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In this Review:

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# Best Dating Sites for Seniors in 2024

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We reviewed the best online dating sites for seniors with testing insights from real users and expert advice from a licensed relationship therapist and a dating coach. Discover if our recommended sites are right for you.

Written by: [Kate Van Dis](#)

Medically reviewed by: [Lauren Masopust, MS, LMFT](#)

Reviewed by: [Kathleen Cameron, BSPHarm, MPH](#)

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## Key Takeaways

- We recommend eHarmony as the best online dating site overall for adults seeking a long-term relationship.
- The online dating sites we recommend use personality tests, compatibility quizzes, and profile-based algorithms to help you find matches.
- The top online dating sites range in price from \$4 to \$75 per month.
- All of the online dating sites we recommend are LGBTQ+ friendly, though some offer more ways for users to identify themselves and the type of relationship they are looking for.
- Watch out for scams and fake profiles on online dating sites. Of the 500 online daters we surveyed, 37% encountered a fake profile or scam account.

Dating and making new connections can be difficult. For some, meeting others online can make the process of [dating after 50](#) more approachable. Others may be hesitant to branch out into the world of online dating, finding the number of people online overwhelming as they try to make decisions about who to chat with or who to see on a first date. Dating online is a different experience than dating in person, but it is often a positive experience for those who give it a chance. According to the Pew Research Center, [one in six Americans](#) over the age of 50 said they have tried a dating site or app, many to find a long-term partner. Our Research Team found that online dating sites can also be good venues for making new friends and social connections.

If you're curious about trying online dating, our review offers expert advice from dating and relationship experts, along with insights from real users, to help you decide whether to make the leap. We researched 20 online dating sites for seniors and conducted in-depth testing of the six top sites to help you know where to start.

### Our Top Pick

## 1 Best for Long-Term Relationships



- Thoughtful intake form for better matches
- Free basic membership
- Dedicated trust and safety team

[See Special Offers](#)

- [eHarmony](#): Best for Long-Term Relationships
- [SeniorMatch](#): Best for Casual Dating and Friendships
- [SilverSingles](#): Best for Values-Based Matches
- [Match](#): Best for Finding Local Events With Other Singles

## What we look for in the best online dating sites

We look for several important factors when testing and scoring online dating sites for seniors, such as:

- **Affordability:** Joining an online dating site should be affordable, so we compare membership fees across brands.
- **Trial period:** You should be able to try a dating site before committing to a membership. Before recommending a site, we read the fine print to understand its trial period and billing practices.
- **Matching method:** The best dating sites use detailed questionnaires and personality quizzes to match users with someone who shares their interests and dating goals.
- **Safety features:** We look for dating sites that protect user data and conduct background checks to protect users' personal safety.

## eHarmony: Best for Long-Term Relationships

Our Top Pick

## RELATIONSHIPS

### Visit Site

✓ We chose eHarmony as the best online dating site for long-term relationships because its compatibility quiz is the most thorough intake form we found on any dating site. The specificity and depth of the intake form, which is used to create your online dating profile, has the potential to lead to better matches. We also like the positive approach eHarmony takes for finding a match—you can like someone's profile (and people can like yours), but profiles can't be disliked or rejected by swiping past them.

### Features

- **Price:** \$45–\$75 per month, depending on plan
- **App available:** Yes
- **Match system:** Compatibility quiz
- **Free trial:** No, but offers a free basic membership
- **Age range:** 18+
- **Location:** U.S., International
- **Standout feature:** Comprehensive compatibility quiz

## Our expert take on eHarmony for online dating

The standout feature of eHarmony is its comprehensive compatibility quiz—the most detailed intake form of any online dating site for seniors we reviewed. The website claims the compatibility quiz takes about 20 minutes to complete, though one of our testers completed it in about 15 minutes. Like many online dating intake forms, the compatibility quiz asks about your identity, interests, likes and dislikes, and what you're looking for in a partner or relationship. The quiz also includes sections that help identify your unique personality traits, like choosing from a list of responses to hypothetical social situations or evaluating a series of images and selecting the ones that resonate most with you. We also appreciate that eHarmony lets you select “woman,” “man,” or “nonbinary” when signing up to identify your gender and the gender you are interested in dating.

