

# Combating Loneliness in Older People Using Our Relationships

**Loneliness can be comfortable for some but many find it isolating and upsetting, especially over Christmas and darker months. Loneliness can stem from a circumstance or situation e.g. recent break up of a relationship, a bereavement, loss of a job, or even becoming a parent. Alternatively, it may be seasonal. Everyone experiences loneliness differently, let's look at some ways that we can support loved ones, neighbours and friends with loneliness:**

1. Spend time with someone that you think may be lonely. At times, it could be someone that is surrounded by family or friends. It's important to listen to the person and provide them with support.
2. Start small by connecting with people digitally (i.e. via text/WhatsApp) and building your way up to meeting 1-on-1. Note: Sometimes it can be hard to articulate what you want to say or how you are feeling, is there an emoji or GIF that better depicts this?
3. Offer to go for a walk with someone. It may be good for the older person to get out into the fresh air. Physical health is not just good for the body, but good for the mind which helps bring perspective into focus as well as aiding mental wellbeing.
4. Consider local groups you the older person can get involved in. Lots of groups are now available via Zoom which can help ease into social settings without leaving the house.