



Social Isolation and Mental Health of
Seniors living with a terminal illness

Seniors and Statistics

- 85.6% of seniors aged 65 years and over suffered from terminal illness alongside mental health problems.
- California has the largest senior population of any state in the U.S.
- Sacramento County is projected to increase by 64.3% from 2020 to 2040.

Seniors Mental Health

Statistics

- ~15% of adults aged 60 and over suffer from a mental disorder
- ~19% of adults aged 65 years and older in California reported experiencing symptoms of depression, anxiety, or serious psychological distress.



Key Insight

- Work with Seniors caregivers
- Understand and work with Sandwich generation caregivers
- Empathy:
 - understand the challenges that seniors may face
- Patience:
 - It is important to be patient and to allow them the take their time

A way to address mental health problems in senior citizens in order to have a positive impact on their well-being and overall quality of life

A way to address the stigmatization of end-of-life planning among seniors in order to create a more educated and understanding environment in homes.

A way to address the lack of awareness about social isolation in seniors living at hospice homes in order to create a more inclusive and well-adjusted environment where seniors can combat isolation.

What is next?

- Continue interviewing and working with our stakeholders
- Volunteer at hospices and retirement homes for field observation and hands-on experience
- Create a prototype of our solution and test it out with our key stakeholders.

Thank you

"The journey of a thousand miles
begins with one step." - Lao Tzu