Some users may find the quiz too long. One of our testers pointed out that some of the questions offered multiple-choice responses that were not relevant to her situation. For example, the quiz asked about her perfect wedding but didn't give an option for people not interested in marriage. If you find the quiz too lengthy to complete in one sitting, you can exit it and return to where you left off and finish it later. We also discovered that you cannot communicate with other eHarmony users until your profile is at least 50% complete, which may help further improve the likelihood of compatible matches.

In our July 2024 survey of 500 adults age 50 and older who've tried online dating, more than half of the eHarmony users said finding a long-term romantic partner was their primary goal. Also, eHarmony users were less likely to experience negative interactions—such as fake profiles, inappropriate behavior, or scams—than users on other dating sites.

### “ Our tester on eHarmony:

“I love that there is a compatibility analysis because it allows you to know the person a bit below the surface before even communicating or meeting with them. It helps

You can cancel your eHarmony subscription at any time by signing into your account and navigating to the settings within your profile. You will see an option to “Amend subscription” that lets you start the cancellation process. eHarmony subscriptions automatically renew every month unless you cancel within 24 hours of the renewal date.

## Who may love it

- Older adults seeking a long-term relationship
- People who enjoy sharing information about themselves
- Those willing to invest time in getting to know new people

## Who may want to avoid it

- People seeking a budget-friendly dating app
- Those who don't want to invest time in filling out long questionnaires or reading long profiles

You can also read the eHarmony [safety guidelines](#), or read our full [eHarmony review](#) for more details.

# SeniorMatch: Best for Friendships and Casual Dating

## SeniorMatch

BEST FOR FRIENDSHIPS AND  
CASUAL DATING

### Visit Site

✓ We chose SeniorMatch as the best online dating site for friendships and casual dating because it has several features for connecting users to a larger community, such as a web-based community center and social feed. In our July 2024 online dating survey, SeniorMatch users were more likely than users of other online dating sites to say making friends and expanding their social circle was their primary goal.

### Features

- **Price:**
  - App: \$19–\$34 per month
  - Desktop: \$16–\$30 per month
- **Match system:** Algorithm based on profile
- **Free trial:** No
- **Target age range:** 40+
- **Location:** U.S., international
- **Standout feature:** Enhanced user verification steps

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### Pros and Cons

## Our expert take on SeniorMatch for online dating

dating sites for seniors we tested, and we liked the built-in safeguard against scammers and fake profiles.

Signing up for SeniorMatch is free, but you can't send messages with the free version, and you'll have ads on the pages. A premium membership offers perks like more refined search filters, the ability to see who has liked and viewed your profile, and the ability to choose who can see your profile. The premium version of the platform is also ad-free.

We like that SeniorMatch is exclusive to people over 40 and offers more than just romantic partnerships. If you're not necessarily seeking a long-term relationship but are seeking companionship, SeniorMatch provides ways to connect with others who share similar interests with you. When you sign up for the platform, you can choose to join for socializing and dating, or for socializing only. On both the paid mobile and desktop versions of SeniorMatch, you can like other profiles, start conversations, or send "winks" (which will let another person know you're interested without committing to a conversation—kind of like flirting from across the room).

According to our testers, the mobile app offered fewer opportunities for making friendship connections than the desktop version. On the desktop version, users can make social connections in several ways, including the following:

- Update your **Moments**, which are status updates other users can like and comment on, much like a social feed
- Visit the **community** tab, which offers discussions on topics like "First Date Ideas"
- Leave a **profile comment** on another user's profile to say hello or connect on a common interest

We liked the many opportunities SeniorMatch offered for making social connections, but we found it strange that the desktop and mobile versions of the app offered different features and prices. Essentially, how much you pay for a premium membership will depend on whether you sign up with a computer or mobile device (cellphone or tablet). Even though the desktop version has



In our July 2024 survey of 500 adults age 50 and older, the primary goal for the SeniorMatch users was making friends and expanding social circles. The top reasons for choosing SeniorMatch were its reputation for safety and security and its specialization in users age 40 and over.

