

Overcoming Loneliness in South Australia

Don't leave loneliness alone.



Loneliness is a significant issue in our community, impacting people's mental and physical health. The Overcoming Loneliness project aims to address and understand loneliness, raise awareness, and develop policy solutions. Our regular surveys give us a better understanding of the prevalence of loneliness in SA and the groups of people most affected.

13%
of people reported feeling lonely "often"

35%
of people reported feeling lonely "sometimes"



Regional residents report feeling more lonely, isolated, left out and lacking companionship compared to metropolitan residents — the greatest disparity noted in feeling isolated. Lower-income people experience higher levels of feeling lonely, isolated, left out and lacking companionship 'often.'

Since tracking began, those aged **18-24** and **45-54** tend to experience feelings of loneliness most often.

April 2022:

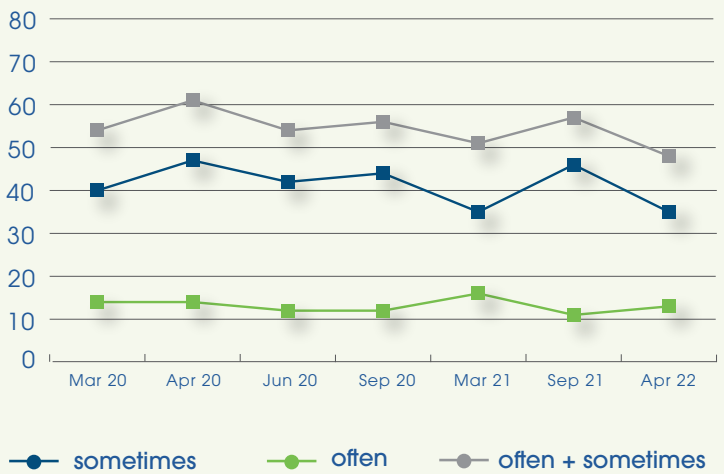
18-24
(88%)
were the loneliest

50-54
experienced a **24% drop** in feelings of loneliness (now 50%)

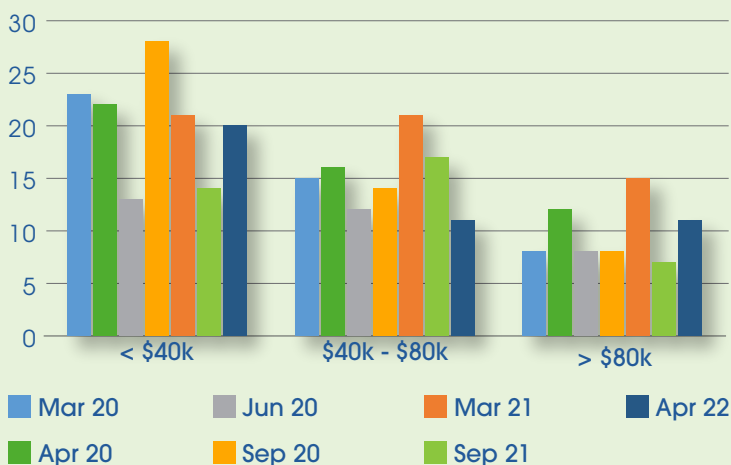
People aged between **60-64, 70-74 years & 75+** were the least lonely

As the survey is online, it targets a certain demographic of older people that are more connected. Research and service providers suggest that loneliness is a significant issue for the elderly.

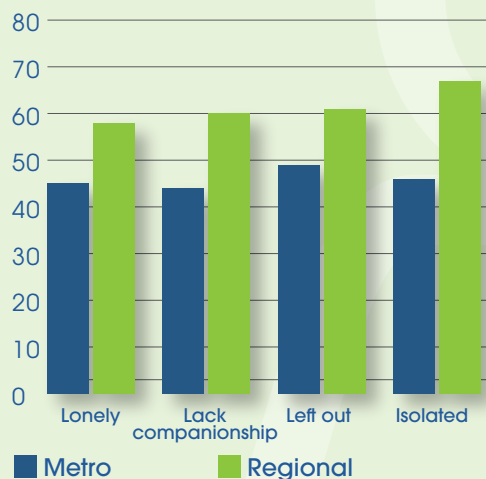
Lonely % 'often' or 'sometimes,' SA, 2020-2022, selected months



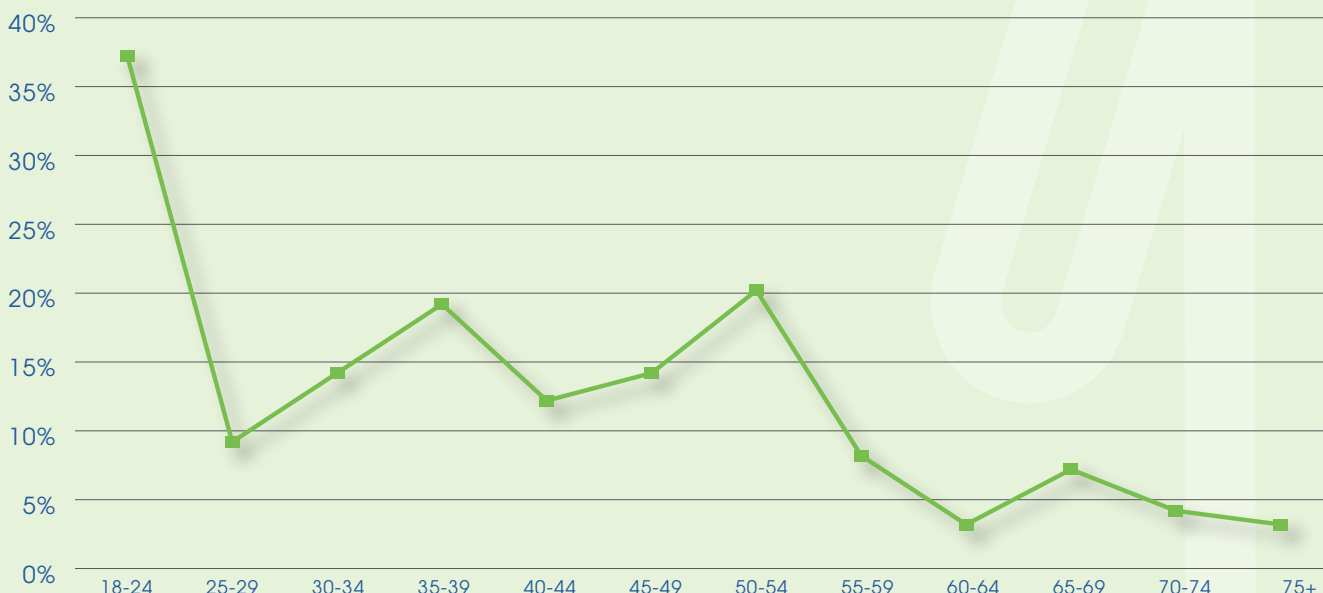
Lacking companionship % 'often' by income, SA, April 2022



Metro vs regional % 'often' or 'sometimes,' SA, April 2022



Feeling lonely % 'often' by age, SA, April 2022



The data in this report is based on 7 surveys conducted in South Australia, with a greater focus on the most recent data (April 2022).

The same 4 questions were asked for each survey:

- How often do you feel lonely?
- How often do you feel that you lack companionship?
- How often do you feel left out?
- How often do you feel isolated from others?

The choice of responses to each question was 'hardly ever or never,' 'some of the time,' or 'often.'

Want more information about our research?

Contact the Advocacy team

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www.unitingcommunities.org/loneliness