

Life is for living! Population based approaches can beat involuntary loneliness



Our session today

Introduction – life is for living. Why is this topic important to you?

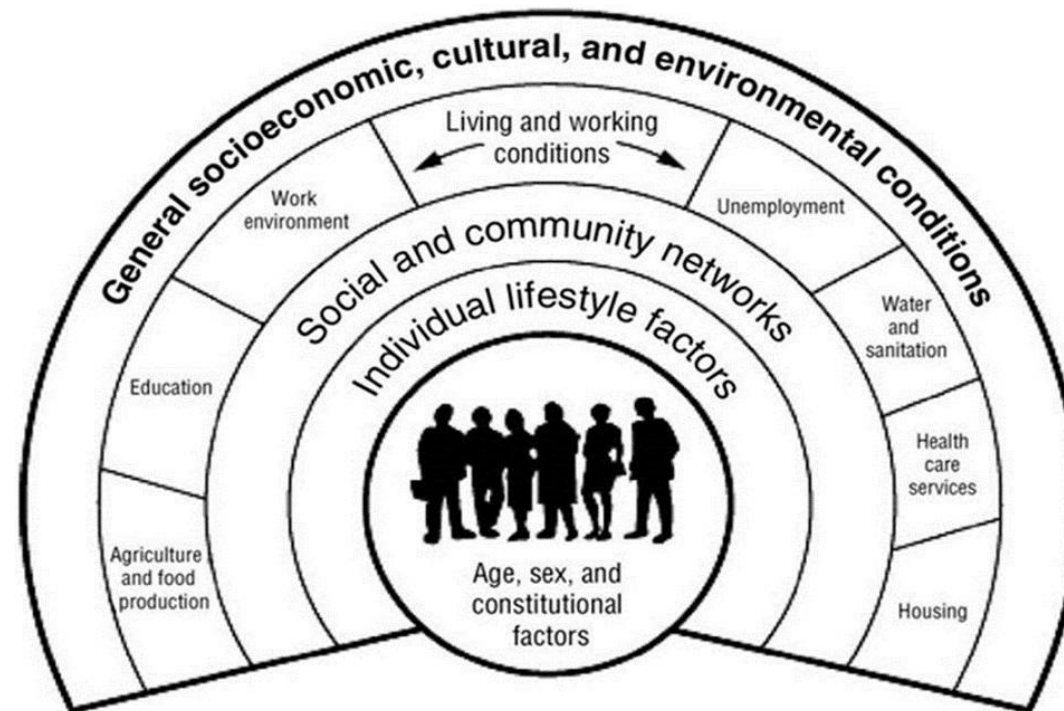
Connecting bright spots:

- Stop Involuntary Loneliness, NSOE (Kerstin Thelander and Elin Zetterberg)
- Skellefteå municipality (Ejja Häman Aktell and Maria Pahlberg)

King for a day – let's encourage togetherness & social well-being and prevent involuntary loneliness

To have friends and a social context is a basic human need

Join the movement that beats involuntary loneliness!



Source: Dahlgren and Whitehead (1991)

Share with your neighbours...

Who are you and why is the topic important to you?

Life is for living

Kerstin Thelander,
Elin Zetterberg,
Ejja Häman Aktell,
Maria Pahlberg



Network to Stop Involuntary Loneliness (NSOE)



What is involuntary loneliness?



