



- When nobody is home but my TV talks to me.
- Sense that the family is “too busy”
- Daughter gave away my dog without telling me.
- Decisions are being taken away from me.
- Dogs and animals keep me company.
- I decide to accept and let go.
- My daughter can't ruin my life by ignoring me.
- Feeling voiceless, powerless even in familiar context = depression
- After divorce, break ups, death
- Disconnected from younger culture
- Younger reference points are not shared
- Loss of past close connections
- Estrangement through loss of faculties on both sides
- Group situations are difficult
- Decreased ability to engage physically (energy, stamina, etc)
- Men especially lacking social skills
- Hospital stroke recovery felt isolated
- Loss of mobility, lifestyle change
- Change and loss of social circles
- Self-isolation due to fear of falling
- Noise- hearing sensitivity
- Death of friends and family
- Loss of independence: driving, financial
- Losing my ability to drive
- I remember my mother's fear of losing her memories during the early stages of her alzheimer's.
- Knowing that people can't understand my experience, until they've lived it.
- I feel isolated due to my memory slipping.
- Regarding technology: “We're being put out to pasture and it's unfamiliar.”
- I feel that culture has shifted from more respect for seniors to less.
- Lack of friends due to jobs and between groups in a hospital setting
- After divorce = fewer friends
- Hanging up keys- no longer able to get yourself to places you want or people to spend time with
- retirement/work which defined much of your life and social network
- Alzheimer's and health issues that prevent people from interacting

- Lack of health services = people look over them
- Lack of information on how things are communicated
- Loss of friends and family
- Language barriers
- Lack of family to help
- Unable or unwilling to communicate needs
- Depression and mental health challenges
- Holidays: friends go out of town, everyone else is in pairs
- Illness: isolation, lack of mobility.
- Grandkids: grow up and leave
- Children: leaving creates a void
- Unconnected: digital modes of connection are challenging, there is abrupt change.
- Separation: separated families, loss of self-determination
- Birthdays
- Anniversaries
- Caregivers feel this isolation too
- Living at home
- Bed-ridden
- Sick
- No family and friends
- Senior housing can be isolating or a good community
- Busy family
- Not included in nuclear family
- Empty nest
- Mother's day
- Can't drive
- Losing my spouse
- 2005 isolation after the death of a loved one. Found resource that truly helped
- Living facility that felt limited and getting out of that setting allowed me to be more mobile, connected.
- No partner, poor health, needed a change. A 1 to 1 connection to undergo personal lifestyle changes.
- Being labeled: outsider/ devalued/ less than
- Mobility restrictions, losing driving
- Felt like my body betrayed me

- Losing peers during hiv/aids now feeling lonely and missing my friends
- Reading the obits
- Witnessing generational friends
- Feeling invisible
- Loss of: pets, work community, friends, physical touch, contributing community member, family
- You don't have to be alone to feel loneliness. You can be with other people and feel alone and hurt.
- Facing the situation of being home alone
- What happens if i fall?
- Know your neighbors, share phone numbers, community is key!
- My son left to the army. My son was homeless when he returned with PTSD. I received assistance from the senior center to find my son a home.
- Nobody understood me
- Nobody supported me
- I'm not able to talk about family problems.
- The implications of being single with no children and no spouse.
- In capitola, not a lot of people speak spanish.
- Creativity extends connections within the community.
- Support group for people with parkinson's
- I plan a weekly dinner but there are no spanish speaking people.
- I need someone that can help me do art for SCCCOR
- No visitors
- Moving from house to apartment and feeling alone
- Animal pets as my closest companions, as family
- When a couple has to separate due to health issues
- Isolation due to health issues i.e. hearing loss
- Alienated grandparent due to CPS taking grandchildren away
- Loss of peers (and loss of identity through that, being known)
- Loss of a sense of purpose
- I feel alone any evening
- When I have children, I don't feel lonely
- Parkinson's disease
- When I'm not involved in my community
- When I lost my dog
- I'm often alone but seldom lonely.

