Let's face reality, social isolation is everywhere and especially for the older generation. Families no longer live together in close vicinity of each other. The able senior will go out to be included socially in the community and this is excellent as long as they keep in good health to be able to do this. About those who are not able to do this it can be a lottery and they can be losers if there are no facilities like GOPWA near them.

Using day care centres should be a priority for these senior citizens and all the mainstream services should be aware of what is available in all areas. Bringing senior citizens into day care immediately changes their lives they become socially included and this stops loneliness, when you stop loneliness you lower their risks of depression and help keep them out of hospitals and helps to stop bed blocking.

There are so many 3rd Sector organisations which offer day care in purpose built buildings, care staff who go the extra miles, the importance of being secure even out of day care hours, by having good contacts who can be at any situation in record time giving assurance to the client.

The statutory bodies should be in regular contact with the 3rd sector who supply caring services. Posters should be in prominent places so family members become familiar to these services. Let's cherish our children and respect our senior citizens.

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