

# 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.