

LONELINESS AND ISOLATION: HOW SENIOR LIVING CHANGES LIVES



THE LONELINESS EPIDEMIC: A PUBLIC HEALTH CRISIS

- **Being isolated is like solitary confinement.** Loneliness is a **serious health risk**, increasing the likelihood of depression, dementia, and chronic illnesses.
- **Social isolation costs the U.S. \$6.7 billion annually.** Medicare spends **\$1,608 more per year** on each isolated older adult due to increased health complications.
- **Older adults living alone are at higher risk of:**
 - ✓ Cognitive decline
 - ✓ Depression & anxiety
 - ✓ Falls & hospitalizations
 - ✓ Shorter life expectancy
- **Limited mobility and physical disability contribute to 53% of reported loneliness** in older adults.

THE TRANSFORMATIVE IMPACT OF SENIOR LIVING

A recent **U.S. News & World Report** survey found that moving into a senior living community **dramatically reduces loneliness and improves health:**

- **69% of older adults** reported feeling lonely most of the time before moving in.
- **65% said loneliness and isolation negatively affected their health before moving in.**
- **33% experienced health improvements** after moving into senior living.
- **85% made new friends** since moving into a community.
- **Increased engagement:** Residents participate in activities **19% more often**, engage in **physical activity 20% more often**, and find meaning in daily life **21% more often**.



THE CAREGIVER'S WELL-BEING MATTERS TOO

Caregivers often experience burnout, stress, and declining health while caring for an isolated loved one. Senior living provides:

- ✓ **Peace of mind**, knowing loved ones are supported, active, and engaged in a thriving community.
- ✓ **More time for family members** to focus on quality visits rather than full-time caregiving responsibilities.
- ✓ **Reduced stress and improved overall well-being** for caregivers balancing work, family, and caregiving.

A PROVEN SOLUTION TO A NATIONAL CRISIS

- In **2023**, the **U.S. Surgeon General declared loneliness an epidemic**, highlighting the urgent need for solutions like senior living.
- A **2022 study by the American Seniors Housing Association** found that senior living communities provide more access to **social, physical, and intellectual wellness** than aging at home.
- **Activated Insights reports that only 20% of senior living residents** feel "severely lonely"—a stark contrast to isolated seniors living alone.

GENCARE LIFESTYLE: A PLACE TO BELONG

At GenCare Lifestyle, we don't just offer a place to live—we **provide a thriving, connected community** where aging adults find friendship, purpose, and joy.

Why Families Choose GenCare Lifestyle:

- ✓ **Built-in social opportunities** – Daily activities, group dining, and events create connections.
- ✓ **Professional support & wellness programs** – Supporting physical, emotional, and mental well-being.
- ✓ **A worry-free lifestyle** – Safety, independence, and community, all in one place.
- ✓ **Peace of mind for families** – Knowing their loved one is thriving, not just surviving.

Break free from loneliness—discover the joy of connection!

Sources:

U.S. News & World Report Senior Living Survey
Harvard-Stanford-AARP Study
University of Michigan Study on Senior Isolation
Activated Insights 2021 Senior Living Survey
American Seniors Housing Association & ATI Advisory Report (2022)

National Investment Center for Seniors Housing & Care (NIC)
U.S. Department of Veterans Affairs (2021 Report)
AARP Caregiving in the U.S. Report (2023)
Family Caregiver Alliance Research Findings
U.S. Surgeon General's National Strategy to Advance Social Connections (2023)

