

LONELINESS BY THE ELDERLY AND VISITS TO THE ELDERLY

Guardians and care takers do not realize the importance of visits to the elderly in a nursing home by their family and other loved ones, including the pets they have before they went into a nursing home. The extremely sad part is those visits are used as weapons against the loved ones by the guardians if the loved ones are showing the guardians are not doing their jobs for the elderly. That punishment of denying visits are done to husbands or to wives and children to their parents. The psychological effects on the elderly are many to the point of depression, medical problems and even suicide.

My Mother and I were a victim of such punishment by the guardian mafia. The 2 judges involved in Mother's case, weilheimer and sterling made enormous efforts to keep Mother and I apart as punishment.

Based on 16 hour days (8 hours for sleeping) based on the time Mother was in her pig pen nursing home, out of a possible 24,700 hours Mother and I could have been together, the guardian mafia of corrupt judges, guardians, lawyers, care manager, jaskowiak, ledakis and sister, Mother and I were only allowed 224 hours. Many of them we were being watched and listened to by the mafia's paid liars: monitors, that we had to pay for.

Did ANY of those barbaric animals really think they were doing anything for Mother or were they only concerned with how much money they could get out of her????

Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States and putting them at risk for dementia and other serious medical conditions.

A [report](#)  from the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated.¹ Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

Loneliness is the feeling of being alone, regardless of the amount of social contact. Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.



Social isolation was associated with about a 50% increased risk of dementia and other serious medical conditions.

Health Risks of Loneliness

Although it's hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies found that:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.¹
- Social isolation was associated with about a 50% increased risk of dementia.¹
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.¹
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased

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For some older adults, access to family and friends is the only thing they live for. Even impaired, the socialization of seeing and interacting with family benefits them mentally and physically. Isolation often hastens cognitive and physical decline and vulnerability to being exploited.

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Federal law specifies resident rights to visitation unless the nursing home, in good faith, believes the visitor to be harmful to the resident or other residents. The Long-Term Care Ombudsman can assist if visitation issues arise in a state licensed facility.

Improving and preserving the access of people with guardians to visitation, communication, and interaction can provide great benefit to their quality of life and protect their basic rights. Guardians, courts, family members, and interested parties all play a role in encouraging people with guardians to avoid isolation. Professional standards, the Uniform Law, and many state legislatures recognize the tremendous importance of visitation, communication, and interaction, and charge courts and guardians with supporting it whenever possible.