

## PRESS RELEASE

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### **TRAINING CURRICULUM ON EXISTENTIAL LONELINESS AMONG OLDER PEOPLE FOR HEALTH CARE AND SOCIAL PROFESSIONALS: LAUNCH OF THE PILOTING**

The Erasmus+ Alone project consortium is glad to announce the launch of the piloting of the training curriculum on existential loneliness among older people addressed to health care and social professionals.

The aim of this innovative training is to raise awareness and give information on loneliness, and more specifically on existential loneliness, among elderly people and provide professionals with strategies to deal with it.

The training course has been developed starting from the specific needs of social and health care professionals, reported in previous phases of the project, in dealing with elderly people experiencing existential loneliness.

In order to respond effectively to these needs, the course combines theoretical knowledge with practical training, role-playing, case studies, examples, as well as group discussions and reflective sessions.

On the specific, the training course covers the following topics divided into 4 modules:

1. Person centredness, ageism and spirituality;
2. Different forms of loneliness;
3. The art of listening and empathy;
4. Conversations about emotional and existential aspects.

In the past weeks the different partners started testing the Alone training curriculum through the organization of local trainings in Poland, Italy, Romania, Sweden and Lithuania, involving in each piloting 20-25 social and health care professionals working with older people in care settings and social services.

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At the end of this piloting phase each partner will collect feedbacks from participants that will be the base for the last changes and adjustments to the course. The aim is to adapt the training course to the different national contexts.

## **NEXT STEPS:**

Once the different pilotings ended each partner will organize a local dissemination conference for the presentation of the project and its results. The target group will be healthcare professionals, VET educators and practice mentors, health students, other categories of professionals interested, but also representatives of public and private health authorities and organisations. Each multiplier event will see the participation of a minimum of 60 attendants. These events will be organized in the different partners countries starting from the end of February.

If you want to learn more about the Alone project and next activities, visit the website [www.aloneproject.eu](http://www.aloneproject.eu)

### **Note to editors:**

**ALONE is co-founded by the European Commission under the agreement 2019-1-PL01-KA202-064933**

