

Loneliness and Later Life

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Our mission

- We bring about change to improve **later lives**
- We develop, share and apply evidence to help people **age better**
- We bring fresh thinking to the challenges and opportunities that everyone faces as **more people live longer**



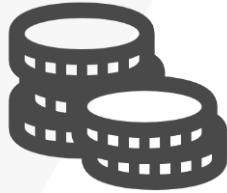
What's important to a good later life?



People say...



Health



Financial security



Social connections



Wellbeing

- These dimensions are all **interrelated** – they influence each other
- **Expectations** are modest
- **Personal outlook** matters
- **Wide variation** in how people experience later life



How do people experience later life?

Thriving boomers	Typically in their 60s and early 70s, living with a partner. Financially secure, in good health, strong social connections. Highest overall levels of happiness.
Downbeat boomers	Demographically similar to thriving boomers. Financially secure, in good health, strong social connections, but only average levels of happiness.
Can do and connected	Usually in their 70s or 80s and often widowed. Poor health and lacking in disposable income, but higher than average levels of happiness. Strong social connections, can rely on others and have a positive outlook on life.

How do people experience later life?



Worried and disconnected	Typically aged 70 or over and retired. Financially stable, but sometimes with poor health. More likely to be socially isolated, often due to bereavement or losing social connections they had through work. Below average levels of happiness.
Squeezed middle aged	Predominantly in their 50s, in good health, still in work. Squeezed for time, finances and in their homes. Caring responsibilities for children and parents, so less time for social connections or preparations for later life. Low scores of happiness, cause for concern about the future.
Struggling and alone	Distributed across all ages. Long standing health conditions affecting their ability to work and have social connections. Likely to be living alone, with few people to rely on, and are more likely to experience financial insecurity. Lowest levels of happiness.

Worried and disconnected

13% of those aged 50+ are Worried and disconnected.

Typically aged 70+ and retired, while financially stable they sometimes have poor health. They are more likely to be socially isolated often due to bereavement or losing social connections they enjoyed through work. They are apprehensive about later life and have below average levels of happiness.



Worried and disconnected



Happiness

Percentage giving a score of at least 9 out of 10 for the question – how happy did you feel yesterday?

Social connections

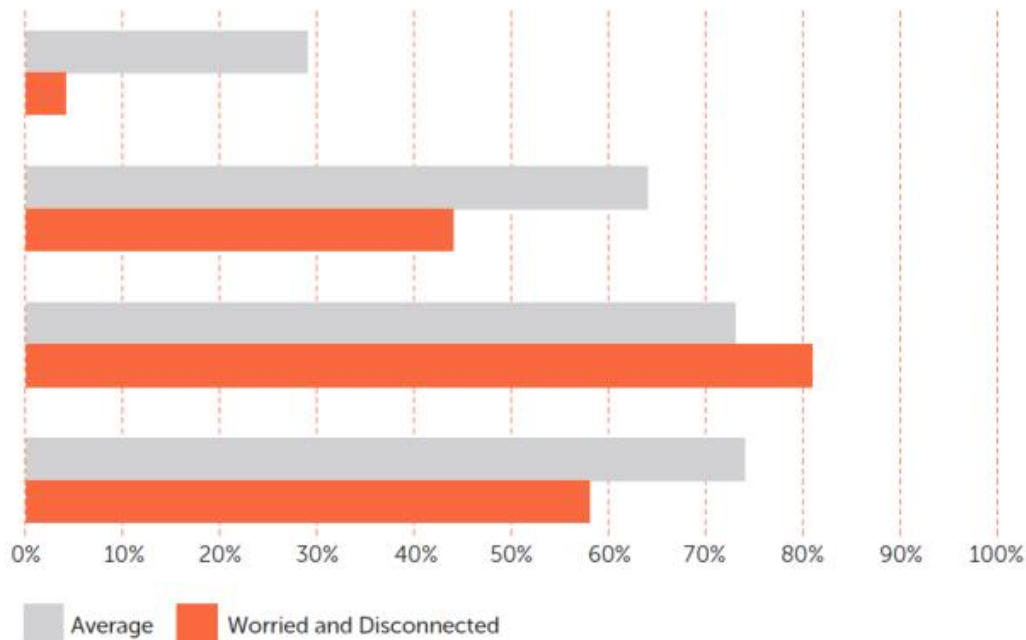
Percentage reporting high levels of companionship

Finances

Percentage who feel they have enough money to spend on their needs

Health

Percentage reporting excellent or good general health



Source: Cluster analysis of English Longitudinal Study of Ageing (2012)

James' story



“If you’ve got a partner then you can plan things, you can do anything but it is different when you are alone.”



Struggling and alone



12% of those aged 50+ are the Struggling and Alone.

Distributed across all ages, they have long standing health conditions which affect their ability to work and build social connections. More likely to be living alone, they have fewer people they can rely on and are more likely to experience financial insecurity. They have the lowest levels of happiness of all groups.



Struggling and alone



Happiness

Percentage giving a score of at least 9 out of 10 for the question – how happy did you feel yesterday?

Social connections

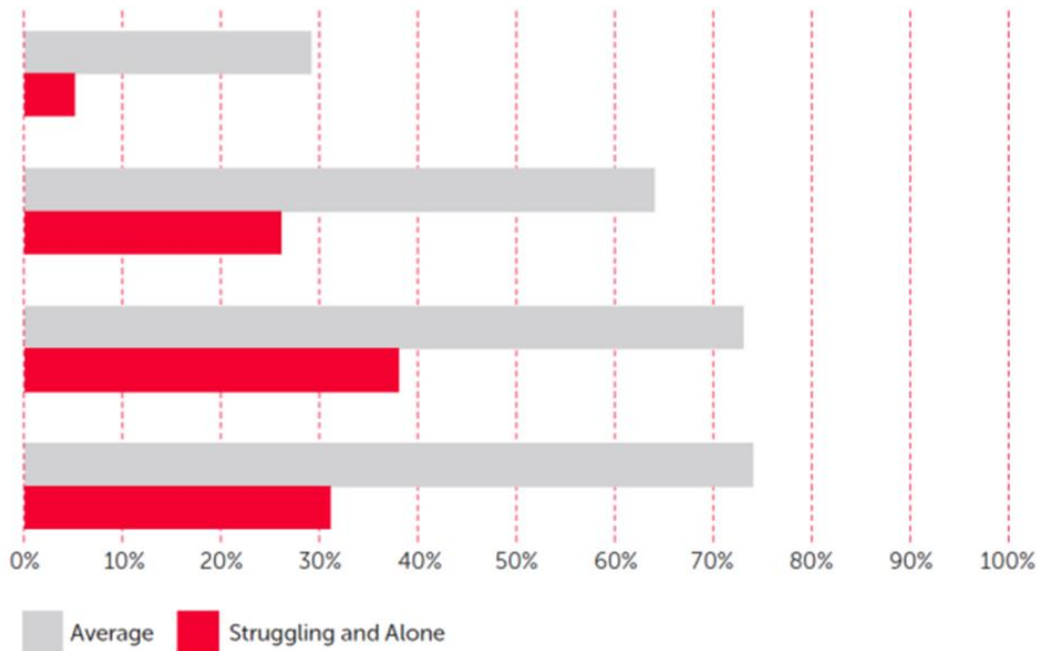
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Percentage who feel they have enough money to spend on their needs

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Source: Cluster analysis of English Longitudinal Study of Ageing (2012)

Trevor's story



“This year I’ve applied for 20 jobs and this was my first interview. I was heartbroken to find out I didn’t get the job”.





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What works?





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