



WSIS +15 FORUM 2020



After covid-19, which are the KEY NEEDS from STAKEHOLDERS to be ready for the ISOLATION CHALLENGE in the next pandemic wave?

HEALTHY LONELINESS - Empowering citizens to face loneliness, being healthy and active

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Valencia, 23rd June 2020

Loneliness and social isolation



THE IRISH TIMES

Thu, Jun 7, 2018

Dublin



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All News

Loneliness a 'public health epidemic', NI GP group says

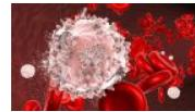
Doctors' body says practices visited by one to five people a day who just need company

© Wed, May 23, 2018, 15:34

Amanda Ferguson



Health & Family »



Promising cancer treatment which made patients worse shows how far there is to go



Why do many Irish doctors have negative attitudes towards ADHD?



'My fiancé now says he is too young to settle down'



Haemochromatosis: 'I thought I might have arthritis. Mum thought I was silly'



Help children 'follow their bliss' to summer camp

Loneliness and Social Isolation: Risk Factors Long Overdue for Surveillance

Is loneliness affecting your health?

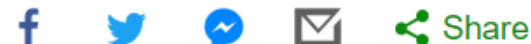
Loneliness, or feeling that you have no one you can really talk to, affects most people at some point and is associated with poorer physical and mental well-being.

Now **BBC Radio 4's All in the Mind** have launched the **BBC Loneliness Experiment**, an online survey to increase understanding of a major issue facing society today.

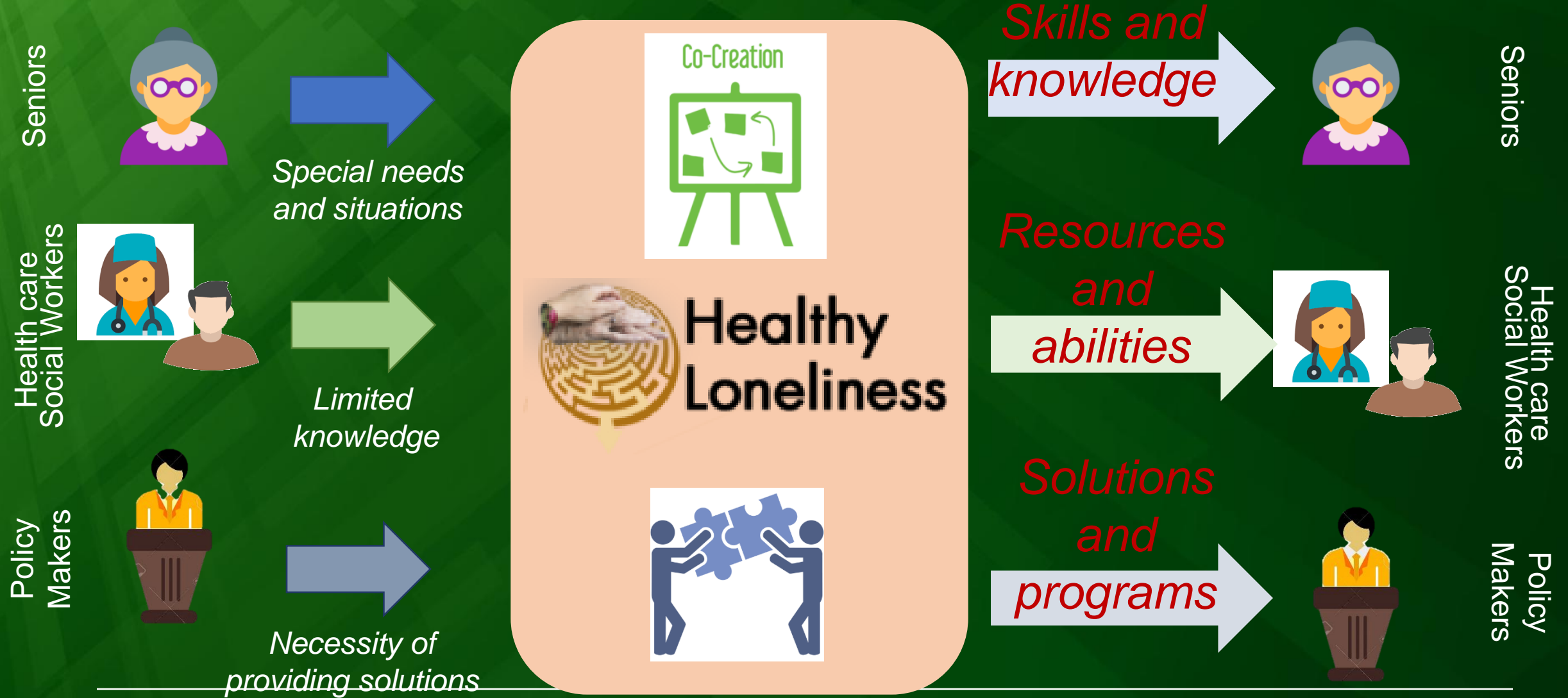
Presenter Claudia Hammond says they want everyone to take part, whether or not they feel lonely at the moment.

(Animation by Rabia Ali.)

🕒 14 Feb 2018



Our approach: An Educational-based solution



Changes and needs of older people during confinement:

- **New loneliness cases:** loss of interactions, digital divide as barrier for social interactions
- **Decreased mood:** isolation, obligation to change habits
- Loss or **lack of both informal and formal care and treatment access**
- **New food need cases** and nutrition problems

Effects on physical health:

- **Physical deterioration**, Increase of **frailty**

Effects on mental health:

- **Psychological problems:** Uncertainty has created **anxiety**. News-> Increased **mistrust** and **fear**. **Emotional instability**. **Mourning time**
- **Psychiatric diseases:** **Aggravation** of chronics, Risks of **depression and dementia** increased
- **Cognitive impairment** (due to lack of routines or further cognitive stimulation)

Important stakeholders' comments about confinement:



PUBLIC SERVICES:

- **Expand acceptance ratios:** Tele-accompaniment, cooked dishes home delivery, home assistance, basic food delivery (or home shopping service), psychological guidance service
- Promote **neighborhood networks** and create new ones
- **Identification** is a must
- Create a **specific line of work for loneliness:** Prevention, how to act in regular situations and protocols for emergencies to guarantee senior people basic needs

DIGITAL SKILLS

- **WhatsApp** groups made to disappear the physical distance
- **Free WiFi in the city:** Digital gap must be reduced

PROVIDE OLDER PEOPLE WITH REMOTE TRAINING

- **Through appropriate means.** i.e. by TV
- How to **meet other participants?** i.e. by party lines (traditional phone)
- Main Topics: improving **digital skills**, how to set a **healthy and complete daily routine, motivation and self-esteem**

ADHERENCE!

Lessons learnt



WHO?

- General Practitioner, NGOs

WHERE?

- Neighborhood context

WHEN?

- 10.30. In isolation but with other commitments

HOW?

- Hands-on, involving if possible senior people from neighborhood

WHAT?

- Municipality apps, Whatsapp, Batch cooking, Mood management



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For a healthy future without loneliness

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