

No one should have no one

tackling loneliness and isolation in Wales



Creating an age friendly Wales

We believe loneliness and isolation should be addressed as priority public health issues to improve the health and wellbeing of Wales. 75,000 older people in Wales have reported 'always or often' feeling lonely – it's a daily reality for many older people.

Feeling lonely is detrimental to the wellbeing of older people and there is increasing evidence of the negative impacts on physical and mental health. These negative impacts can lead to increased pressure on a wide range of local authority and health services. Yet there are practical actions that can be taken to address the issue.

The Welsh Government commitment to tackling loneliness and isolation provides the opportunity and impetus for people and organisations to work together in their local communities to create an Age Friendly Wales where no one has no one.

"You need to feel wanted - we all need to be needed ... and we have a lot to offer whatever our age."

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Older people in Wales have told us they would seek to ease loneliness in local communities with:

- lunch clubs and social clubs for older people (70%)
- free or subsidised transport to and from social events (70%)
- regular visits from a friendly face (70%)
- a regular weekly phone call (58%)

In delivering its commitment to develop a strategy to tackle isolation and loneliness, we would like to see Welsh Government:

Launch a national campaign to raise awareness of the causes of loneliness and to encourage people to make connections within their local community.

Invest in community development that enables older people be involved in identifying, developing and delivering solutions to isolation.

Develop services that support people to cope well with life stages which can increase loneliness, such as bereavement, having to stop driving, or moving to a new home or residential care.

Work with local authorities to monitor and respond to the impact of the withdrawal of local services on older people. This can include closures of community facilities, cuts to public transport routes and changes in the built environment.

Work with local authorities and third sector organisations to ensure that the preventative services they provide are maintained on a sustainable footing.