

# STRATEGIES TOWARDS LONELINESS

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# STRATEGIES TOWARDS LONELINESS IN AARHUS

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- The proportion of homecare and nursing home residents who do not feel lonely/involuntary alone must increase
- From the Active Citizenship Policy;
  - *“There is a need for all citizens of Aarhus to reach out and to invite one another to participate, including those who rarely or never get involved. We participate with the resources we have.”*



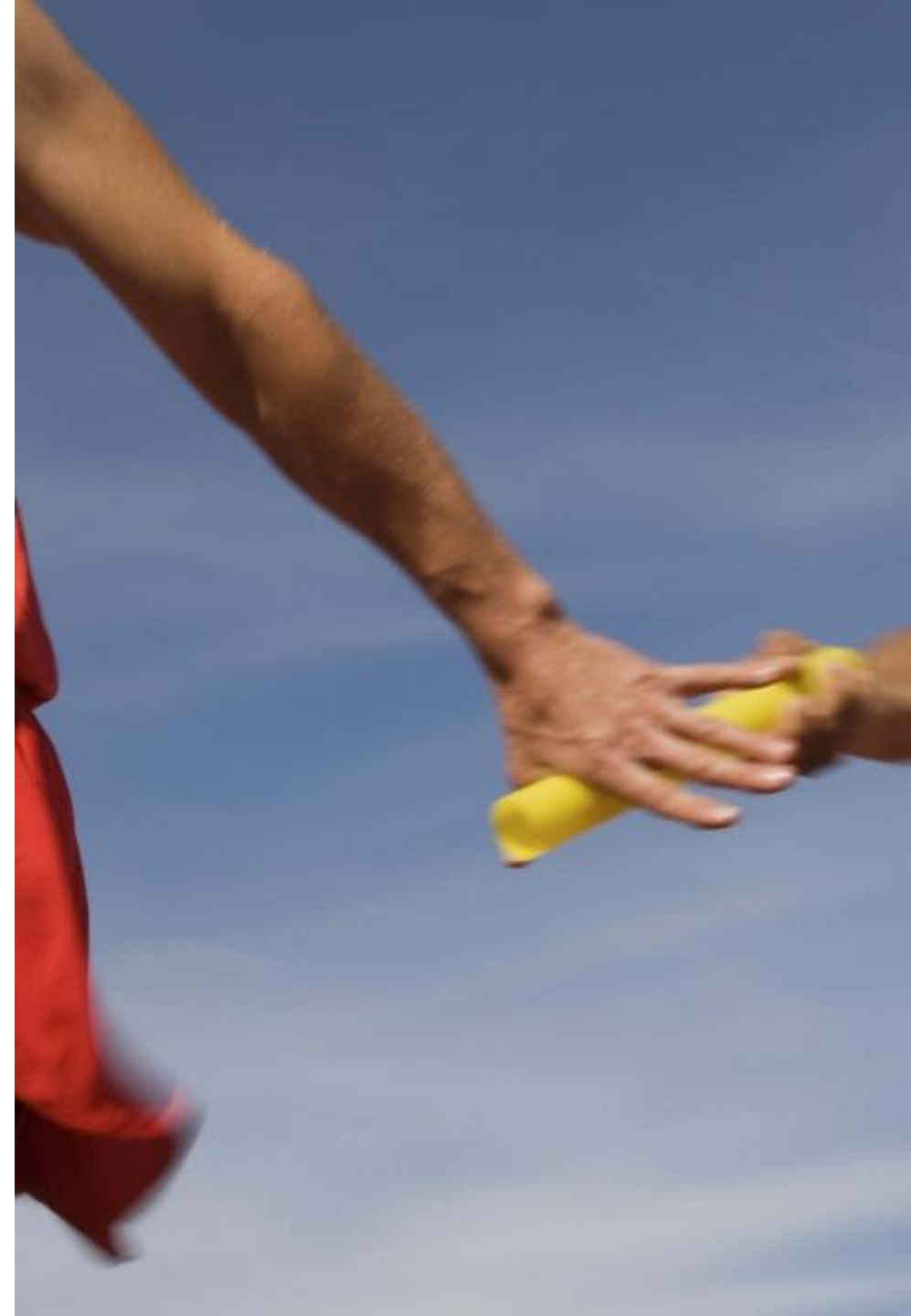
# #DELDITFÆLLESSKAB

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## Voluntering Capital 2018

- A strategy of sharing and opening up communities

- DeIDitFællesskab
- Recognition and celebration
- New ways to welfare



# NUMBERS ON LONELINESS

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- **Denmark:** 1 out of 4 in Denmark "often" or "now and then" feel involuntary alone
- **Region:** An increase in numbers of people feeling *strongly lonely* – from 5% i 2013 to 8% i 2017
- **Aarhus/health and care department (+65)**
  - Around 1 out of 4 residence in elderly homes
  - Around 1 out of 2 citizens in home care

*Feel "now and then" or "often" involuntary alone, even though they rather want to be with others*

# WHAT DO WE KNOW ABOUT LONELINESS AMONG ELDERS?

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## Different types of loneliness:

- New situations in your life
- A need for relations
- A feeling of not belonging

## Groups of elders that are particularly exposed to loneliness:

- The oldest elderly
- Elders losing sense of hearing, sight or other handicaps.
- Elders leaving the labour market
- Elder men living alone



# OUR STRATEGIES TOWARDS LONELINESS

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**A tap on the shoulder**



**Connecting and bringing together**



**Leading insistingly**

Prevention

Solving

Accepting

# EXAMPLES - A TAP ON THE SHOULDER



**#delditfællesskab**  
**(share your communion)**

How can we help existing communions and groups to open up and invite others inside?

- Campaign
- Inclusiveness
- Receive well - openness
- Easy access to resources
- Community ecosystem-thinking

# EXAMPLES – CONNECTING AND BRINGING TOGETHER

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## Creating platforms and connections

- **Quality:** Existing communities
  - **Quantity:** Reaching out for people
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- Genlyd/digital platforms
  - Support associations
  - Available premises/locations
  - Folkets møde - events
  - Bridging organizations





# STRATEGY

## 25 INITIATIVES BATTLING LONELINESS

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### Examples:

- Psychological help for old people with depression etc.
- Integrating loneliness-spotting in the employee-skills in health professional assessment
- Assisted guidance for homeless and socially vulnerable people
- Vacation for vulnerable people
- Funding of 50 community based GENLYD initiatives
- Community groups for men
- Prevention through priests, visiting friends etc.





# ORGANIZATIONAL STRUCTURES

- 40 local civic-centers
- 7 local volunteer-consultants
- 7 local prevention-consultants
- “Center for Quality of Life” – psychologists
- Strategic team “volunteering and active citizenship”
- Genlyd team
- Loneliness Alliance - cooperation agreements and partnerships with organizations
- Cooperation agreements with NGO’s

# START BY ASKING...

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- What is the role of the public sector when it comes to loneliness – how far can and should we go to reach out to people?
- Communities pr default
- What can we demand from our citizens – for instance as a knowing neighbor to a lonely person?

**THANK YOU**

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**HEALTH AND CARE**  
City of Aarhus

