



Lonely? Let's unite! News!

euPrevent PROFILE | August 2023

Everyone has to deal with loneliness from time to time. A lot of elderly people within the Euregio Meuse-Rhine (EMR) also report feeling lonely. Not everyone experiences loneliness as negative, but a persistent lack of social contacts or emotional connection, however, increases the likelihood of health risks.

The euPrevent Profile project aimed to contribute to preventing and combating loneliness in older people. On 31 August 2023, we will conclude the project. We mapped out many handles and tools to work preventively on and around loneliness.

Do you want to get started with one or more of our deliverables? Do you have questions about loneliness? Or would you like support on loneliness? Then be sure to contact your region's project partner!

Would you like to know more about the euPrevent PROFILE project? Then check out our [website](#).

Would you like to know more about the euPrevent PROFILE project? Then check out our [website](#).

In this newsletter you'll find:

- [Overview of the deliverables – website euPrevent](#)
- [Contact details](#)

Let's unite! The deliverables of euPrevent Profile



1. Literature review

To tie in with current events on the topic of loneliness, two comprehensive literature reviews were conducted with the aim of determining prevalence and, on the other hand, discovering which interventions are effective in addressing or preventing loneliness.

[Read more](#)

2. Online overview 'good practices'

The online overview is a compilation of various good practices in the field of loneliness aimed at preventing and/or combating loneliness in older people.

[Read more](#)

3. Training for professionals and non-professionals

This manual is a useful tool that provides a theoretical and practical background for people organising a training module for professionals (e.g. nurses) and non-professionals (e.g. volunteers) to inform them about loneliness in older people and to provide them with useful tools.

[Read more](#)

4. Guide on intergenerational exchange

This guide provides an overview of opportunities to encourage intergenerational exchange.

[Read more](#)

5. Theatre play 'Starlight'

Theatre is a low-threshold way to create or raise awareness about loneliness. 'Starlight' is a theatre package created by Flemish director Luc Stevens. It is the abridged version of his theatre play 'Starlight and Apple Pie'. The package is designed so that interested organisations can use it independently.

[Read more](#)

6. E-health applications

The number of e-Health applications has increased in recent years. These can include digital tools or (smart) applications and can have different goals, such as improving physical or mental health or providing information.

[Read more](#)

7. Euregional Health Atlas

For several years a website has existed with specific information on research for the benefit of projects in the Meuse-Rhine Euroregion (EMR). For the euPrevent PROFILE project, information is available on loneliness.

[Read more](#)

8. Roadmap to guidelines for professionals

Numerous guidelines are already available for working with older people, whether or not in relation to the issue of loneliness. Therefore, the choice was made not to develop a new guideline but to highlight existing ones. This roadmap provides an overview of existing guidelines and helps you choose the most appropriate one.

[Read more](#)

Regional contact details

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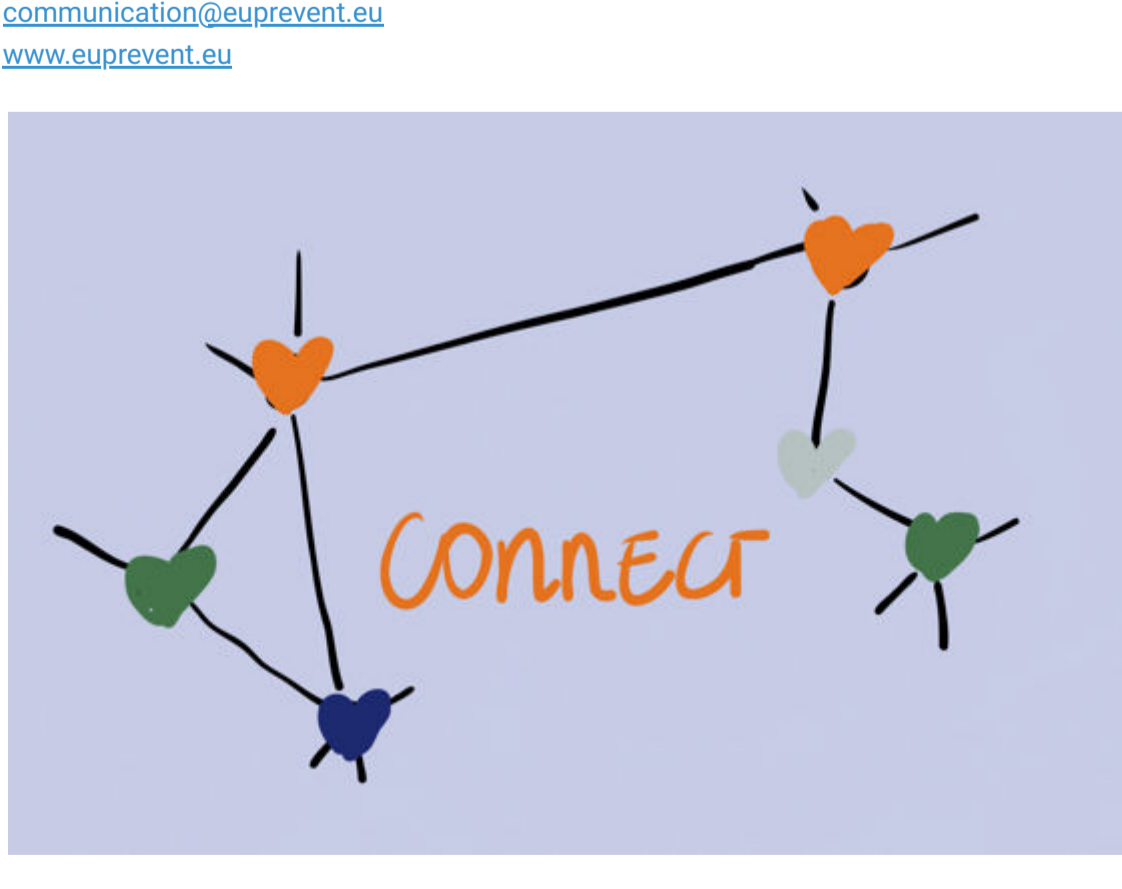
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[Read more on the website](#)

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