

"Together against Loneliness in old age"

"Loneliness in old age" is a well-known social phenomenon that still receives too little attention. However, the current pandemic clearly shows us that we need to pay more attention to the issue. Older people are increasingly isolated in this situation: Those in care facilities are secluded for their own protection, others have little contact with friends and family or live entirely on their own. People caring for older people are often overwhelmed by the many safety precautions and challenges in their own daily lives. This is also true for family caregivers.

Since October 2020, the international Digi-Ageing consortium has been working on a comprehensive concept that addresses these challenges and develops appropriate measures to counteract the phenomenon of "loneliness in old age". One of the main goals is to increase competences in the use of digital tools in the elderly care sector and to create a strong network that develops joint solutions.

What we develop

- Research reports on the topic of loneliness in old age
- Creation of a network that specifically counteracts this phenomenon
- Digital diagnostic tool to be able to recognise "loneliness in old age" in good time
- Digital intervention tools for education providers in the field of elderly care, for caregivers, for caring family members and for interested older people themselves
- Curriculum for the Digi-Ageing Training Programme for the Care Sector

How we reach caregivers

Within the framework of the Digi-Ageing project, so-called "pilot trainers" are trained to subsequently conduct training sessions with other interested persons from the field of elderly care. These professionals will then implement the Digi-Ageing method in their own institutions and recruit other interested people.

Who we are

The Digi-Ageing consortium consists of seven experienced institutions that have already successfully implemented numerous projects in the field of elderly care.

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| ▪ HAFELEKAR, Austria - Coordinator | http://www.hafelekar.at |
| ▪ UMIT Tyrol, Austria | https://www.umat-tirol.at |
| ▪ University of Cyprus, Cyprus | http://www.cs.ucy.ac.cy |
| ▪ Materia Group, Agecare, Cyprus | https://www.materia.com.cy |
| ▪ Consulenza Direzionale PZ, Italy | https://www.linkedin.com/in/paolozaramella |
| ▪ Asociación Caminos, Spain | https://www.asoccaminos.org |
| ▪ Mykolo Romerio Universitetas, Lithuania | https://www.mruni.eu |

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Facebook: <https://www.facebook.com/digiageing>

Website: <http://digi-ageing.eu/>

EPRP link: <https://ec.europa.eu/programmes/erasmus-plus/projects/eplus-project-details/#project/2020-1-AT01-KA202-078084>

Contact in Spain



Asociación Caminos
Angela Pittl
Portales El Carmen, Edificio San Juan K1
29700 Vélez-Málaga

Tel.: +34 634 40 91 20
Mail: office@asoccaminos.org
Web: www.asoccaminos.org