

2019 SENIORS ISOLATION POPULATION SURVEY

In our 2019 survey of 720 Edmonton adults aged 55+, respondents were asked to what extent they agree or disagree with several statements regarding their friends and family. (Note: 1-2% of respondents said the question did not apply to them). Here's how they answered.

DO I FEEL CONNECTED TO AND VALUED BY MY FAMILY AND FRIENDS?

"I feel connected to my family"

- **84%** agreed or strongly agreed
- **8%** neither agreed nor disagreed
- **5%** disagreed or strongly disagreed

13% of respondents did not feel connected to their family

"I feel connected to my friends"

- **81%** agreed or strongly agree
- **14%** neither agreed nor disagreed
- **4%** disagreed or strongly disagreed

18% of respondents did not feel connected to their friends

"I feel valued by my family"

- **85%** agreed or strongly agreed
- **8%** neither agreed nor disagreed
- **5%** disagreed or strongly disagreed

13% of respondents did not feel valued by their families

"I feel valued by my friends"

- **80%** agreed or strongly agreed
- **15%** neither agreed nor disagreed
- **4%** disagreed or strongly disagreed

19% of respondents did not feel valued by their friends

In general, respondents were more likely to feel both connected and valued by their family and friends if they were in a higher income bracket, compared to lower income brackets. Respondents aged 75+ were a little more likely to agree that they felt valued by, and connected to, their friends.



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To Reduce Isolation

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CAN I GET SUPPORT AND HELP WHEN I NEED IT?

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“I have someone to give advice in a crisis.”

- **61%** have someone to give advice in a crisis most of the time or always
- **18%** have someone to give advice in a crisis sometimes
- **21%** have someone to give advice in a crisis a little of the time or never

“I have someone to help me when needed.”

- **75%** have someone they can ask for help most of the time or always
- **14%** have someone they can ask for help sometimes
- **10%** have someone they can ask for help a little of the time or never

“I can count on someone to listen to me.”

- **75%** have someone to listen most of the time or always
- **14%** have someone to listen sometimes
- **11%** have someone to listen a little of the time or never

In general, respondents were **more likely to have support and help** (as described by the 3 areas above) if:

- They were **married or common-law**, as compared to not married or common-law
- They **lived with others**, as compared to living alone
- They **spoke English** as a primary language
- They have an income of **\$1,600-3,500, or more than \$3,500 per month**, as compared to those whose income is less than \$1,600 per month