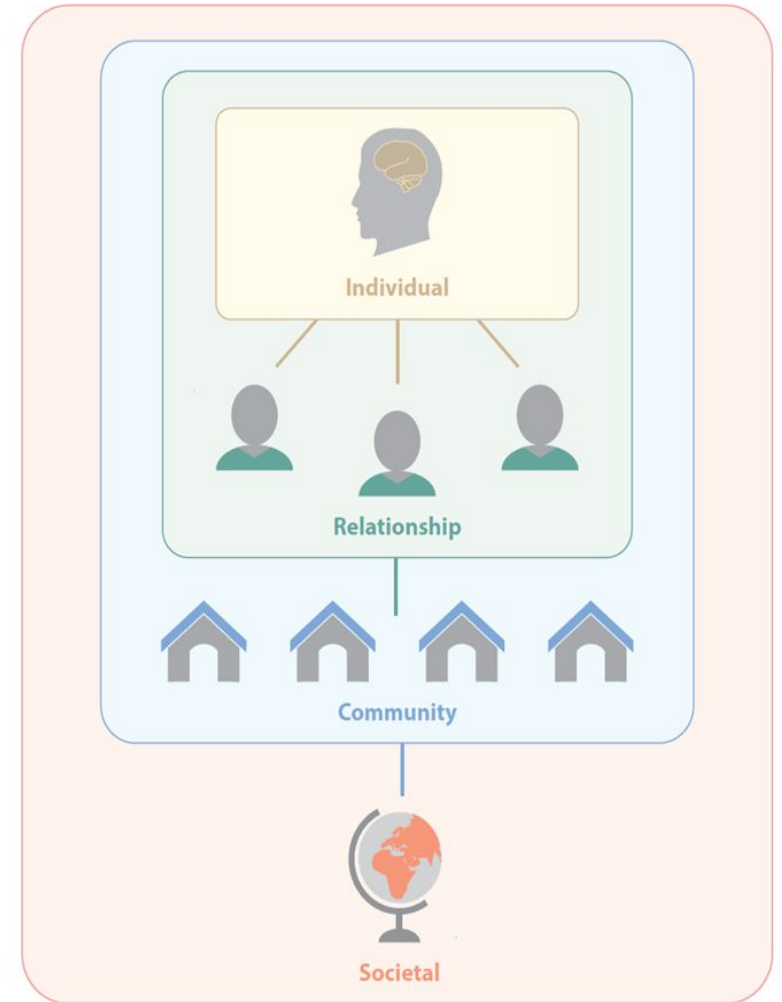
“Loneliness is a subjective, unwelcome feeling of lack, or loss of companionship, which happens when there is a mismatch between the quantity and quality of the social relationships that we have, and those that we want” (Perlman and Peplau, 1981)

Social ecological model

A model to understand the causes contributing to perceptions of loneliness

Highlights the complex interaction between the contributing factors at the different levels

Each level needs its own interventions



Challenges:

- Lack of evidence-based methods at a national level
- Lack of national coordination and responsibility
- Lack of knowledge about causes and consequences
- The norms and mentality in the society