## “ Our tester on SeniorMatch:

“You can pick if you want to join for social, or social and dating. I like that you can like profiles and wink at people, which I guess is like flirting. If you don't like a profile, you can hide it from search. If you like a person with the heart symbol and they like you, that's a match.”

You can cancel your SeniorMatch membership by logging into your account and navigating to “Settings” and then clicking “Subscription.” After you click on the option to cancel your subscription, you will follow the steps to confirm your cancellation.

## Who may love it

- Older adults seeking a romantic relationship, friendship, or companionship
- Those who prefer desktop to mobile
- People age 40 and older looking to connect with people of a similar age

## Who may want to avoid it

- People who prefer a mobile app with lots of features
- Those looking for more specific match preferences and personality questionnaires

# SilverSingles: Best for Finding a Values-Based Match

## SilverSingles

### BEST FOR FINDING A VALUES-BASED MATCH

[Visit Site](#)

- ✓ We chose SilverSingles as the best online dating site for values-based matches because the personality test asks about lifestyle characteristics like religion, children, and preferences for alcohol and smoking. You're also asked to share how important certain lifestyle and personality traits are in a potential partner. Our testers saw several matches aligning with their values, and the platform's compatibility score, listed on each match's profile, is a helpful metric.

## Features

- **Monthly price:**
  - App: \$16–\$60
  - Desktop: \$14–\$45
- **App available:** Yes

- **Target age range:** 50+
- **Location:** U.S., International
- **Standout feature:** Values-based matching based on personality test

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### Pros and Cons

## Our expert take on SilverSingles for online dating

SilverSingles uses a personality test to help match you with compatible partners. Once you complete the personality quiz and upload your photo, you'll see a list of matches in your area. On each match's photo, you'll see a compatibility score. After signing up for this online dating site for seniors, one of our testers got 29 matches in her area, with compatibility scores ranging from 76 to 93 out of 100. When you click on a match's profile, you'll get a score breakdown and see what makes up their personality.

Many of the questions on the personality test seem geared toward helping you find a partner with a similar lifestyle and values. For example, you'll be asked how often you drink alcohol, what your religious beliefs are, and the level of [intimacy](#) you'd prefer. After each values-based question, you'll be asked how important it is that your partner shares this trait, belief, or lifestyle characteristic. Our testers also liked the question about how your friends would describe you. You can choose up to four adjectives (such as intelligent, loyal, or romantic), which will be listed on your profile for other users to see.

*The SilverSingles personality test asks you to choose four words your friends would use to describe you.*

Like SeniorMatch, we noticed some inconsistencies in the pricing options for SilverSingles. First, signing up for SilverSingles through the app is much more expensive than signing up on desktop (by as much as \$20 per month), even though the desktop version has more features than the app. For example, you can see the full results of your personality quiz on the desktop version, but not on the app. We recommend using the desktop version of SilverSingles.

We also noticed a misleading sign-up page, which is formatted to make it seem like you need to pay for a plan to use the platform. In fact, it's possible to use the platform for free, but with limited features. To access the free version, click the "Skip" button in the top right corner when you get to the payment options page (you must take the personality test first).

*Click “skip” in the top right corner on the SilverSingles subscription options page to access the free membership.*

While the free version of SilverSingles allows you to send likes, smiles, and photo requests, you can't send or see other people's messages unless you pay for the premium version.

Our July 2024 online dating survey showed that almost half of the SilverSingles users encountered a fake profile. To report a profile you think might be fake or misleading, click on the three dots in the top corner of the profile's first photo, then select “Report Match.” According to the platform, reported profiles will be deleted if found to be in violation.

## “ Our tester on SilverSingles:

“I like that there were several compatible matches on just the first day of signing up, all between the ages of 73 and 82. Many of them seemed to share the interests and preferences I listed in my profile, like travel, reading, and dining out.”

To cancel your SilverSingles Premium subscription, you will sign into your account and navigate to “My Account” and then the “Membership” option. After clicking “Cancel,” you will follow the

If you want to learn more, read our in-depth [SilverSingles review](#).

