

Gefördert vom:




Bundesministerium  
für Familie, Senioren, Frauen  
und Jugend



**Malteser**

*... weil Nähe zählt.*



**Miteinander - Füreinander**

*Social cohesion at old age*

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**Miteinander – Füreinander**

*Loneliness*

# Loneliness – various definitions



**„aloneness“**  
Synonym for being alone



**„solitude“**  
Synonym for positive inner contemplation



**„lonely landscape“**  
Loneliness as an adjective



**Loneliness as a negative feeling**

# Consequences of Loneliness

## Health

Physical: diabetes, cardiovascular diseases, dementia diseases, mortality in old age  
Psychological: depression, sleep disorders, suicidality

## Psyche

- Effects on behavior and feelings
- Lack of trust in other people
- Lower self-esteem

## Society

- Social cohesion
- Low political participation
- Less social activities
- Higher economic costs

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**Miteinander – Füreinander**

*Results of the forsa survey*

# forsa-survey: Life and loneliness in old age

What is the living situation of older people in Germany and how much of a problem is social isolation and loneliness?

## Survey Framework Data:

- Interview of 1.000 people at the age of 75+ who lived at home
- German wide in the area of the 112 locations funded by the project
- computer-assisted telephone interviews during January – February in 2021

## Topics of investigation:

**Current life  
situation**

**Loneliness**

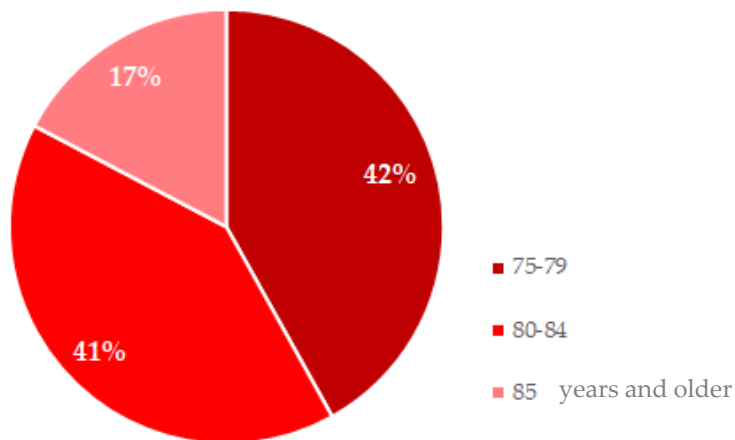
**Interest for  
activities & services**

