

**#4 - MAY 2022**

### **COMBACTING EXISTENTIAL LONELINESS AMONG OLDER PERSONS: ALONE PROJECT REACHED ITS FINAL STEPS**

The Erasmus+ funded Alone project has officially come to an end and the last steps took place.

**FINAL TRANSNATIONAL PARTNERS MEETING:** The consortium met for the final transnational partners online, on the 11th of April 2022. In that occasion partners had the chance to finalize the last project outputs, make the point on the achieved results and the last upcoming tasks.

**TRAINING CURRICULUM ON EXISTENTIAL LONELINESS AMONG OLDER PEOPLE FOR HEALTH CARE AND SOCIAL PROFESSIONALS: RESULTS OF THE PILOTINGS IN THE DIFFERENT PARTNERS COUNTRIES**

In the last months partners have been involved in the piloting of the training curriculum on existential loneliness among older people addressed to health care and social professionals. This innovative training aimed at raising awareness and giving information on loneliness, and more specifically on existential loneliness, among elderly people and providing professionals with strategies to deal with it. The course, that combined theoretical knowledge with practical exercises, covered 4 main topics:

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 total the entire consortium involved more than 158 social and health care professionals working with older people in care settings and social services.

In general, all the professionals involved appreciated the course they took part in and



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considered it innovative in terms of the topics covered. It became evident that the replication of the course needs to take into account the specific target group to which it is delivered and its specificities. For this reason, the training course is considered adaptable to the target group in the methodologies adopted and activities proposed. In order to get a better understanding on existential loneliness among the elderly, it is recommended to potential facilitators to deepen their knowledge of the phenomenon by viewing the activity reports and materials produced in the initial phases of the project and available on the website at this link: <https://aloneproject.eu/documents-2/>

## **NATIONAL MULTIPLIER EVENTS**

In the last months, national dissemination events were held in the different partner countries, aimed at sharing and disseminating Alone project and its results. These events have been 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.

National multiplier events have been an opportunity for the different partner countries to raise awareness on existential loneliness challenges, on strategies to overcome it among vulnerable older persons by healthcare professionals and its impact on the healthcare process, patients, professionals and health education.

The entire consortium managed to reach more than 240 professionals throughout Europe.

## **TIME TO SAY GOODBYE**

Our project has come to its end and we want to thank you all for this amazing experience! To read more about us, visit the project website <https://aloneproject.eu/> Hope to see you soon!