



Altenheim Resource Services
Timely Resources DEEPER DIVE



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According to the Administration on Aging more than 14 million older adults live alone in the U. S. Loneliness and isolation often become serious problems for adults who live alone. As they age, people often experience the loss of friends and family which contribute to loneliness and isolation. Increasing health problems often isolate people from the activities that they enjoyed. In fact, loneliness and isolation is not faced only by people in the U. S. The [World Health Organization reports](#) that one-third of the elderly in many other countries face loneliness and isolation.

Because of this, the United Nations has designated 2021 – 2030 as the [Decade of Healthy Aging](#). “The Decade is a transformative collaboration of diverse sectors and stakeholders that focuses on changing how we think, feel, and act towards ageing; cultivating age-friendly environments; creating integrated and responsive health care systems and services; and ensuring access to long-term care for older people who need it.”

The World Health Organization release a [base-line report](#) in 2020 identifying where we were and the improvements that were to be expected by 2030. The report indicates that 14% of the elderly in 42 countries surveyed are unable to meet their basic needs such as bathing, dressing, managing prescriptions or managing finances. The report also points out that there is a lack of data on healthy aging and that this has made the elderly invisible to governments and stakeholders who should be shaping and building services for the elderly.

One of the goals of the Decade of Healthy Aging is to change how we think, feel and act towards age and aging. They will be exploring how best to create this change of attitude among formal and informal caregivers, physicians, other medical professionals, social workers and all those involved in provided care and support for the elderly.

The WHO recently released a 2023 [progress report](#) on the Decade of Healthy Aging. It covers such topics as abuse of older people, age friendly environments, combatting ageism, social isolation and loneliness and the impact of COVID-19 on the elderly. There is so much to explore with this topic. We will periodically give you updates. Meanwhile consider how you can make a difference by helping to change how people think, feel and act towards aging.

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Altenheim Resource Services

Empowering older adults and caregivers through information, education, and support

Contact us with questions about aging or caregiving issues

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