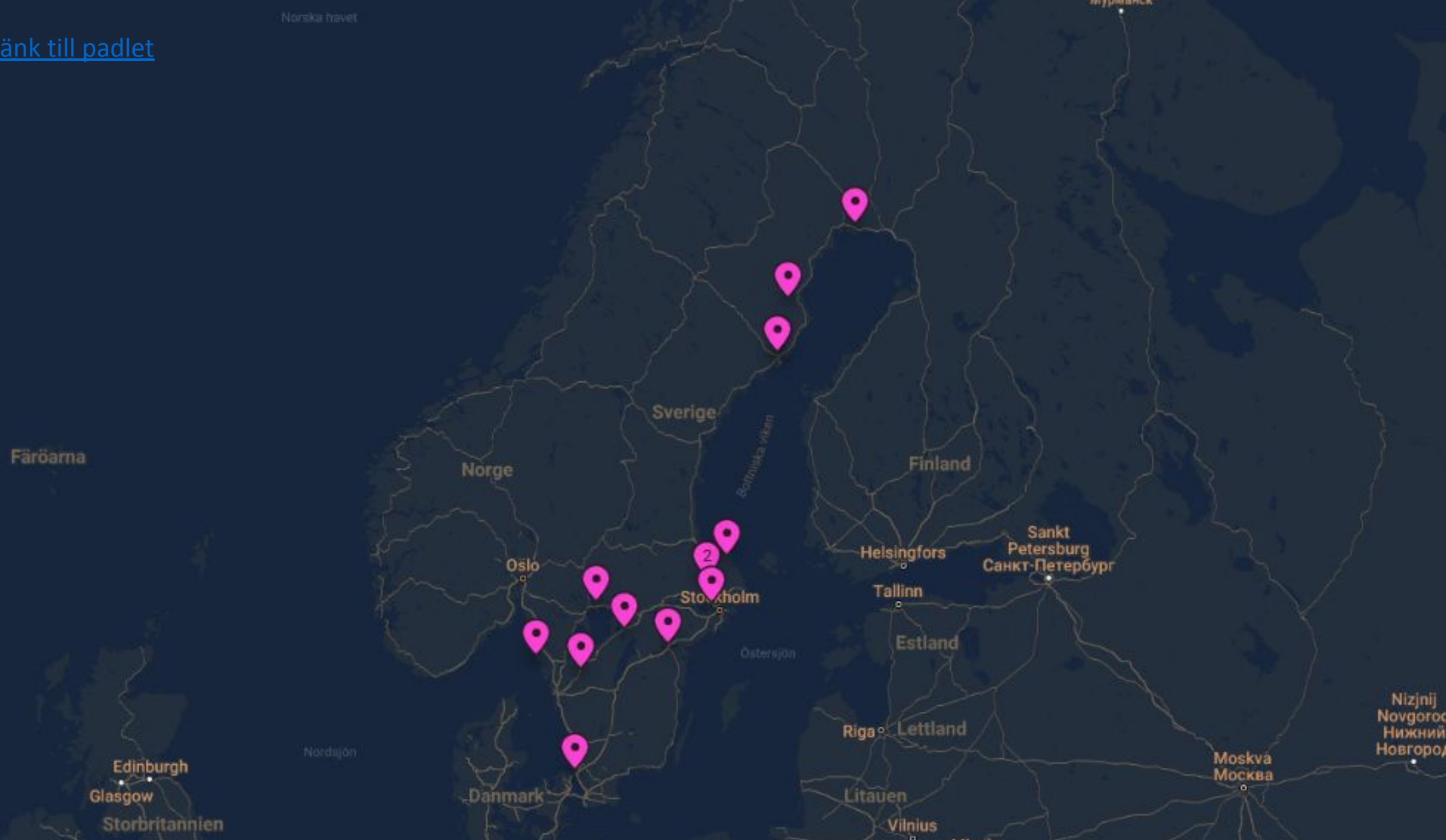


Success factors:

- Collaboration - cooperation between several actors in society
- Health Promotion - healthcare with a person-centered and holistic approach
- Education - to stimulate opinion, and create incentives that change the norms and the mentality of society
- Resources - make tools available (and use them), and be brave enough to try new ways of working



[Länk till padlet](#)



SKELL EFTEA

Ge idéerna plats.

