

Overcoming Loneliness in South Australia

Who is lonely in SA?



1. How often do you feel lonely?
2. How often do you feel that you lack companionship?
3. How often do you feel left out?
4. How often do you feel isolated from others?

61%

of people felt lonely 'often' (14%) or some of the time (47%) in South Australia (April 2020).



Impact of COVID-19

Measure of loneliness and isolation increased from March to April 2020.

Increase to 82% of young people (18 - 24 years) feeling lonely at least some of the time



Males are more likely to feel lonely or left out than females.

18-24

78% of people aged 18-24 years felt lonely sometimes (53%) or often (25%), the highest levels of loneliness for any age group.



Uniting Communities is committed to overcoming loneliness as a means of enabling people to be more resilient and participate in the development of stronger, healthier communities that thrive.



People outside of metropolitan Adelaide are more likely to be lonely (51% in Adelaide metropolitan area and 62% regional SA).



Loneliness as a public health issue has similar levels of impact as obesity and smoking – can decrease a person's life expectancy by up to 15 years.¹

25-34

Feelings of being isolated from others were strongest for 25-34 year old people. 37% felt this often and 47% felt isolated some of the time.



Lonely Australians are 15% more likely to be depressed.²

¹ Julianne Holt-Lunstad, Professor of Psychology and Neuroscience at Brigham Young University in Utah, USA, presented at 125th Annual Convention of the American Psychological Association in August 2017. ² The Australian Loneliness Report, <https://psychweek.org.au/wp/wp-content/uploads/2018/11/Psychology-Week-2018-Australian-Loneliness-Report.pdf>

What is Uniting Communities doing to overcome loneliness?

Uniting Communities believes that we can overcome loneliness together by encouraging community debate and action to address the emerging challenges of an increasingly disconnected and isolated society.

We're doing this by:

- ✓ Residential Aged Care and opportunities for families to safely visit relatives during the pandemic period
- ✓ Providing support to LGBTIQA community through webinars, support and connection responses
- ✓ Alcohol and Other Drugs New ROADS Mt Gambier clients, supported with remote art therapy
- ✓ Support for low income and newly arrived people, building connections with individuals and families who are refugees, asylum seekers, students and other people who are isolated.



How can we all help?

Our Roadmap to Recovery must include reestablishing and rebuilding connections and overcoming loneliness.

Our three focus groups for reconnection:

- ✓ Reach out to people in your community who are lonely
- ✓ Chat to us on Facebook and let us know how you are reconnecting with others
- ✓ Find out more on our website unitingcommunities.org/loneliness

The Big Issues

Loneliness

Isolation

Lack of Companionship

Feeling Left Out



We want to work together with the entire community to reconnect and overcome loneliness and the risks of isolation.

1. 18-24 year olds
2. Older people above 75 years of age
3. Unemployed and underemployed people

Be part of the effort to overcome loneliness in South Australia:

#CommunitiesUniting



Don't leave loneliness alone.