## Who may love it

- Those seeking a serious relationship
- Those seeking a partner with similar values and lifestyle
- People who want to try an online dating site before committing to a monthly payment

## Who may want to avoid it

- Those who would prefer to use the mobile version of an online dating site
- People looking for a casual relationship or friendship

Read the SilverSingles [safety guidelines](#) or read our full [SilverSingles review](#) to learn more.

# Match: Best for Finding Local Events With Other Singles

## Match

BEST FOR FINDING LOCAL  
EVENTS WITH OTHER SINGLES

### Visit Site

✓ We chose Match as the best online dating site for finding local singles events because it offers a variety of in-person events across the country. Events are organized by area of interest and include activities like pub crawls and kayaking tours. The site's large user base—1.5 million downloads in 2021—means you're more likely to find an event with several people who share your interests. Match is also the most affordable online dating site we reviewed.

### Features

- **Monthly price:** \$4–\$43, depending on plan
- **App available:** Yes
- **Match system:** Algorithm based on profile
- **Free trial:** No, but offers a free basic membership
- **Target age range:** 18+
- **Location:** U.S., International
- **Standout feature:** Local events for singles

### Pros and Cons

## Our expert take on Match for online dating

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larger user base may translate to more opportunities for matching with a compatible partner, and makes it possible for the company to create social events that are well-attended. Match allows users to add core values when creating your profile which are used to help determine the compatibility of potential matches. Match also offers users a relationship advisor who can provide advice and guidance on dating.

Our tester found four social events in their area within a single month, two of which were already sold out. Events are organized by categories, such as Active, Food & Drink, and Speed Dating. Active events included a sunset kayaking tour and archery, and Food & Drink events included pub crawls and wine tastings. We also saw dance classes, comedy nights, and cooking classes. It was easiest to find events in larger metropolitan areas, but if you live in a small town or rural area, you may have to travel to attend a Match event.

The cost for events is not included in your Match membership, but premium members get 12% off. The events our tester found in their area ranged from \$20–\$40 per ticket, but ticket prices may be higher depending on the activity.

Match also offers travel experiences to destinations worldwide, including a cruise through the Mexican Riviera and a week in Aspen, Colorado, for outdoor sports lovers. With prices as high as \$2,500 per person, though, many Match travel experiences may not be accessible for everyone.



*Match offers local social events for singles to meet up.*

According to our tester, signing up for Match was easy. The intake questionnaire took about 15 minutes to complete. The questions were similar to other intake forms we've found on online dating sites, with inquiries about favorite activities and values. One feature we appreciated was the "must-have" option, eliminating any match not meeting this specific preference (such as education level or alcohol use). You can also identify the age range you're looking for—our tester chose 55–70—and the geographic range of your matches. Within two weeks of using Match, our tester had over 100 views and 61 likes, and many of the potential matches shared her stated interests and preferences. Unfortunately, the "must-have" feature does not always work, and one user we spoke with said that they still get many views and likes from matches that do not meet their preferences.

Our tester encountered some technical difficulties when using Match, though. Twice, the website was down for more than an hour. Also, the site's search function (when searching for events in a different location, for example) can be buggy.

like you—photos for the rest of the profiles are blurred. The paid subscriptions offer additional features like full access to photos, read receipts (to see if someone has seen the message you sent), access to advanced filters, and a monthly boost to make your profile visible to more people.



### Fake Love Interest Ads on Match

In 2019, Match was sued by the [Federal Trade Commission](#) (FTC) for using love interest emails, likes, and instant messages from fake accounts to lure people into signing up for a paid subscription. Though most of these claims were dropped in 2022 after a judge's ruling that Match is a publisher and not a creator of profiles, it's wise to be wary of fake profiles on this platform.

Do not pay extra by signing up for a paid plan to read emails that come from Match profiles, as there's a possibility some of the emails could be coming from fake profiles. To avoid fake profiles on Match, be wary of anyone who asks to connect off the dating site (via email or text, for example) or who won't make plans to meet you in person, even after several weeks of communication. Always ask for something public (Facebook or LinkedIn profile, work website, etc.) about the match before agreeing to meet in person.

Read the Match community guidelines [here](#).

In our July 2024 Online Dating survey, less than half of the Match users said finding a long-term relationship was their primary goal, while over half were using the platform to date casually and meet new people. About 71% of Match users were somewhat or completely satisfied with the quality of their matches.