- Going to a bar, concert, square, stores etc and realizing you're the oldest person there
- Unable to find age appropriate clothing
- Being single
- Self isolation because of trauma
- Children are out of touch
- Physical limitations (this is not a walking community)
- Losing friends, partners and spouses
- Losing the ability to drive
- English is a second language for me, language differences
- I feel culturally isolated, there's a lack of diversity here
- Experiencing a disability, pain and discomfort.
- Unable to get out of the house.
- Anxiety about going to new places
- Not feeling welcome among new groups
- Becoming invisible
- Cost of living leads to isolation
- Needing to navigate an activity by yourself
- Feeling lonely not being able to have a soundboard around to make decisions with.
- Fear of appearing to be less independent, therefore reluctant to ask for help.
- Dealing with the aftermath of a natural disaster
- Life changing events are harder to handle as you age.
- Not having children or close family nearby.
- Depends on your health
- Most of life alone as a choice- workaholic
- Sometimes isolation is good
- Loss of a spouse
- Lonely at home
- A change in routine
- Losing connections
- Stopped being a teacher, new identity as an education consultant-- lost your identity as you lose your routine.
- Geographic isolation
- Children feel burdened by parents loneliness
- Loss of siblings



- In a vacuum
- Mentally debilitating
- Self-doubt
- Physical and mental toll
- Boring
- Disconnected
- Dark tunnel, can't see light
- Heavy
- Empty
- Thick
- Dense
- Dark
- Fragile
- Alone
- Permanent
- Ignored
- Not worthy
- Never changing or fluctuating
- Feeling useless
- Disengaged
- Confined
- Yearning for intimacy
- Lacking physical touch
- Lessened ability to engage and react to stimuli
- Difficulty in assessing making connections (especially for men)
- Inhibition to reach out (because of judgement)
- Cornered
- Forgotten
- Dark
- Depressed
- Lights off
- Having to move or depend on others
- Attempt to fix the loneliness by going to a bar, using alcohol or other things to escape
- No more physical touch
- Jealousy

- hopeless / helpless
- Frustration / anger
- Drowning
- Death
- Invisible
- Disconnected - no social media, no longer places you are familiar with or comfortable with
- Overwhelming
- Humiliating
- Defensive
- Pain
- In a dark hole with no way out.
- Every day seems the same
- Frightened, confused
- Sad
- Friendless
- Frustrated
- Helpless
- Powerless
- Desolate
- Dark
- Bleak
- Emptiness
- Sadness
- Useless
- Wanting to discuss something that others may not. They don't know how to confront it.
- Invisibility
- I keep a sense of determination through my sense of isolation
- Sadness due to death of community members
- Suddenly your lunchmate isn't there and you can't find out what happened
- Being placed in an environment and lack of connection to peers
- "A lonely crowd"
- Fear: who will care for me? Circle of friends is leaving
- Sad: easy to get depressed
- "Living death" I'm waiting

- Hopeless: lack of options
- Anxiety: reaching out, fear of rejection
- Vast and unknown: surreal because of lack of connection
- Pain in my chest
- Empty
- Scary
- Hopeless
- Heavy weight
- Darkness
- Feeling broken
- Irreversible
- Not having a purpose
- No one cares about me
- The need to suppress it
- Need to self-medicate, numb it
- Tired, fatigue, sleeping more
- Agitated and angry
- Feeling muted, bottled up
- Desire to want to “get over it”
- Feeling less than
- Feeling ugly and unwanted
- Invisible
- Invalidated
- Empty
- Sad
- Futile
- Hopeless
- Curled up on the floor in a fetal position
- On an island
- Financial insecurity
- Feel as if i am in a desert “like a horse with no name”
- Gift box that is empty
- Last person on earth
- Desolate
- Useless
- Extreme frustration

- Not needed
- Something wrong with me
- Unending
- Excluded
- Hopeless
- Sadness
- Invisible
- Depression
- Forgotten
- Unmotivated
- Grief
- No mobility
- Inadequate
- Powerless
- Shame
- Worthless
- Quiet
- Silence
- Unhealthy sick
- Addiction
- Compulsive behavior
- No money
- Lack of mobility vs staying active
- Being disconnected
- Not belonging
- Vulnerable
- Sickness
- Poor health
- Tired
- Thinking about the past in an unhealthy way. Regret
- Not using potential, time running out
- How to use that potential?
- Dependence on others
- Creativity connects us, lost sense of value as art and crafts change
- Heavy
- Emptiness

