Digi-Ageing
overcoming loneliness

Digi-Ageing
overcoming loneliness

Let's work together to
overcome loneliness

DIGI-AGEING

"Loneliness in old age" is a societal phenomenon that still receives insufficient attention. However, the COVID-19 pandemic has clearly shown us that we need to pay much more attention to this issue. Older people were increasingly isolated in this situation: those in care facilities were isolated for their own protection, others had little contact with friends and family, or lived entirely on their own.

Individuals who cared for older people often found themselves overwhelmed by the numerous challenges, including those in their own daily lives. This was especially true for family caregivers. As a society, we should better prepare for such scenarios and provide stronger support to those who dedicate themselves to the important task of care-giving.

Therefore, the international Digi-Ageing consortium developed a comprehensive concept between October 2020 and July 2023 to address these challenges and initiate appropriate measures to effectively counteract the phenomenon of "loneliness in old age".

A brief overview:

- Loneliness is a negative feeling associated with a perceived gap between existing and desired relationships.
- It should be distinguished from self-imposed isolation.
- The effects of loneliness harm health and increase the risk of illness.
- However, there are currently few tools for detection and prevention.
- Training on this topic is rarely offered, and care-giving family members are often left to fend for themselves.

The Digi-Ageing partnership has addressed these challenges and implemented these measures:

- Research on loneliness in old age in Europe
- Raising awareness of the issue
- Establishment of networks and concrete recommendations
- Development of digital tools for detection, prevention, and intervention
- Providing strategies for those affected, caregivers, and family members
- Creation of a comprehensive training program for caregivers

"LONELINESS AND THE FEELING OF BEING UNWANTED IS THE WORST POVERTY "

[Attributed to Mother Teresa]

"THE TOPIC OF LONELINESS MUST BE GIVEN MORE SPACE IN HEALTHCARE."

Anna (Certified Health and Nursing Care Professional)

Digi-Ageing Platform
digi-ageing.eu

Interviews with healthcare professionals

took place in the midst of the pandemic and made one thing clear: the issue of loneliness suddenly affected all of us, albeit in different ways. In our brochure, we let caregivers have their say: "Loneliness coping together"

The Digi-Ageing Tools

Discover how to use the Loneliness Screening tool and how to encourage older people to share their memories with the Reminiscence tool. Start with our introductory video to get a quick overview.

The country-specific Digi-Ageing research reports

provided the foundations for establishing the tools to be developed on a solid base. Links to the Austrian report and the overall report of all partner countries:
 "Desk Research Austria (EN)"
 "Summary Report - all countries (EN)"

The Screening Tool comprises:
- Loneliness-Quick-Check (LQC) - Initial assessment
- UCLA-Loneliness Scale for measuring subjective feelings of loneliness and social isolation
- Ecomap - for visualizing and assessing social contacts within the social environment
- Action plan to document desired changes
- Intervention Report

Networking for Successful Collaboration

In all partner countries, networks were established to work collaboratively and with dedication on new solutions. More information can be found on the Digi-Ageing Plattform.

If you would like to get involved in Austria to overcome loneliness in old age, please write to: office@hafelekar.at

The Reminiscence Tool

encourages elderly people to share positive memories. Caregivers can:
- Schedule an online appointment via the Digi-Ageing platform.
- Set initial topics.
- Let beautiful memories resurface, such as significant places from the past, music from your client's youth, or childhood favorite dishes. The tool provides some examples in all partner languages.
- Be creative and gather more ideas!

The Digi-Ageing Training

The learning objectives of the curriculum encompass both the affective and cognitive domains. The overarching goal of the training program is to raise awareness about loneliness in old age, create a greater understanding of it, and be capable of applying the tools developed in the project in practice. The curriculum and training content are made available free of charge as part of this EU-funded project: www.digi-ageing.eu

As part of the Digi-Ageing project, we have trained 24 "Pilot Trainers" who have collectively trained 223 caregivers. These trained caregivers were able to bring our methods and tools into their own organizations. Additionally, through the so-called "Multiplier Events," we reached an additional 200 interested individuals. The Digi-Ageing network currently includes 92 organizations and continues to grow.
Join us and help us introduce the Digi-Ageing idea to even more interested parties!

DIGI-AGEING
OVERCOMING LONELINESS

PROJECT ID
2020-1-AT01-KA202-078084

ERASMUS+ KA2 STRATEGIC PARTNERSHIPS
START   01-10-2020
END   31-07-2023

COORDINATOR

Hafelekar Unternehmensberatung
Schober GmbH
www.hafelekar.at

PARTNER

UMIT GmbH
www.umit-tirol.at

University of Cyprus
www.ucy.ac.cy

Agecare/MATERIA (CYPRUS) LTD
www.materia.com.cy

Consulenza Direzionale
di Paolo Zaramella
www.linkedin.com/in/paolozaramella

Asociación Caminos
www.asoccaminos.org

Mykolas Romerio Universitetas
www.mruni.eu

Participating Countries
AT / CY / IT / ES / LT

www.digi-ageing.eu

LET'S STAY IN TOUCH!

office@hafelekar.at

www.facebook.com/digiageing

www.hafelekar.at

DIGI-AGEING
IN PICTURES

CREDITS: DIGI-AGEING CONSORTIUM

DIGI-AGEING

SOCIAL MEDIA CAMPAIGNS

CREDITS: DIGI-AGEING CONSORTIUM

You can teach a bit, you could learn a lot!

Do you want to make someone this happy?

Learn with us how!

She's gardening new friendships. Want to help more people to do the same?