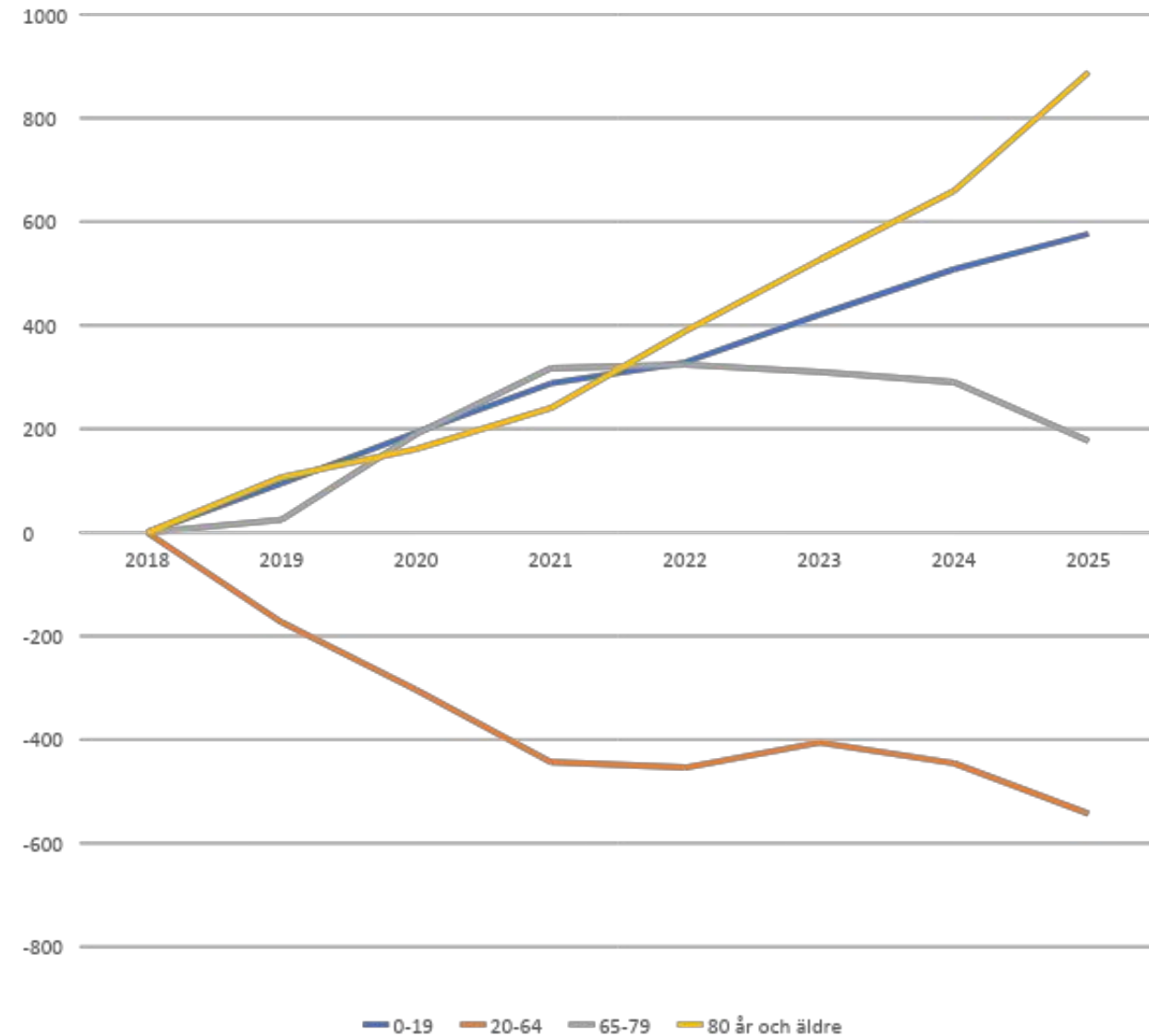
Challenges

Supply and demand:

- Decreased tax revenues
- More individuals to care for
- Fewer people who can provide care