- Envy of others connecting
- Heartache
- Stuck on a deserted island
- Sorry for myself, self-pity
- Time dragging on
- Unmotivated
- Feeling like I'm the only one
- Living in a house by yourself
- Having a computer for a friend
- Talking to yourself making lists
- Helpless hopeless
- Sad
- Feeling ignored
- Invisible
- Sense of pointlessness, irrelevant
- Stuck, trapped, ex: long weekends
- Wishing you could be somewhere with people
- Waiting for the phone to ring
- Wishing someone could be with me (children not in the area)
- Depressing
- Useless
- Hopeless
- Hollowness
- Invisible
- Affects self-esteem
- No one cares
- It hurts
- I don't matter
- Sadness
- Loss of energy
- Loss of interest
- Diminishes health (physical, mental, emotional, spiritual)
- Disconnected
- Depression
- Inclination towards substance abuse
- Cranky

- Frustrated
- Slumped
- Fetal position
- Physical limitations
- Suicidal thoughts
- Sadness
- Feeling like you're no good
- Depression
- Isolation feeding and building on itself
- Sense of meaninglessness
- Longing for a place that you don't know exists (far loneliness)
- Hopelessness - feeling unable to reach out
- Afraid to ask for help
- Afraid of rejection
- Not making a friend of loneliness
- Failure
- Not feeling heard
- Exhausting
- Sad
- Defeated
- Not motivated
- Feeling discouraged
- Disconnected
- Not caring anymore
- Lack of purpose
- Misunderstood
- Unimportant
- No one to talk to
- Isolation and loneliness can be different
- Fear
- Anxiety
- Depression
- Sadness
- With no desire of living
- Not feeling important
- Desperation



- Comfort of my close friends
- Peaceful, friendly, active
- Friends to share activities and conversations with
- Coming together
- Friends to talk to
- A world where everyone cared about each other and helped each other
- Warm, happy
- Secure
- Connected
- Driverless cars?
- Multi-generational living
- Free from debt
- Basic needs met
- Considerate
- Safe
- Freedom
- Supported
- Intergenerational community infrastructure
- Care and compassion
- Social responsibility
- Government programs and subsidies
- Shared awareness
- Loving joyful
- Optimistic, hopeful
- Healthy
- Engaging and stimulating
- Spacious
- Full
- Fun filled
- Anchored
- Relief at things unfolding on their own
- Comfortable
- Feeling included
- Not necessarily a big party
- Harmonious
- Utopian paradise

- All feel needed
- Safe
- Able to be spontaneous
- Comfortably physical with one another
- Every day companionship
- Intergenerationality
- Connection
- Love
- Respect among differences
- Tolerance
- Warm
- Light-hearted
- Smooth and heavy: like a good wine
- Happy
- Easy
- Complex
- Multifaceted
- Elder experiences, physical triangles, wisdom all respected
- 24/7 hugs
- Intergenerational connections with family, friends, neighbors, community.
- Needs are met
- A party with food and dancing
- New things like app that can connect
- Safe: no conflicts, no war/no weapons
- Easy to service the world, social networks, possibilities.
- Everything is bountiful
- A musical with people singing, happiness and music
- Joy
- Choices: having options, control, a voice, being engaged and included, being heard
- Exciting communal living
- Alive
- Sense of community
- Loved
- Busy
- Appreciated

- United
- Involved
- Knowledgeable
- We need each other
- Supported
- Birds singing wizard of oz
- Talking to each other
- Greeting each other
- Waving hello
- Smiling
- Understanding each other
- Physical presence with people (no texting)
- Humor laughter
- Colorful
- Fun
- Interesting
- Connected
- Purposeful
- Needed
- Appreciated and valued
- Inter-generational groups and activities
- Stimulating
- Useful
- Social
- Understood
- Welcomed
- Exciting
- Something to look forward to
- Juicy
- Warm
- Accepted
- More intelligent caring
- Past experiences and history are honored
- Non-conforming seniors feeling included, appreciated, connected and seen
- Listened to
- Elders are respected

