

Risk Factor – Lives Alone

- Having someone close by when you need help is important. When you live with someone else this help is often available.
- However, about one-third of people age 75+ live alone, which means there is no one in the household to assist them if they need help.¹
- Many people enjoy living alone – to be their own boss and do as they please.
- For others living alone is lonely and socially isolating which can complicate health issues including [depression](#).
- Family, friends and neighbors, and new [home technologies](#) are significant in supporting older adults who live alone.
- Because people who live alone are almost twice as likely to move to a nursing home or care facility when needing help with health and personal cares – you need a “plan” for who will help you when its needed.

KEY TIP: When living alone *know who your helpers are for anytime of day -- and how to reach them.*

Other Tips

¹ Across the States, Profiles of Long-Term Care and Independent Living, ARRP, Eight Edition, 2009.