

LONELINESS



Over 1 million older people say they are always or often feel lonely

People with a high degree of loneliness are twice as likely to develop Alzheimer's as people with a low degree of loneliness



Loneliness can be as harmful for our health as smoking 15 cigarettes a day



Nearly half (49%) of all people aged 75 and over live alone



9% of older people feel trapped in their own home

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