- Affordability for senior activities
- Making sure seniors don't feel like a burden
- Informed community about the experience of senior loneliness
- Phone tree
- LGBTQ seniors feeling connected and supported
- Intergenerational activities
- Effective outreach to seniors
- Funding priority for senior programs
- Perfect harmony
- Engaged
- Vibrant
- All the porch lights are on
- Compassionate
- Supported
- Welcoming
- Village
- Less scary
- Pet friendly
- Safety
- Connected
- Block parties
- Always having someone to talk to
- Knowing someone has your back 'posse'
- Free to be yourself
- Love your neighbor
- Diversity
- Around lots of energy
- Plenty of funds for all the services
- Accessible services
- Communities that are aging-friendly
- Co-housing
- Meal sharing
- No need for skilled nursing
- Facilities
- Playful world
- Less judgemental

- Activity
- Affordable housing
- Feeling connected in the community
- Positive social interaction
- People care about you.
- People talk to you.
- People ask questions
- People help you
- Meaningful interactions
- Constant family attention and interaction
- Being a priority to your family
- Best friend buddy
- Sense of purpose (volunteer opportunities)
- Peace, joy, glory
- Connection to the land and earth
- Educated world about health and creativity
- Value assigned to self worth
- Teamwork
- Awareness of how to stay healthy
- Social interaction
- Intentional interaction
- Helping others and being of service
- Less fear and more confidence in society
- Connected
- In sync
- Creative
- Seniors embracing change, technology, music
- Respect for intergenerational experiences and exchanges
- Relationships are more important than resources
- Listening
- Willing to work on difficult things and weaknesses
- Respect of elders
- Community
- Being seen and valued for life experiences
- Bridge with multiple connections (intergenerational)
- An archive storehouse

- Joyous
- Mobility
- Singing
- Content
- Connected
- Loved
- Bustle
- Engaged
- New york subway train
- No bitterness
- Diverse
- Beautiful rainbow
- Abundance
- Financial security
- Me, myself, i
- Increased value for listening to others stories
- Senior communities as “living libraries”
- People prioritizing the stories of others and telling them
- Relating our current lives to history
- More phone calls and visits than texts and emails
- Family members living closer to me, and seeing them more often
- Neighborhoods where everyone knows each other
- “Hope Village” as an example
- More intergenerational communities
- Diversity
- Being alone does not equate to loneliness
- A cultural shift towards having a tolerance for silence
- People don’t always need to be talking when in another's presence.
- Liveable community mobility
- Cities designed with more ease of transportation
- More opportunities to share your story and listeners
- Spontaneous
- Connected and engaged
- Hopeful
- Smiles happy
- Stronger sense of community

- Inclusive
- Healthier: mentally, physically, spiritually
- Respectful
- Lots of eye contact
- Colorful
- A place to be sad, acceptance
- Safe space
- Involved
- Service to others, opt to serve
- Brighter
- Compassionate
- Caring
- Good communication
- Accepting and open minded
- Free of assumption
- Mindful
- Intergenerational
- More love
- Less violent
- Full of joy
- Possibility
- Heaven
- A full house
- Grandkids
- Happiness and smiling
- One on one contact
- Feeling enthusiastic
- Lower stress
- Less judgement of others and ourselves
- More helping hands
- More sharing
- Random acts of kindness
- Talking to strangers
- A piece of the meaning of life would be lost
- More inclusion and acceptance
- Strong sense of community

- No age discrimination
- Feel more visible
- More sharing of experiences and identities
- More communication
- Feeling loved and valued
- Creativity
- Giant family
- Sharing meals
- Communal living
- Multiculturalism and diversity
- Nurturing potential
- Liberating
- Passion and drive for activity or hobby
- Acceptance that loneliness is a part of life
- Free support or affordability
- Open acceptance and ease
- Being included despite age or wrinkles
- Playfulness
- A buddy system
- Transportation
- A party
- One would wake up with good thoughts
- Have breakfast, be productive, work, have dinner with our children and after do something fun
- Play instruments
- A world without conflicts, prejudice, with fun and stable affordable housing
- Without violence
- productive , nice and beautiful
- Unimaginable
- With lots of love and energy
- Genuine
- Without anger
- Stable affordable housing
- A world where you can give without receiving.
- When each person can accept and love oneself as is
- We already live in a beautiful world, we just need to accept oneself

- Leave behind the low self-esteem
- A world where we can all have a purpose and be grateful for everything we have
- Feel accepted