ALONE
ITALY, LITHUANIA, POLAND, ROMANIA, SWEDEN

"In my workplace, I would like for there to be an emphasis on the importance of existential loneliness.

There needs to be recognition given to the psychological impact of loneliness on the elderly and a collaborative effort to find targeted interventions and solutions.

Because of the nature of caregiving, there often lacks the time to focus on the psychological impact of loneliness. I'm excited to be a part of the Alone project and let my elderly patients know they're not alone."

Alone aims to develop a best practice collection in coping with older persons loneliness and a training package for nurses and other health and social care professionals who have limited or no training in how to cope with the impact of loneliness.

Through developing functional training materials and pedagogical guidelines that take into account the European social and cultural diversity in various elderly healthcare facilities, the Alone project hopes that its resources will become best practice for training and national adaptations across the EU.

The Alone project also raises awareness and contributes towards a social dialogue about discrimination and social exclusion for patients belonging to vulnerable groups.