

euPrevent PROFILE

Prevention of loneliness among older people in the Euregio

Nearly 20% of the inhabitants of the Meuse-Rhine Euroregion is older than 65 years¹. We expect that this number will increase in the upcoming years. The importance of addressing loneliness is once again emphasised by the impact of the global COVID-19 crisis on vulnerable older citizens due to e.g., the necessary precautionary measures.

There is a high need for improving the social inclusion of vulnerable older citizens, and thereby reducing loneliness or preventing risk of becoming lonely.

Ageing can be associated with loneliness and other (mental) health related conditions such as depression. Loneliness can be defined as a subjective feeling that may be the result of a perceived lack of social contacts and relationships, caused by for example social isolation.



Lonely? Let's unite!

¹ Source: euregionalhealthatlas.eu 

Aim of euPrevent PROFILE

PROFILE will stimulate cross-border cooperation in the Meuse-Rhine Euroregion with the general aims to prevent and combat unwanted loneliness in older people, promote knowledge exchange and social participation, best practices and implementation to improve quality of life, increase awareness on effects of loneliness, and to connect people, experts and organizations who have already been active in this field.

Main objectives

PROFILE presents three main action points:

- 1) promoting intergenerational exchange,
- 2) creating awareness in professionals/citizens, and
- 3) developing guidelines and best practices.

Examples of activities are:

- Organising a citizen summit to stimulate intergenerational exchange on how to deal with loneliness
- Developing audio-visual material to elicit awareness about loneliness
- Developing guidelines and trainings on what to do when an older person feels lonely
- Establishing a literature review on loneliness
- Theatre play to sensitize on loneliness

These activities involve several target groups, including vulnerable and older people at risk for loneliness, local public authorities, professionals, volunteers, social movement associations for older people, and the general public.