### “ Our tester on Match:

“I liked that the intake questions were comprehensive but not too long, and seemed to do a good job of matching me with people who met my interests. The first several

To [cancel your Match subscription](#), you need to visit the “Manage Subscription” section of your Account Settings page. You will then have to re-enter your password to continue. From here, you can cancel your subscription and turn off auto-renewal. You will be asked to answer several additional questions before you can confirm your cancellation. If you purchased additional features for your Match profile, you deactivate those paid features in the “Subscription Status” section of your Account Settings page. Canceling these features will not cancel your subscription, however, and you will need to do that separately. One Match user told us that they found the cancellation process challenging and hard to navigate.

## Who may love it

- People interested in local events for singles
- Older adults looking for a serious relationship or casual dating
- Those looking for a budget-friendly online dating option

## Who may want to avoid it

- People who only want to see fully completed profiles
- Anyone who may be frustrated by tech issues

Read the Match [safety guidelines](#) to learn more about staying safe while using the platform.

# Other online dating sites for seniors to consider

## OurTime

option for people who have very specific partner preferences, such as finding someone who doesn't drink or who shares their religion. OurTime allows you to search for people interested in marriage or serious relationships, but you can also search for travel companions, friendships, or even pen pals.

OurTime's free membership offers limited messaging, the ability to see 12 matches per day, and the ability to see and send likes. Standard membership starts at \$16–\$24 per month and offers unlimited messaging. A premium membership, starting at \$13–\$25 per month, gives OurTime users even more features, like read receipt, the ability to see everyone who likes you, and unlimited rewinds (the ability to see profiles you've previously rejected). Read our full [OurTime review](#) for more information.

## Stitch

[Stitch](#) is an online social community for anyone over 50. You can search for romantic partners on Stitch, but the community features of the site make it ideal for finding friendships. You can't be a verified member of Stitch until you take a photo of yourself holding up a picture of the verification code you were sent, a safety feature we appreciate. As a verified member of Stitch, you can find local events for the 50 and over crowd, join groups based on interests, and have online discussions with groups or one-on-one.

Stitch offers a limited free membership, with paid memberships starting at \$7 per month.

## Dating sites we don't recommend

### Elite Singles

[Elite Singles](#), part of the same group of online dating sites as SilverSingles, is geared toward highly educated professionals who are interested in fitting romance into their busy schedules. Our tester couldn't find any means of filtering for the education level of users, though, and many of her matches were quite far away (some as far as 50 miles). To make the experience more

The free version of Elite Singles only allows you to send a like or a smile to other users. You'll need the premium membership to message other users and see their pictures. Also, we found significant price differences in the desktop vs. the app version of Elite Singles. The desktop version of the premium membership starts at \$20, while the app version starts at \$29.

## How we test online dating sites for seniors

Our Reviews Team researched more than 20 online dating sites for seniors and personally tested six websites and their accompanying apps. Although we can't monitor our testers' actual dates, we can evaluate the online experiences leading up to a connection or date and how each platform works. Based on independent research and consultation with experts, we determined the following factors to be the most important when evaluating online dating sites:

- Ease of creating an account and setting up a profile
- Quality and length of intake questionnaire or personality test
- Number of filters available to help people find ideal matches
- Success of the matching process based on stated preferences
- Affordability, including features available in paid vs. unpaid plans
- User-friendliness of technology and platform interface
- Built-in safety features and privacy policies
- Ease of cancellation and the ability to pause subscriptions or memberships

To better understand the online dating landscape for older adults, we hosted focus groups, conducted surveys, and spoke with dating and relationship experts.

what motivated them to use an online dating app in the first place, and more. Our survey group included both straight and LGBTQ+ people.

We learned that **40% of older adults used online dating sites to find a long-term romantic partner**. The top reasons for pursuing online dating instead of in-person dating were:

- Greater variety of potential partners (45%)
- Ability to get to know someone before meeting in person (43%)
- Convenience and accessibility (42%)

While 67% of respondents have met in person with someone they connected with through an online dating site, **38% of respondents report encountering fake profiles or someone trying to scam them**. This prompted us to pay close attention to each site's safety guidelines and privacy policies.

