

Social Isolation

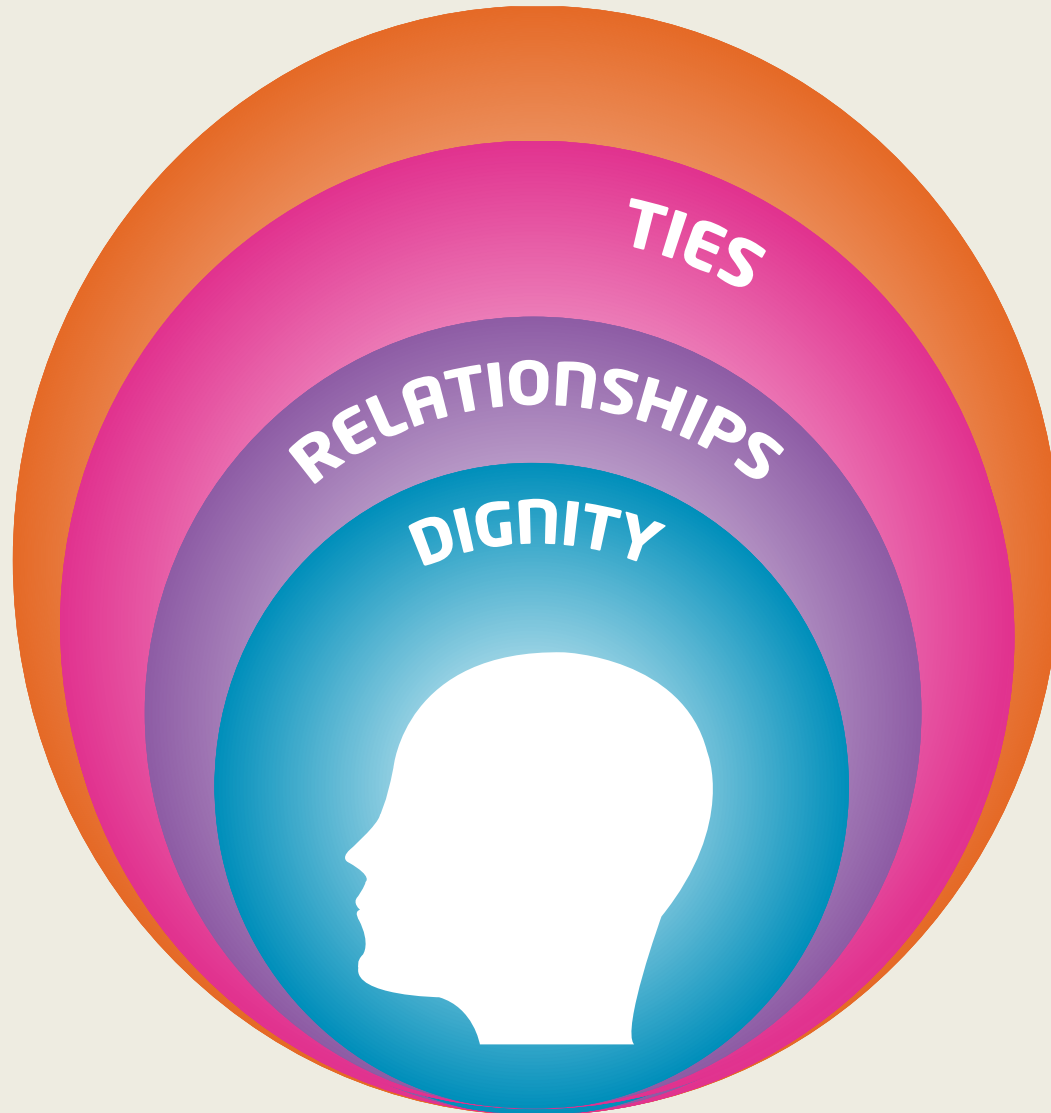


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Getting this right...Local Care in Kent, joining up mental, physical health and social care



Why are we worried about loneliness?

