



# 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".

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

[Attributed to Mother Teresa]

## 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

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

Anna (Certified Health and Nursing Care Professional)

### 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 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 \(EN\)"](#)

### 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](mailto:office@hafelekar.at)

### 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](http://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 Platform* [digi-ageing.eu](http://digi-ageing.eu)

### 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 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

### 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!

# 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](http://www.hafelekar.at)

### PARTNER

UMIT GmbH  
[www.umat-tirol.at](http://www.umat-tirol.at)

University of Cyprus  
[www.ucy.ac.cy](http://www.ucy.ac.cy)

Agecare/MATERIA (CYPRUS) LTD  
[www.materia.com.cy](http://www.materia.com.cy)

Consulenza Direzionale  
di Paolo Zaramella  
[www.linkedin.com/in/paolozaramella](https://www.linkedin.com/in/paolozaramella)

Asociación Caminos  
[www.asoccaminos.org](http://www.asoccaminos.org)

Mykolas Romeris Universitetas  
[www.mruni.eu](http://www.mruni.eu)

Participating Countries  
AT / CY / IT / ES / LT

[www.digi-ageing.eu](http://www.digi-ageing.eu)

## LET'S STAY IN TOUCH!

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[www.facebook.com/digiageing](https://www.facebook.com/digiageing)



[www.hafelekar.at](http://www.hafelekar.at)

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# DIGI-AGEING IN PICTURES

CREDITS: DIGI-AGEING CONSORTIUM

# INSIGHTS



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## SOCIAL MEDIA CAMPAIGNS

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Kofinanziert durch das Programm Erasmus+ der Europäischen Union

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



Kofinanziert durch das Programm Erasmus+ der Europäischen Union

**Do you want to make someone this happy?**



**Digi-Ageing**  
overcoming loneliness

**Learn with us how!**

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# CAMPAIGNS



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**She's gardening new friendships.**

**Want to help more people to do the same?**

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