## Online dating focus group

In July 2024, we sat down with nine adults ages 51–77 to talk about their experience with online dating sites. We gathered helpful insights to inform our testing, including:

- Some of the top reasons for signing up for online dating were recent divorces, not having a wide social circle for meeting new people, and seeking companionship.
- Many participants remained friends with people they met through online dating, even if they never pursued a romantic relationship.
- Most participants continued using online dating sites despite frustrations about scams and fake profiles.
- Overall, participants felt online dating had positively impacted their lives.

*people, you know, just walking around the street and everything. You don't know if someone's married or not, or engaged. So it's just difficult to meet people my age."*

— Female focus group participant, age 61

*"I've had nothing but positive benefits from online dating as far as meeting people that I would've never met otherwise. And whether it was a new friendship or a new relationship, it's definitely been a good experience."*

— Female focus group participant, age 53

## Experts on online dating

We spoke with eight experts on online dating, including a licensed [sexologist](#) <sup>(i)</sup>, a licensed marriage and family therapist (LMFT), and a neuropsychologist. We asked about the [value of connectedness for older adults](#), the benefits and drawbacks of online dating, and how people can choose an online dating site that's right for them. We used expert insights to inform our recommendations for the top online dating sites for older adults.

*"Online dating can increase self-esteem, build social circles, and lead to intimate relationships. The quality of one's relationships directly impacts one's mental and physical health outcomes, so even if dating only leads to more quality friendships, it's worthwhile. And, of course, dating could lead to an incredible romantic relationship, perhaps the best of your life!"*

— [Jessica Ann Engle](#), LMFT, dating coach, and founder of The Relationship Center

## Ask the experts

### How should I choose an online dating site?

"I recommend opting for algorithm-based sites like Match.com or eHarmony. Singles over 50 tend to avoid swipe-based apps like Tinder or Hinge. Also, choose a site that you find the easiest to use. One of the biggest obstacles to online dating for older singles is learning how to navigate a

— [Jessica Ann Engle](#), licensed marriage and family therapist (LMFT), dating coach, and founder of *The Relationship Center*

“The number of people on dating sites can be overwhelming, so I recommend using a site that includes compatibility testing to help you narrow down your results and identify the people you’re more likely to connect with. Next, consider the user base. Ensure the site has many users in your age group and geographic area to increase your chances of finding a match. Some sites cater to specific age groups, religions, or interests. Choose one that aligns with your personal preferences. Safety features are also important; look for sites prioritizing user safety with features like profile verification, secure messaging, and strong privacy policies.”

— [Sejghinha Williams-Abaku](#), LMFT and practice director at Personal Life Wellness

## How to choose an online dating site for older adults

### Connection

After signing up for a dating site, you can begin connecting with other older adults. You will find that each site has its own means of matching you with a potential partner, so it is a good idea to think about what feels most comfortable for you. For example, some sites will always start with messaging through their platform before setting plans for an in-person date. Other sites also have the option for phone calls or video chat as part of the “getting to know you” experience.

### Cost

Whether you’re looking to date casually or looking for a long-term partner, cost is an important factor to keep in mind. It may take time to find a great match, which means you’ll want to plan to pay for the service for more than two or three months. Choose an option within your budget to continue until you find the connection you want.



interests. Then, you won't waste your time chatting with someone who isn't a good fit. We feel a detailed questionnaire should take into account match preferences, including lifestyle habits, hobbies, political and religious affiliation, body type, and education level, so you can easily find your ideal partner.

## Privacy and safety features

Protecting your privacy and keeping your personal safety in mind is critical when looking for a dating site. Before signing up for a service, we suggest checking the privacy policy to ensure your data will be protected by encryption software. When it comes to your safety, we suggest a site that carries out background checks and verifies that users aren't listed on the sex offender registry.

## Benefits of dating for older adults

According to the Centers for Disease Control and Prevention (CDC), loneliness in older adults can increase the risk of [dementia, heart disease, and stroke](#). Social connections can help reduce those risks. While online dating does have important safety issues to be aware of, it can also enrich lives by helping people find romantic partners, meaningful friendships, and communities of people with shared interests. As one of our July 2024 online dating focus group participants shared, "I've met some great people and we've just decided to be friends; it's enriched my life tremendously."