Physical Health

- Loneliness increases the likelihood of **mortality** by 26% (Holt-Lunstad, 2015)
- Loneliness is associated with an increased risk of developing **coronary heart disease** and **stroke** (Valtorta et al, 2016)
- Loneliness increases the risk of **high blood pressure** (Hawkley et al, 2010)
- Lonely individuals are also at higher risk of the onset of **disability** (Lund et al, 2010)

Mental Health

- Loneliness puts individuals at greater risk of **cognitive decline** (James et al, 2011)
- One study concludes lonely people have a 64% increased chance of developing clinical **dementia** (Holwerda et al, 2012)
- Lonely individuals are more prone to **depression** (Cacioppo et al, 2006) (Green et al, 1992)
- Loneliness and low social interaction are predictive of **suicide** in older age (O'Connell et al, 2004)

Independence - research is clear that preventing /alleviating loneliness is vital to enabling older people to remain as independent as possible. Lonely people are more likely to:

- Visit their GP, have higher use of medication, higher incidence of falls and increased risk factors for long term care (Cohen, 2006)
- Undergo early entry into residential or nursing care (Russell et al, 1997)
- Use accident and emergency services independent of chronic illness. (Geller, Janson, McGovern and Valdini, 1999).

Loneliness Epidemic

- A study by The Co-op and the British Red Cross reveals over **9 million people** in the UK across all adult ages, more than the population of London are **either always or often lonely**.
- Sense has shown that up to **50% of disabled people will be lonely on any given day**.
- Carers UK revealed that **8 out of 10 carers have felt lonely or isolated** as a result of looking after a loved one.
- Alzheimer's Society found a third of people with dementia said they **lost friends following a diagnosis**. Almost 1 in 10 only leaves the house once a month.
- Over half of older people in the UK (about 5 million) say that the **television is their main form of company**.

