

training to detect loneliness

STUDY & RESEARCH

- What is loneliness?
- How to recognise it?
- Useful actions and interventions?



DETECTION TRAINING

LONELINESS



social and emotional
experience

RISK FACTORS



character
social position

SIGNS



fysical social
behavioural psychological

ACTIONS



enable discussion
with person

link up with care
services when needed

CROSSBORDER DISSEMINATION

TRAIN THE TRAINERS

Bruges January 2020
French partners: staff and volunteers



INTEGRATION & USE IN FRANCE

TRAINING DISSEMINATION



Project ambassadors
in neighbourhoods

INTEGRATION IN PROJECTS



Projects *Aller vers*
& *Phone watch*

TRAINING TO DETECT LONELINESS

At the start of the AGE'IN project we discovered that we didn't have a sufficient understanding of loneliness and social isolation. We looked for the available research and knowledge on the subject. We brought the most helpful concepts, insights and ideas together and developed a training around it. We organised 'train the trainer' sessions with our French partners (in January 2020). Later on, the training was integrated by the French project partners by providing it to their neighbourhood ambassadors and integrating it in their local projects such as "Allers Vers" and the "Phone Watch."

HOW TO USE IT?

The training is structured in 5 chapters.

1. Introduction: the "United against loneliness" project and action plan in Bruges
2. Interactive session: the meaning of and statistical data on loneliness.
3. Input: four key insights concerning loneliness
 - I. **Loneliness** is a container concept. It is a word that simultaneously speaks about a subjective experience and a certain social position. Loneliness can tell us about the lack of social contact and meetings with others, then we refer to it as social isolation. But loneliness is also an emotional and subjective experience. In this way, loneliness origins in the field of tension between the reality and the personal, desired situation.
 - II. Loneliness is caused or reinforced by certain **risk factors**. We distinguish internal and external factors. The internal risk factors concern the personality and character of an individual: a negative self-image, limited social skills, limited self-esteem etc. ...
The external risk factors are related to the social position of a person: health problems, financial problems, struggling with the sexual orientation, the loss or absence of a significant other etc. ...
 - III. Loneliness can be recognized by **specific signs**: physical signs (deteriorated selfcare, fatigue, headache, increased muscle tenseness, lack of appetite...), social signs (lack of social contact and support), behavioural signs (lack of social skills, keeping people at a distance, claiming attention, only focus on the self, substance abuse, addiction, psychological signs (loss of faith in other people, lack of self-esteem, negative self-value, feelings of pointlessness, abandonment, disappointment, grief, or anger...)
 - IV. **Action level** : if you notice signs of loneliness, use the tools from the training to make it a topic of discussion with the person him/herself. When needed, report it to support or assistance services.
4. Some food for thought; a TED talk:
https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life
5. Exchange of experiences, good practices and know-how between the participants

WHY USE IT?

The training is a great tool to disseminate knowledge concerning loneliness. It is a ready-made method to educate staff and volunteers. It also provides the necessary insights to start the development of a local action plan and vision on loneliness. We advise to update the training on a regular base, following the latest insights concerning loneliness and social isolation.