"Meaningful relationships can serve as a protective factor to ward off loneliness," said [Carrie Ditzel](#), clinical psychologist and director of geropsychology and neuropsychology at Baker Street Behavioral Health. "Relationships can help to maintain a sense of self in older adulthood as other roles in life, like parenting or professional activities, are not part of daily life in the same way. The acts of being a friend or a good romantic partner can reinvigorate a sense of purpose."

## Why people use online dating platforms

The [traditional advice](#) for making new friends—like learning a new hobby, signing up for classes, volunteering—may work for some, but if you happen to be shy or introverted, or don't have access to these, group activities can be a challenge.

Our July 2024 online dating survey points to five key factors:

- **Greater variety of potential partners.** Online dating platforms may provide access to a more diverse range of people than you normally interact with.
- **Ability to communicate and get to know someone before meeting in person.**
- **Convenience and accessibility.** With online dating, you can get to know someone from the comfort of your own home before committing to an in-person meeting.
- **Connecting with people outside of immediate social circles.** “I just wasn't meeting anyone in my small circle of people,” said a 55-year-old female participant of our July 2024 online dating focus group. Through an online dating platform, she made new friends and met a few potential romantic partners.
- **A more efficient way to find compatible partners.** Built-in algorithms and personality quizzes can help you avoid people who don't share your values or interests.

Older adults who participate in online dating often have a clear goal in mind. According to the Pew Research Center's [report on online dating in the U.S.](#), nearly half of older adults tried online dating to meet a long-term partner or spouse. Similarly, in our July 2024 survey of 500 older adults who've tried online dating, 40% of respondents hope to meet a long-term partner. Other goals included casual dating and physical intimacy.

## Online dating safety

Online dating can make people vulnerable to romance scams, also called romance fraud or [sweetheart scams](#). In these situations, a person might use a fake online identity (such as a fake profile on an online dating site) to gain a person's trust and then ask for money.

Romance scams, or “sweetheart scams,” are when someone creates a fake online persona to build a romantic relationship with a victim so they can trick them into sending money or personal financial information.

The [Federal Trade Commission \(FTC\)](#), the [U.S. government](#), and the [Federal Bureau of Investigations \(FBI\)](#) warn online dating platform users about romance scams and their impact. In 2022, almost [70,000 people lost \\$1.3 billion collectively](#).

People using online dating platforms can report suspicious profiles and activity to the platform, the [FTC](#), or the [FBI](#).

Fraud-monitoring technology platforms like EverSafe can help keep you or an older adult you care about safe from romance scams, identity theft, and other predatory online activity. NCOA Adviser readers can get a free trial and 20% off for [EverSafe](#) fraud protection.

To protect yourself from romance scams and fake profiles, always read and follow the safety guidelines of the online dating site you’re using. Also, be aware of warning signs like inconsistent information in profiles, a photo that looks fake or professional (like a stock photo instead of a snapshot), invitations to communicate away from the dating site (via email or other social media platforms, for example), and a reluctance to meet on video or in person, even after several weeks of messaging.

[Liz Loewy](#), founder of the fraud protection technology company EverSafe, also cautions against posting too much personal information online, which can aid scammers in taking advantage of you. Romance scammers are “good at finding the right targets, like widows or widowers who have publicized their loss on social media, and making innocent small talk,” she says. This small talk can then lead to an “online ‘relationship,’ followed by an opportunity to ‘invest’ or a request for a ‘loan.’” This kind of request is a red flag, said Loewy. Never give money or personal financial information to someone you meet online.



## Tips for connecting safely with others online

Connecting with someone online can be a convenient way to engage in meaningful social relationships. But people online can also be vulnerable to scams, fraud, or harassment. Here are a few essential tips on how to [stay safe when messaging online](#), based on advice from the experts we spoke with and our testing experience:

1. Limit the personal information you share online. Scammers may use details they find on your user profile or other social media pages to target you.
2. Limit the details of any financial information you share online.
3. Never send money to anyone you meet online or by phone.
4. Ask questions, don't act quickly, and report the user if you are suspicious at all.



