

# Social Isolation: Who Is at Risk?

People of all ages, backgrounds and income levels can experience social isolation. But some populations face higher levels of risk for social isolation and loneliness, and the COVID-19 pandemic has only worsened the situation.



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## These 7 factors may put you or someone you know at risk of social isolation.

- 1 Age**  
Youth under 18 and adults over 50 experience greater levels of social isolation.
- 2 Household size**  
People who live by themselves tend to have fewer social connections and, as a result, higher rates of social isolation.
- 3 Transition in work status**  
People who have experienced a change in work status – from either job loss or retirement – have fewer opportunities for the types of social connections they had in the workplace.
- 4 Disability status**  
Those with physical disabilities, cognitive impairments or limited mobility are more likely to be socially isolated.
- 5 Transportation status**  
Persons without affordable, accessible transportation – including residents of rural or remote areas that lack public transportation options - have higher prevalence of social isolation.
- 6 Residential stability**  
People who move frequently from one residence to another typically have fewer supportive social relationships and increased social isolation from neighbors, family and others.  
  
Immigrants and refugees are also vulnerable populations due to the social disruption experienced when they move (willingly or unwillingly) from their country of origin to the United States.
- 7 Marginalized identity**  
People who are marginalized because of their race, ethnicity, gender identity or sexual orientation experience increased rates of social isolation. So do people who are homeless or were formerly incarcerated.



Discover the steps you can take to build and strengthen social connections at [CommitToConnect.org](https://CommitToConnect.org).