

TOPIC PAPER

OLDER PEOPLE & LONELINESS

HEADLINES

- Loneliness is a complex and usually unpleasant emotion which typically includes anxious feelings about a lack of connectedness or communality with others.
- Loneliness is a bigger problem than simply an emotional experience. Researcher's rate loneliness as a similar health risk as lifelong smoking, which in turn costs the NHS millions of pounds.
- It has significant links to a range of chronic conditions, including hypertension, depression, and dementia – increasing the risk of developing Alzheimer's disease by 50%.
- Sometimes those who feel lonely do not like to talk about it and currently the health service does not recognise loneliness as a condition they can directly help with. If, as a society, we all work to prevent it, the health benefits would be vast.
- One of the most effective ways of combating loneliness is to combat isolation.

COMBATING ISOLATION



- The growth in the older population in the UK is well known, and sheltered housing meets a specific need. By providing older people with safety, security and companionship, sheltered housing can help to maintain good health and general well being.
- The provision of apartments in a single block creates an in built community and offers residents of private sheltered housing the option of company and a social life.



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- A Resident Lodge Manager is employed by the Management Company to provide assistance and security for the owners of the apartments. The lodge manager will also assist the residents to organise group activities and day trips.
- An Owners Lounge is provided for use by all residents and their guests within the building. The room is used for coffee mornings, bridge evenings, special events and residents meetings. Some of the residents spend a



- considerable amount of time in this lounge reading and undertaking other hobbies. It is a sociable place in which to meet and converse. The lounge is provided with a small kitchen which is fitted with a sink, microwave and cupboards.
- A guest suite is provided for use by relatives of owners who wish to stay overnight. The room is fitted with twin beds and has a shower room and tea/coffee making facilities.
- By living in safe, purpose-built accommodation and by the lifestyle advantages and wellbeing improvements that their independence gives them, residents have less need for the medical services and the NHS than those living in ordinary housing.
- Residents say they benefit from improved wellbeing; less stress and worry through improved security and the reassurance of companionship which can reduce depression; and the benefits of living in accommodation that is built to suit their physical needs.

ABOUT CHURCHILL RETIREMENT LIVING

Churchill Retirement Living has specialised in the provision of purpose built apartments designed for older people, since 1998. Our developments are located throughout England.

Our self-contained apartments are specifically designed to meet the needs of independent retired people, and are provided for sale contained within a single block. The apartments are sold with a lease containing an age restriction which ensures that only people of 60 years or over, or those over this age with a partner of at least 55, can live in them. Our accommodation is managed by Millstream Management Services Ltd, a company wholly owned by Churchill Retirement Living specialising in the management of retirement developments.

Churchill Retirement Living is an award winning developer of retirement housing and won the Best Medium Housebuilder of the Year award in 2012 and The Most Outstanding Retirement Housing Operator in the UK in 2012 for the fourth consecutive year. Details of further awards which the company has won can be viewed at www.churchillretirement.co.uk.