 Santa Cruz County residents turned age 60 every week in 2015.

1,000
Californians will turn 65 every day for the next 15 years.

Provided by the Solutions Summit Loneliness & Isolation Team
www.seniorscouncil.org