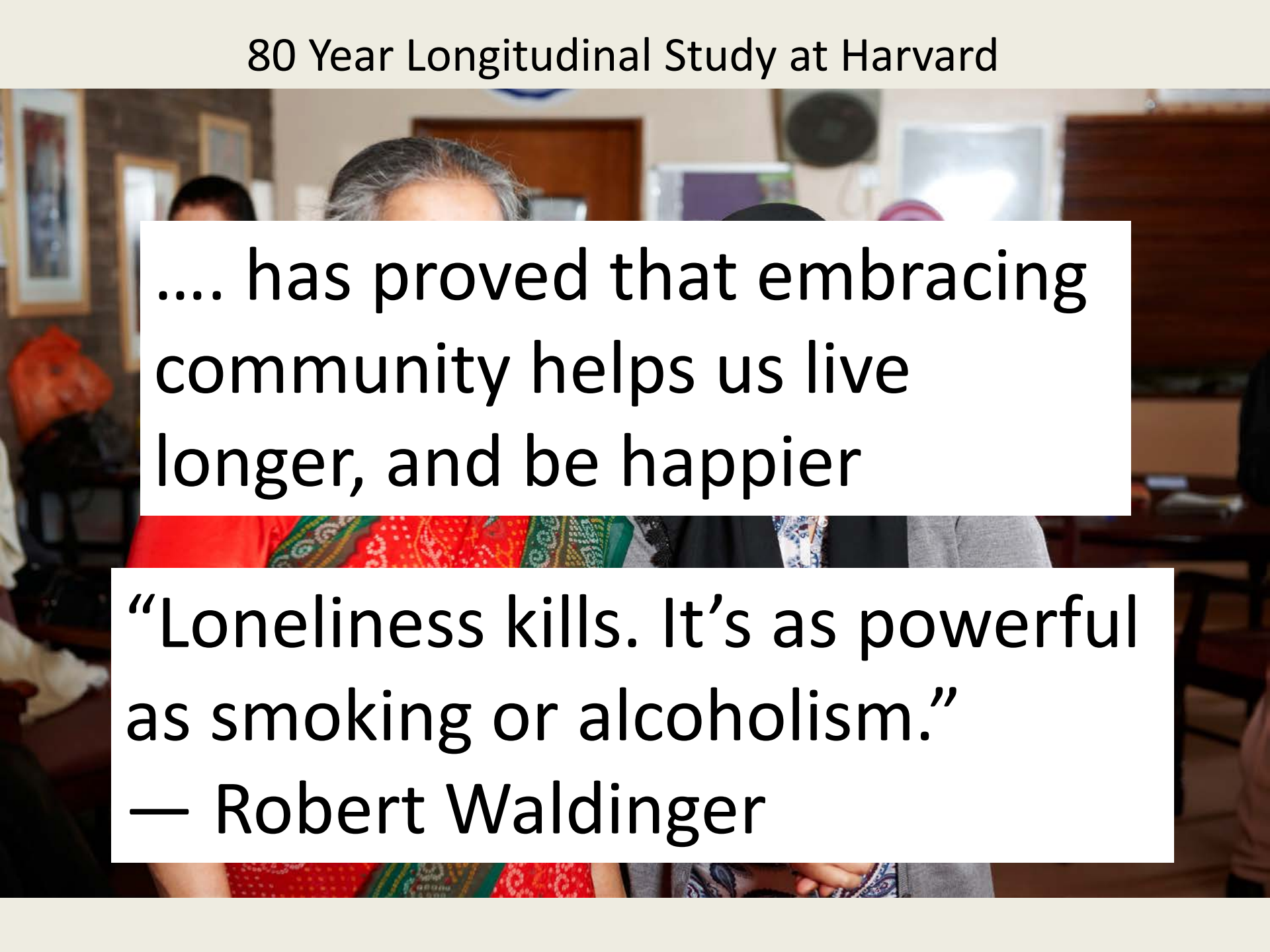


Loneliness in Older People

Whilst loneliness and social isolation affects all ages, older people may face further disadvantage because of the additional barriers that they experience in overcoming social isolation.

- Across the **UK 51% of people over 75 live alone**, which equates to over **65,300 individuals in Kent**
- **17%** of older people are in contact with family, friends and neighbours **less than once a week**, and
- **10%** of over 65s categorising themselves as “**lonely or very lonely**”, which equates to **27,700 individuals in Kent**
- Over the next 20 years, the population **over 80 will treble** and **over 90 will double**, while family dispersal and the number of single person households are likely to increase.

80 Year Longitudinal Study at Harvard

A photograph of a group of people in a community setting. In the foreground, an elderly woman with grey hair is wearing a vibrant red top with a colorful patterned scarf. Behind her, other people are partially visible, including a man in a dark jacket. The background shows a room with framed pictures on the wall and a wooden door.

... has proved that embracing community helps us live longer, and be happier

“Loneliness kills. It’s as powerful as smoking or alcoholism.”
— Robert Waldinger

Live well Kent

Community wellbeing



0800 567 7699

info@livewellkent.org.uk



At Live Well Kent your new life journey looks something like this...



On average across Kent as a whole 93% of people report "I feel close to other people" and 91% report "I access the things I want to in my community"

Mental Health Matters 24hr Helpline



37,890 contacts in the last year March 2017-February 2018

Support has been provided around mental health, general wellbeing, carer support, social factors, substance misuse, physical health, abuse, self harm and being a victim of crime.

There have been 185 crisis calls. 60% of those calls were de-escalated with the remaining 40% referred on as per the duty of care

"It's very re-assuring to know if you wake up panicking there will always be someone there."

"Health professionals are so busy that why I value your service so much."

"What you all do is brilliant & brave. It's not just a phone call, it's like someone pulled me back from over the edge."

