

# Quiz:

## Is My Parent Lonely?

Respond to the following statements below using the rating scale below. Please note that this isn't a comprehensive assessment and shouldn't be used in place of a professional evaluation.

Rating | Often – 3 | Sometimes – 2 | Rarely – 1 | Never – 0

- \_\_\_\_\_ 1. My parent exhibits low energy and overall lack of motivation.
- \_\_\_\_\_ 2. My parent sleeps too much or has trouble sleeping through the night.
- \_\_\_\_\_ 3. I worry about my parent's eating habits and/or weight.
- \_\_\_\_\_ 4. My parent overindulges in alcohol.
- \_\_\_\_\_ 5. My parent overuses medication.
- \_\_\_\_\_ 6. My parent has trouble connecting with others or maintaining relationships.
- \_\_\_\_\_ 7. Efforts to socially engage exhaust my parent.
- \_\_\_\_\_ 8. My parent expresses feelings of isolation, even when around others.
- \_\_\_\_\_ 9. My parent expresses negative feelings of self-worth.
- \_\_\_\_\_ 10. My parent expresses feelings of not being seen or heard.
- \_\_\_\_\_ **Total score out of 30**

**Score: 25-30**

Your parent may be exhibiting signs of depression, with contributing factors of loneliness and isolation. The loss of someone they care for or having a debilitating health condition can worsen these feelings. Speak to a healthcare provider about an assessment and consider adjustments to their lifestyle to increase engagement and activity. Living with others, like within a senior living community, may be an ideal environment to encourage connection – a vital part of well-being.

**Score: 15-24**

Your parent may be lonely and not sure how to connect with others. Talk with them to discover how you can help. Consider introducing new hobbies, like cooking together. Tap into members of the family or your parent's inner circle for support. Ask others to pay a weekly visit or invite your parent to small gatherings. Even if your parent doesn't take up any offers immediately, the consideration may make interacting with others easier.

**Score: 14 or less**

Your parent may not experience extreme loneliness or isolation, but they may enjoy more interaction and engagement. You may be surprised how a simple phone call or occasional visit can lift their spirit. Consider making time to stop by weekly, sharing frequent meals and talking regularly to check in.