

## PRESS RELEASE

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### **ALONE PROJECT: RESULTS OF AN INNOVATIVE PROJECT TO RAISE AWARENESS AND DEAL WITH EXISTENTIAL LONELINESS AMONG OLDER PERSONS**

The Erasmus+ funded ALONE project has officially come to an end and all the resources produced during the thirty months of the project have been finalized.

ALONE project aimed at educating health care professionals about the different dimensions of loneliness to be able to detect and recognize loneliness in all its forms among older people, encouraging them strengthening their ability to encounter loneliness in general and existential loneliness in particular.

To reach these goals different materials have been developed:

- A guide collecting European best practices from health organizations and patients perspectives about existential loneliness;
- An international report about limitations in caring older persons related to existential loneliness encountered by healthcare professionals;
- A pedagogical report on the educational objectives and didactic contents of the training course addressed to health and social professionals;
- A training curriculum aimed at health and social professionals on the topic of loneliness among the elderly. In particular the curriculum covered 4 main topics: person centredness, ageism and spirituality; different forms of loneliness; the art of listening and empathy and conversations about emotional and existential aspects. This training has been implemented in all partners countries involving more than 158 professionals with good results in terms of general satisfaction and utility for their professional activities.

All these materials are available in English, Italian, Polish, Romanian, Lithuanian and Swedish on the project website: <https://aloneproject.eu/>

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All the project results and materials created have been disseminated through multiplier events that have been organized in the different partners countries during previous months. Through these events, addressed to healthcare professionals, VET educators and practice mentors, health students, other categories of professionals interested, but also representatives of public and private health authorities and organizations the consortium managed to reach more than 240 professionals throughout Europe.

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

**Note to editors:**

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