



## Lonely? Let's unite! News!

euPrevent PROFILE | December 2021

Being alone is not necessarily negative. However, nobody wants to feel lonely.

Many older people, also within the Euregio Meuse-Rhine (EMR), report feeling lonely. We know that people who feel lonely run health risks, so we have good reason to dedicate a project to this problem: **the euPrevent PROFILE project.**

PROFILE stands for Prevention of Loneliness in older people in the Euregio.

Thanks to the European Fund for Regional Development Interreg and under the leadership of Maastricht University, seven interesting project partners within the Euroregion Meuse-Rhine will join forces and focus on the prevention of loneliness in older people.

On 30 September, everyone in the Euregio could be part of the official digital kick-off of this cross-border euPrevent PROFILE project.

Couldn't be there? No problem. [Here](#) you can find the recordings of the various interesting international speakers.

Via this newsletter, you can already follow the actions and developments within this project. In this first edition, you get to know more about the different partners and plans.

**Would you like to know more about the euPrevent PROFILE project?**

Then check out [our website](#).

### In this newsletter:

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## Let's unite! The euPrevent PROFILE project partners in the Meuse-Rhine Euregio



This project is a collaboration between various partners from the Euregio Meuse-Rhine (EMR). Would you like to know more about them?

[Read more](#)

## euPrevent PROFILE, a work in progress

### TIMELINE PLAN OF ACTIONS



2021												2022												2023							
4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8			

In the coming years, we want to do a lot of work to address the issue of loneliness in older people in the Euregio Meuse-Rhine. Our ambition is great! We will keep you informed through our newsletter.

[Read more](#)

## Sharing is caring: good practices to tackle loneliness in older people



There are already many good practices in our Euroregion to combat loneliness among older people. One of our tasks during this project is to collect them and share them with others. In this newsletter we present to you:

### Intergenerational service

In Liège (Belgium), there are a total of 8 intergenerational houses. The aim of these houses is to (re)create social links in the neighborhoods.



### A network of volunteers for telessistance

Helping older people to stay in their homes and independent as long as possible is the objective of a network of telessistance volunteers in the Verviers region.



### Young adopts Old

The Adoption project Young adopts Old is an intergenerational project developed by the Alzheimer Centre Limburg (ACL; Maastricht University) in which children from primary school (aged 9-12) visit people with dementia who are living in a nursing home.

### Neighborhood companions

After visiting older people at home, it turned out that many of them needed company. This is how the project 'Neighborhood companions' came into being in 2014 in the municipality of Pelt (Belgian Limburg).

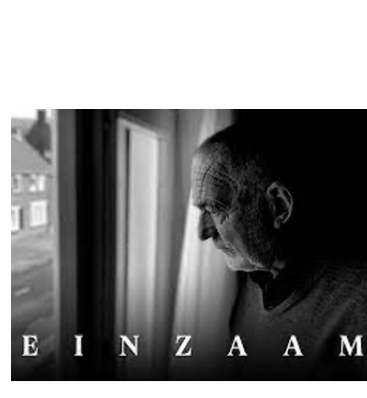


### Freunde alter Menschen e.V. – Visiting partnerships between young and old

A central component of the commitment of the association „Freunde alter Menschen“ are visiting partnerships between young and old, which have so far been arranged in Berlin, Hamburg, Cologne, Frankfurt a.M. and Munich. Young volunteers regularly visit an older person at home. Often, friendships develop that last a lifetime. The commitment focuses on people who are often older than 75, live in isolation and are no longer as mobile.

### Short film Einzaam

The municipality of Beekdaalen (South Limburg, The Netherlands) is active with partners and volunteers in tackling loneliness. An approach aimed at all citizens and all age groups. One of the great examples is the short film 'Einzaam'.



[Read more on our website](#)

**Would you like to contribute to the euPrevent PROFILE project? Or maybe you have a good practice you would like to share?**

Then be sure to let us know via: [communication@euprevent.eu](mailto:communication@euprevent.eu)