"you saved my life I was about to end it all but you were there waiting for me, I am alive now because of you"



Loneliness Campaigns

The **Campaign to End Loneliness** has been influential and effective in raising the profile of loneliness and isolation as national priority. It believes that nobody who wants company should be without it and they want to make this happen by ensuring that:

- People most at risk of loneliness are reached and supported
- Services and activities are more effective at addressing loneliness

The **Jo Cox Commission** on Loneliness is a “call to action”, working with a range of partners to address the impact loneliness has on so many different sections of society. It will focus on the positive action that can be taken to recognise it, build connections and help ourselves and/or others.

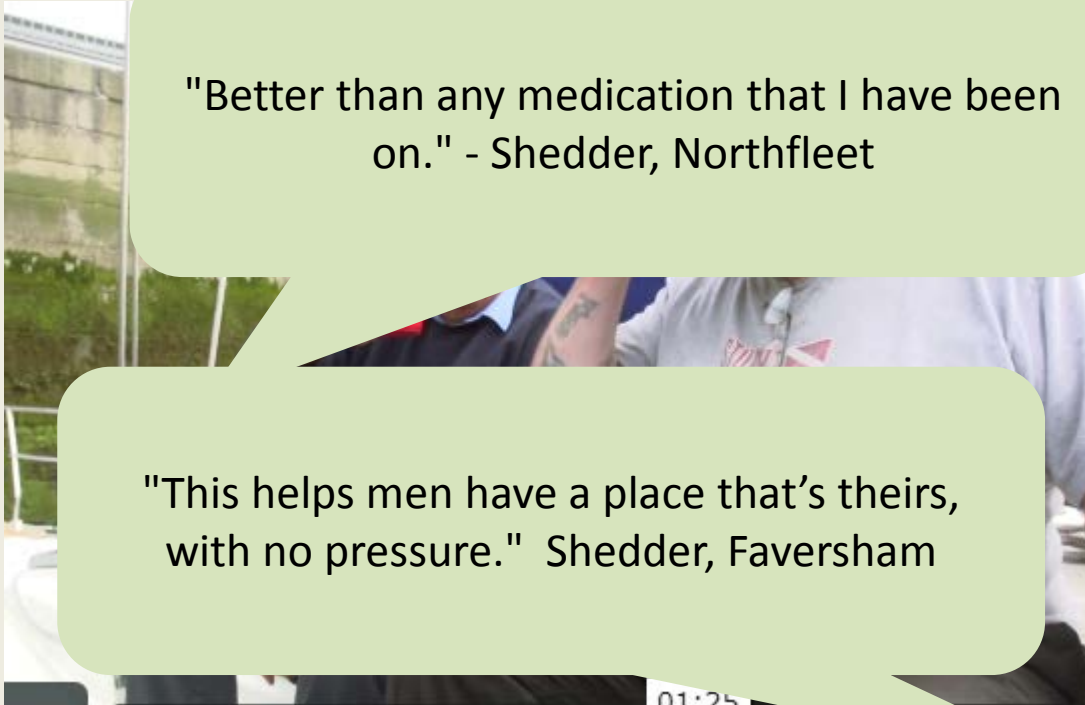
Kent's Men Sheds

"Since my wife passed I had become very lonely and had no motivation. Since coming here I have a purpose and have made new friends." Shedder, Folkestone

"Better than any medication that I have been on." - Shedder, Northfleet

"This helps men have a place that's theirs, with no pressure." Shedder, Faversham

Kent Sheds is based on an international model. The idea behind the Men's Sheds movement is that men are more likely to thrive in informal spaces, in the company of their peers, and through engaging in practical activities such as sharing and learning skills and helping the community. At a Shed, you can take part in practical group activities such as woodworking and gardening, sharing and learning new skills, and also support other "shedders" by working with them shoulder to shoulder.



Get Involved



Stay connected within communities



Think about the person



Work together for a joined up approach