

Give something greater this Easter

ALONE asks the public to remember older neighbours who may be lonely

2nd April 2015, Dublin ALONE is reminding members of the public to check in on their older neighbours over the long bank holiday weekend. Currently in Ireland, almost 1 in 3 older people live on their own (29%), and 7-9% of older people suffer from chronic loneliness.

With many local shops, amenities, health and care services for older people closing over the long weekend, many older people will be left without their usual supports and services.

Sean Moynihan, Chief Executive Officer of ALONE commented, “170,000 older Irish people live alone, which makes them vulnerable to isolation. This Easter weekend, some of those who are particularly isolated may not see anyone over the four days. We are reminding the Irish public, to check in on their older neighbours, for a cup of tea, a quick word of kindness or just to see if they need a lift to the shops. People are often surprised to learn that loneliness is actually a greater health risk than smoking or obesity”.

Sean concluded, “Thankfully most older people will enjoy a happy Easter surrounded by loved ones, but ALONE is urging the general public to be vigilant for those who are vulnerable. Small gestures can really make all the difference to an older person who is isolated and living alone. If you are concerned for anyone in particular you can contact ALONE for advice and support.”

ALONE say that there are a number of ways that the public can help an older person this Easter some of these are; calling by an older persons house to say hello, ensuring they have enough food, medication and heat, bringing them out for a drive or to a social event and giving them a hand with their shopping.

For those who have concerns about their own wellbeing, or the wellbeing of a vulnerable older person in the community, ALONE can be contacted on (01) 679 1032. To make a donation and help aid ALONE’s work visit www.alone.ie