



Spotting the signs of loneliness

Someone who is lonely probably also finds it **hard to reach out**. There is a stigma surrounding loneliness and older people tend not to ask for help because they have too much pride.

Loneliness can affect anyone, but bereavement, physical disability, poor health and a lack of money can all be triggers.

An older person who is lonely will not wear a badge saying “I’m lonely please help”. By being more neighbourly we will become more aware of the people around us. **We can all reach out to older people** with a smile and a hello and, if welcomed, take five minutes to have a chat. These simple actions can help a lonely older person feel more connected.

Think about the **simple everyday ways you can connect** and form stronger bonds with your older neighbours. For example offering to take the bins to the road on bin collection day could give you a regular opportunity to let your neighbours know you are there for them.

Getting to know your older neighbours or being aware of older people in your day to day life can make a big difference. Just knowing there are people in the world who care, even if it’s a brief chat on the bus or at the supermarket, can **help an older person feel less alone**.

Share your tips on spotting the signs of loneliness on Facebook and Twitter using **#beafriend**

