



Number of over-65s living alone in the UK rises by more than one million in a decade, Just Group finds

- Number of over 65s living alone rose from 3.5 million to 4.6 million in the last ten years
- Two in five (41%) women aged 65 and over are living alone, compared to 27% of men
- Older people most frequently hit by 'singles premium'

The number of people aged 65 and over living alone in the UK has increased by more than one million in the past decade, according to new data from the Office for National Statistics (ONS).

In 2024, 4.6 million people aged 65 or over were living alone, up from 3.5 million in 2014. This group now accounts for more than half (51%) of all people living alone in the UK, compared with 46% in 2014.

Women continue to make up a larger share of older people living alone. In 2024, two in five (41%) women aged 65 and over were living alone, compared to only 27% of men. The proportion of older men living alone has increased from 22% in 2014, while the figure for women has remained broadly unchanged.

The growth in older people living alone accounts entirely for the overall rise in solo living in the last decade. While the total number of people living alone rose from 7.6 million in 2014 to 8.4 million in 2024, the number of people aged under 65 living alone remained constant at 4.1 million.

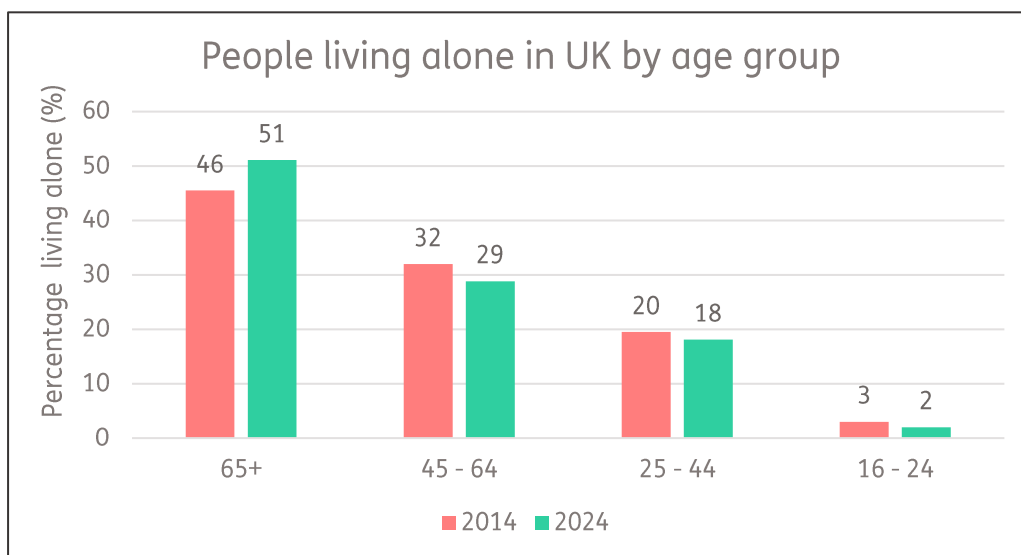
Stephen Lowe, Group Communications Director at the retirement specialist Just Group, said: "The number of people living alone in later life has climbed steadily over the past decade, due in part to the impact of the UK's ageing population.

"While living alone may be a lifestyle choice for some, for many it reflects bereavement or other circumstances outside of their control.

"When the responsibility for meeting all household costs falls on one income the financial pressure can mount quickly - particularly if costs rise unexpectedly. Older people living alone, who also have limited ability to increase their income, are hit most frequently by the 'singles premium' of meeting the costs that apply to all households from one income rather than two.

"This is a problem for more women than men aged over 65 and living alone. Although life expectancy trends are changing, typically women still have a longer life expectancy. Combined with the fact that women also have lower pension savings it means many women face greater financial pressure in retirement.

“It may be an uncomfortable topic, but ensuring your loved one is financially protected after your death – or vice versa – is an important part of retirement planning. That includes thinking ahead to ensure a significant income stream doesn’t disappear if one partner dies, and considering how future care needs might be met.”



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Notes to Editors:

1 – ONS, Families and households in the UK: 2024

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families/bulletins/familiesandhouseholds/2024>

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- Individually underwritten retirement income products delivering a guaranteed income for life;
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- Lifetime mortgages for people who want to safely release some of the value from their home.

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