

## **THE EFFECTS OF LOCKDOWN ON THE ELDERLY: AN NEW REPORT FROM LES PETITS FRERES DES PAUVRES**

### **THINKING THE POST-COVID TO ENSURE THE ELDERS WILL NEVER BE INVISIBLE AGAIN.**

Faced with an unprecedented health and social crisis, Petits Frères des Pauvres publishes their 4th report<sup>1</sup> on the isolation and loneliness of the elderly, dedicated this year to the effects of lockdown on people over 60 years old.

A report that gives a voice to all older people, even those who are digitally excluded, and which reveals that, despite a great wave of family and civil solidarity, many older people, especially older women with low incomes, have suffered even more from loneliness and isolation. This report also shows the need for national and territorial solutions to make the fight against elder social isolation a priority.

For the past 3 years, Petits Frères des Pauvres has been publishing a yearly report on one of the problems experienced by isolated elders. In the face of the unprecedented health and social crisis, the fourth edition of this report is dedicated to the effects of lockdown on the elderly. As usual, the association has favored a methodology that allows elderly, even those excluded from the digital world, to be able to speak out.

*" In recent weeks, the isolation of elderly has become a major issue. We greet the tremendous outpouring of solidarity that was directed towards the elderly during the lockdown. But this crisis has also complicated existing situations of isolation and created new ones. Questions about the place of the elderly in our society remain, especially those related to freedom and the protection of the most vulnerable. The real social distancing is the isolation of the elderly. At a time when the creation of a "5th risk"<sup>2</sup> is looming in France, it is more urgent than ever to recognize that isolation is an aggravating factor in loss of autonomy, to create ambitious national and territorial policies to combat this isolation and to build the most inclusive society possible for seniors. "* Alain Villez, President of the Petits Frères des Pauvres.

To ensure that the solidarity wave does not stop after the period of lockdown, so that the elderly do not fall into oblivion, Petits Frères des Pauvres is launching a new movement on internet with the hashtag #NeverAgainInvisible. To broadcast the operation, the association has created a series of animated GIFs featuring our seniors so that they will never again be invisible to the general public. These gifs will be disseminated on the social networks of Petits Frères des Pauvres and relayed by influencers and partner sites. A multitude of GIFS will thus be available for Internet users to share them in turn to spread the association's awareness message.

⇒ [Find our full report and detailed recommendations on our website](#)

---

<sup>1</sup> Quantitative study (1503 people aged 60 and over) and qualitative study (12 interviews of people accompanied by the Association) carried out by CSA Research with the financial support of the Petits Frères des Pauvres Foundation.

<sup>2</sup> The fifth risk, also known as "Dependency Risk" or "Risk of Loss of Autonomy", is a new field of social protection.

Since 1946, Petits Frères des Pauvres has been fighting against the isolation and loneliness of the elderly, especially the most destitute. We recreate links that allow them to regain a taste for life and become part of the world around them. Simply live.

**Contact Presse**  
Meryl Le Breton  
M : 07 71 92 87 87  
[service.presse@petitsfreresdespauvres.fr](mailto:service.presse@petitsfreresdespauvres.fr)  
[www.petitsfreresdespauvres.fr](http://www.petitsfreresdespauvres.fr)  
Twitter : @PFPauvres

## THE 10 MAIN LESSONS OF THE REPORT

**Lesson 1:** a major change in social relations with an intensification of family relations and a decrease in the intensity of friendly and neighborly relationships. **720,000 elderly people had no contact with their family during the lockdown.**

**Lesson 2:** 87 % of older people had someone to confide in, but **650,000 older people had no confidant.**

**Lesson 3:** **32% of French people aged 60 and over felt lonely, i.e. 5.7 million people. 13% felt this loneliness on a regular basis.** What is missing the most is seeing the loved ones.

**Lesson 4:** **For 94% of French people aged 60+, the fight against isolation of the elderly is an important topic.**

**Lesson 5:** elders were responsible and had limited their outings during lockdown. **15% of those aged 60+, being 2.5 million people, have never been out. 80% of elders expect to continue to limit their outings and contact during reopen. More than 830,000 elderly people do not wish to go out.**

**Lesson 6:** lockdown has had a **negative impact on moral health for 41% of the elderly and 31% on physical health.**

**Lesson 7:** Solidarity was organized around people in their old age but 500,000 people aged 60+ did not receive the help they needed.

**Lesson 8:** **69% of older people have seen an increase of solidarity towards them during the crisis but only 31% think that the French will be more supportive after the crisis.**

**Lesson 9:** Elder Internet users have discovered video calls during confinement, but there is still a strong digital exclusion among the elderly: **4.1 million French people aged 60+ never use the Internet**, especially the oldest and those with the lowest incomes.

**Lesson 10:** For elder internet users, digital is useful but was not considered essential to support lockdown. **For 87% of non-internet users, digital was not missed.**

## THE PRECONISATIONS OF PETITS FRERES DES PAUVRES

**Recommendation 1:** Change the way we look at old age: a society that does not respect its elders is a society that loses its humanity.

Fight against "ageism" and the invisibility of older people in society

Do not consider elders as persons with decision-making disabilities

Allow all elders to be able to exercise their citizenship

**Recommendation 2: Promote and implement an ambitious national policy to compensate for the loss of autonomy and to fight against the isolation of the elderly**

A law for old age and autonomy, to allow the elderly to have decent living conditions

Support the elderly with the lowest incomes

Prevent isolation of the elderly at home

Prevent isolation of the elderly in institutions

**Recommendation 3: Prevent the isolation of elderly people in the territories**

Build real territorial proximity policies to better identify and support isolated elderly people

Facilitate the daily life of elderly people

**Recommendation 4: Support volunteer support and citizen engagement**

Better value volunteer support and citizen engagement

Invest in training for volunteer support and citizens who wish to get involved with seniors

Develop social telephone support

**Recommendation 5: Prioritize, in the strategy for an inclusive digital society, the elderly who are excluded from the digital world, without forgetting those of the older generations and those of modest incomes**

Equip all accommodation facilities with connection and equipment

Offer free workshops to discover the digital world

Offer simple and adapted tools for accessing digital technology

Set up social prices for elderly people of low incomes

Always propose alternative solutions for access to individual rights

Facilitate access to telemedicine as a complementary mean of consultation

**Recommendation 6: Reconcile ethics and the fight against the isolation of elders**

Refuse the commercialization of social links

Continue to reflect on ethics and the freedom of elders

Encourage corporate commitment

**Recommendation 7: Launch studies on the impacts of isolation of older adults**

Since 1946, Petits Frères des Pauvres has been fighting against the isolation and loneliness of the elderly, especially the most destitute. We recreate links that allow them to regain a taste for life and become part of the world around them. Simply live.

Contact Presse  
Meryl Le Breton  
M : 07 71 92 87 87  
[service.presse@petitsfreresdespauvres.fr](mailto:service.presse@petitsfreresdespauvres.fr)  
[www.petitsfreresdespauvres.fr](http://www.petitsfreresdespauvres.fr)  
Twitter : @PFPauvres