## Resources to get support

If you or someone you know over the age of 65 is experiencing [abuse](#), neglect, or financial exploitation, here are some resources to get help:

- Your state's Adult Protective Services (APS). Learn more from [this article](#).
- [National Domestic Violence Hotline](#): 800-799-SAFE (7233)

For some, dating and the risk of possible rejection or exploitation can worsen symptoms of anxiety, depression, or unresolved trauma. Treatment is available. See these resources to get the support you need:

- [Substance Abuse and Mental Health Services Administration](#) (SAMHSA): 800-622-HELP (4357)

# Compare the best online dating sites for seniors as of 2024

	<a href="#">Visit Site</a>	<a href="#">Visit Site</a>	<a href="#">Visit Site</a>	<a href="#">Visit Site</a>
<b>Best for</b>	Long-term relationships	Friendships and casual dating	Values-based matches	Local events for singles
<b>Starting monthly cost for premium features</b>	\$45	\$15.99	\$14	\$3.32
<b>App available?</b>	Yes	Yes	Yes	Yes
<b>Match system</b>	Compatibility quiz	Algorithm based on profile	Personality test	Algorithm based on profile
<b>Target age range</b>	18+	40+	50+	18+
<b>Scam and harassment rate*</b>	46.5%	62.5%	66.7%	66.7%

\*Percentage of users who experienced at least one fake profile, scam, or harassment incident, according to our July 2024 survey of 500 online dating site users over age 50.

practice that charges different amounts for products or services based on a person's personal data. Some online dating sites have charged as much as five times more for the same service, a practice disproportionately affecting older adults.

When testing SilverSingles and other online dating sites, we encountered inconsistent pricing structures that lacked transparency. Some testers were quoted a higher monthly price than others for premium plans, with no explanation for the difference in pricing.

Before submitting payment information, check to see whether you're getting a fair price by asking a friend or family member to test prices on their own device. If you're concerned about being overcharged, stick with the free version of the platform.

## Bottom line

We researched and tested the top online dating sites for seniors and found four that we recommend: eHarmony, SeniorMatch, SilverSingles, and Match. Instead of swiping to find appealing profiles, the sites we recommend use personality tests, compatibility quizzes, or an algorithm based on your completed profile to help you find matches.

While the online dating sites we recommend range in price—from as low as \$4 to as much as \$75 per month for premium subscriptions—we learned that most sites have a free version with limited functionality. We also discovered that some online dating sites may use personalized pricing, which means some people could be charged more than others for the same service simply because they live in different areas.

While online dating sites for seniors have the potential to help you find a romantic partner or connect with new friends, they don't come without risk. Be sure to read each site's safety guidelines for tips on how to avoid scams and fake profiles.

If you're new to online dating but want to try it, the experts we spoke with emphasized the importance of authenticity.

the form of online dating ‘white lies’) rarely leads to happy relationships.”

## Frequently asked questions

**Does online dating work for seniors?**



**What is the most successful dating site for seniors?**



**Are there any free dating sites for seniors?**



Have questions about this review? Email us at [reviewsteam@ncoa.org](mailto:reviewsteam@ncoa.org).

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Kate Van Dis is a health writer in Chapel Hill, North Carolina. She has written for various audiences on health & wellness, education, and aging. Her current focus is on assisted living, home care, and other extra-care housing options for older adults.



**Lauren Masopust**  
Medical Reviewer

Lauren Masopust is a licensed marriage and family therapist who specializes in providing virtual therapy to adults, youth, and families. She holds a BA in Psychology from Occidental College and MS in Marriage and Family Therapy from Fuller Graduate School.



**Kathleen Cameron**  
Reviewer

Kathleen Cameron, BSPHarm, MPH, has more than 25 years of experience in the health care field as a pharmacist, researcher, and program director focusing on falls prevention, geriatric pharmacotherapy, mental health, long-term services and supports, and caregiving. Cameron is Senior Director of the NCOA Center for Healthy Aging, where she provides subject matter expertise on health care programmatic and policy related issues and oversees the Modernizing Senior Center Resource Center.



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