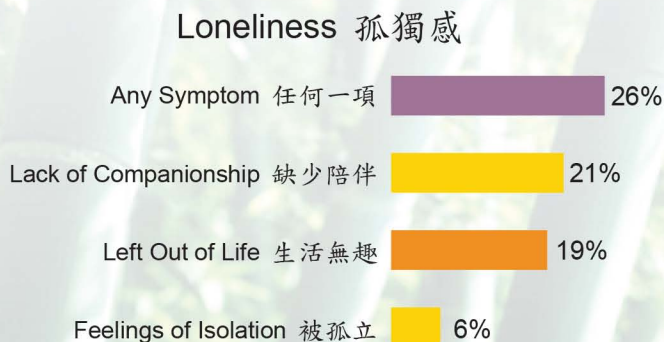




BACKGROUND A sense of loneliness is associated with older adults' evaluation of their overall quality and quantity of social interactions. Older adults are particularly vulnerable to loneliness due to the increase of multiple losses, changes, or transitions in late life. More importantly, loneliness has been associated with suicidal ideation. It is estimated that 10% of U.S. older adults complain of frequent feelings of loneliness.

STUDY RESULTS In our study, over one in four (26%) participants reported a sense of loneliness. Feelings of lack of companionship were reported by 21% of participants, and 19% felt left out of life.



背景 孤獨感與老人社會聯繫的數量以及質量有關。由於晚年生活所帶來的多重變化或失去重心，使得老人面對孤獨感時更為脆弱。孤獨感也可能誘發自殺的想法。據統計10%的美國老人感覺孤獨。

研究結果 四分之一的老人有孤獨感受。21%的老人感覺缺少陪伴，19%的老人覺得生活無趣。



“

I feel the most terrible thing for old people is to be lonely. No one talks to you and no one cares about you. Having two or three meals a day, then all you can do is to sit down facing the four walls at home. Like watching TV, you could only watch the programs that you like; then for the ones that you don't like, you can only go to sleep. But then how long can you sleep in a day? ” - Study Participant

「我覺得老年人最怕的是孤獨。沒人跟你說話，沒人關心你。除了每天三餐之外，你能做的就是對著四堵牆。若看電視，你只能收看你喜歡的節目，播放到你不喜歡的，你就只能去睡覺了。但難道你能睡一整天嗎？」 - 研究受訪者

CONCLUSION Loneliness affects one in four Chinese older adults. Social isolation and the absence of social support network may trigger loneliness in Chinese older adults. Providing social support and companionship, as well as developing more bilingual social activities may help reduce loneliness among Chinese older adults.

結論 孤獨感影響了四分之一華裔老人的生活。社會疏離以及缺乏社群支持可能是導致華裔老人孤獨感的重要原因。提高社會支持以及陪伴，提供更豐富的雙語社交活動可以幫助減低華裔老人的孤獨感。