PARTICIPATION IN MEANINGFUL ACTIVITIES AND BARRIERS TO PARTICIPATION

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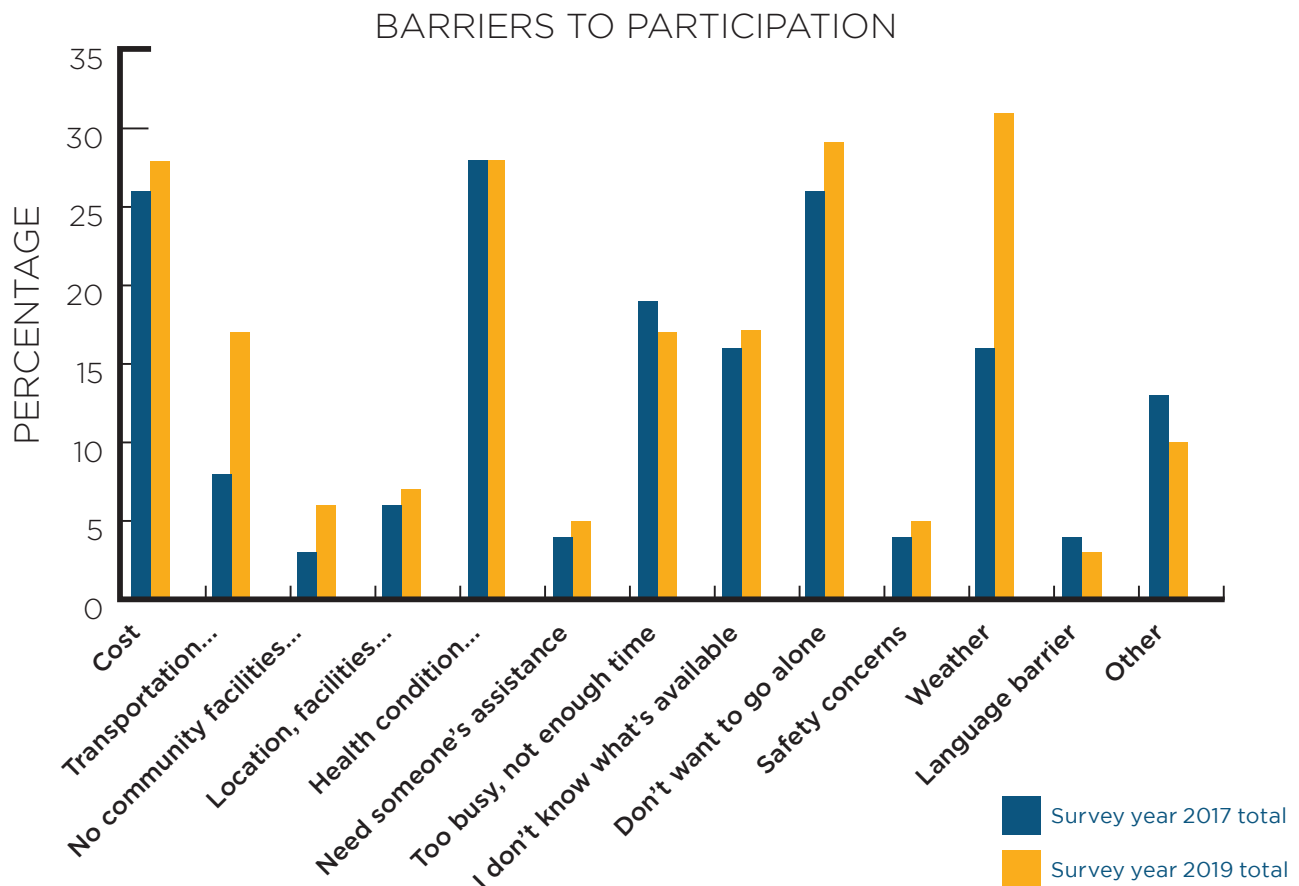
46% of respondents in 2019 wanted to be more active in their communities or everyday life. This is comparable to 42% in 2017.

In the 2017 baseline survey, the most common barriers for not participating more were:

- **Cost** (26%)
- **Health prevents doing more** (28%)
- **Not wanting to go alone** (26%)

In the 2019 follow-up survey, the most common barriers for not participating more were:

- **The weather** (31%)
- **Not wanting to go alone** (29%)
- **Health prevents doing more** (28%)
- **Cost** (28%)



UCLA LONELINESS SCALE

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In the 2019 survey, 21% of respondents scored as lonely on the UCLA Loneliness Scale. This is comparable to 24% in the 2017 baseline survey.

Respondent subgroups more likely to score as lonely in both the 2017 baseline and the 2019 follow-up surveys included:

- Those who are **55-64 years old**, versus those who are 65-74 or 75+ years old;
- Those whose income is **<\$1,600** monthly compared to those whose income is \$1,600-\$3,500, or over \$3,500 monthly;
- Those who are **not currently married/common-law** compared with those who are married/common-law;
- Those whose **health is fair/poor** compared with those whose health is good or very good/excellent.



Respondent subgroups more likely to score as lonely in the 2017 baseline, but not in the 2019 follow-up included:

- Those who **completed the survey in a language other than English**, compared to those who completed it in English;
- Those who **live alone** compared with those who live with others.

This survey used the three-item UCLA Loneliness Scale. The three questions asked were:

1. How often do you feel you lack companionship?
2. How often do you feel left out?
3. How often do you feel isolated?

Respondents answer on a 3 point scale: 'hardly ever'; 'some of the time'; 'often'. Scores are calculated for the three items to produce an overall loneliness score, which is classified as lonely or not lonely.



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