Demography change 2018-2025

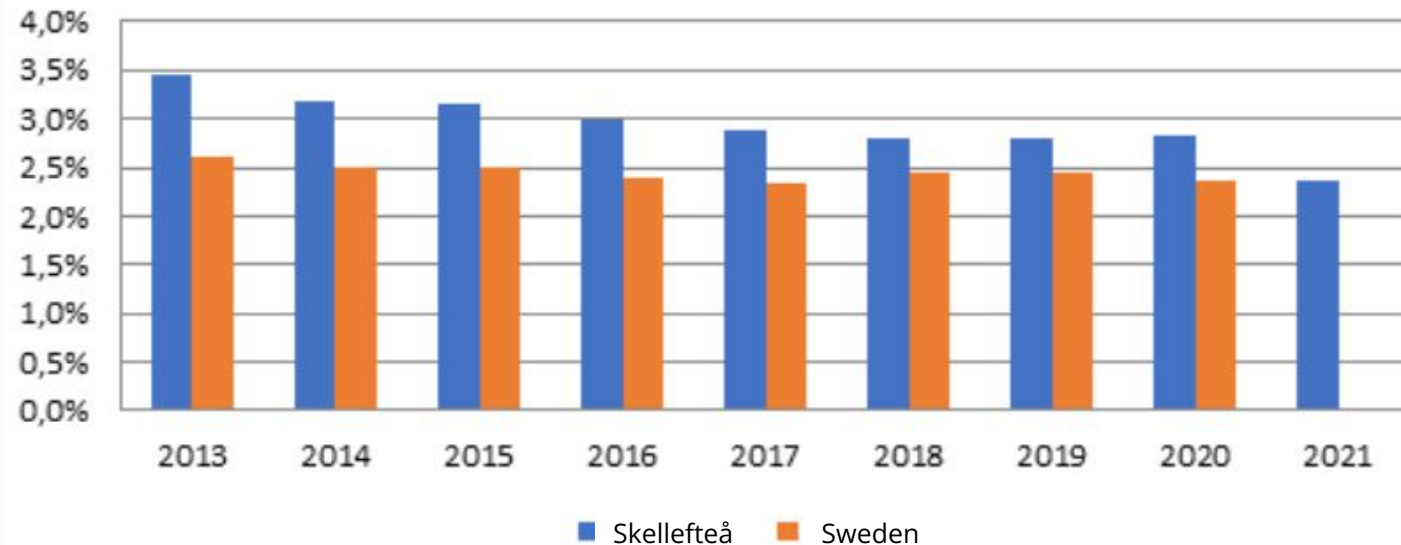


Don't fall, and don't fall again

- Live your life in the best way possible
- I want to get by on my own
- Critical friends - our voice of reason
- Municipality dialogue



Fall related injuries 65+/1000 inhabitants in Skellefteå Municipality



How do we make it work?

- We've made up our mind
- Networks
- Close connection with our Social Welfare Board
- Create a structure and a process for learning and implementation
- [Welfare Technology- Fritze](#)



Citizen based networks

- Overall we reach and activate almost 10 000 seniors each year
- What do seniors say to each other
- Passion for life
- A helping hand
- Pioneers





How can we support you in your healthy ageing?



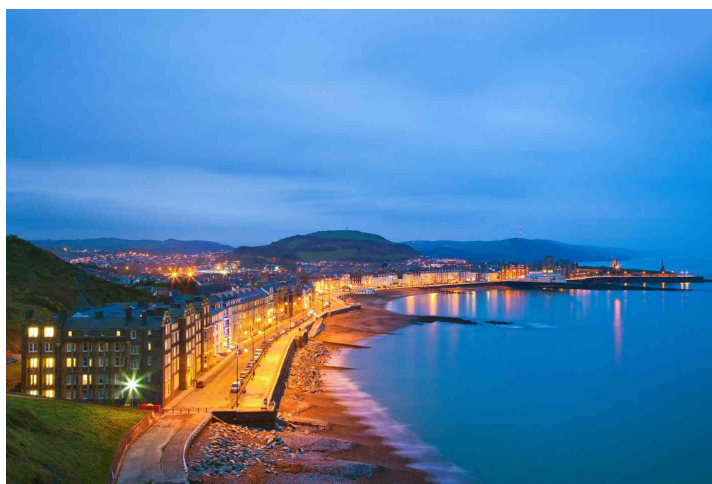
**Skellefteå
kommun**

King for a day

You are creating a new city!

Work in groups and take notes:

- What do you need in your new city to encourage togetherness & social well-being and prevent involuntary loneliness?
- Challenges
- Success factors



Contact us

Network stop involuntary loneliness (NSOE)

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