**Interests &  
hobbies**

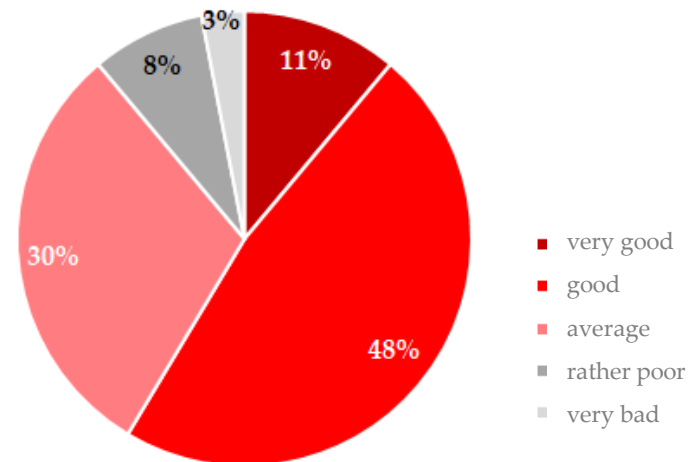
**Media and  
internet use**

# forsa survey: Life situation

## Age distribution



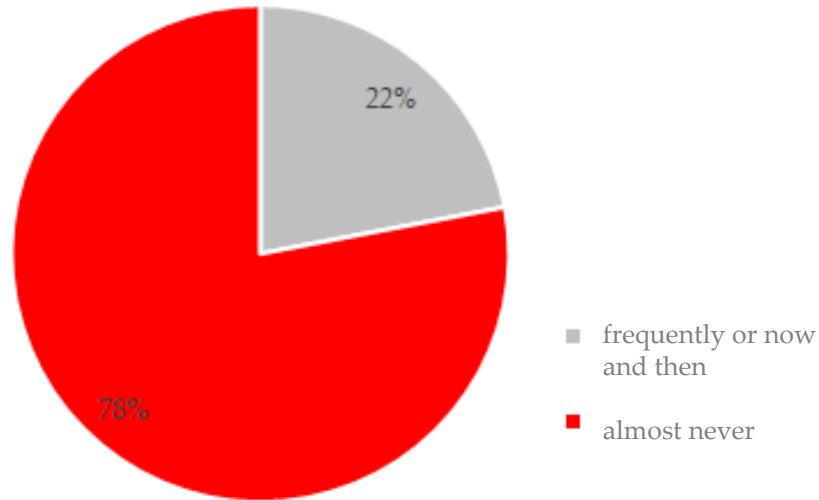
## Subjective health condition



*51% of them are living alone*

# forsa survey: Living alone or already feeling lonely?

Feeling of loneliness



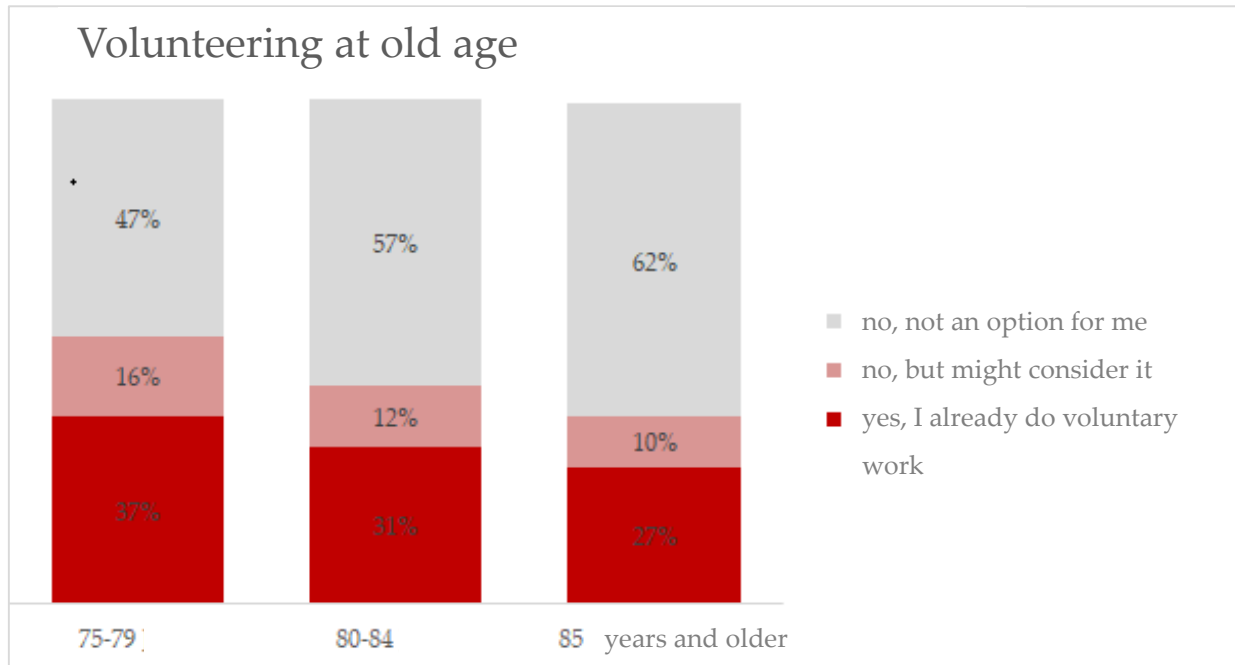
**22% of the older people surveyed reported that they frequently or at least occasionally feel lonely.**

This is said with above-average frequency by :

- those over 84 years (31%)
- people living alone (35%) and
- people with major health problems (41%).

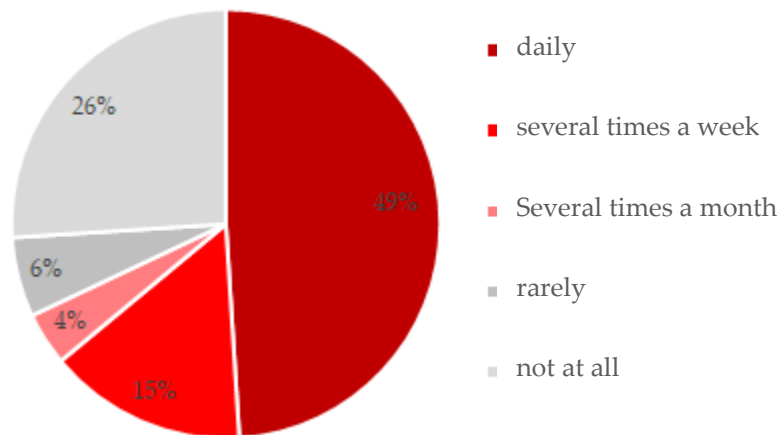


# forsa survey: Volunteering at old age / participation and prevention

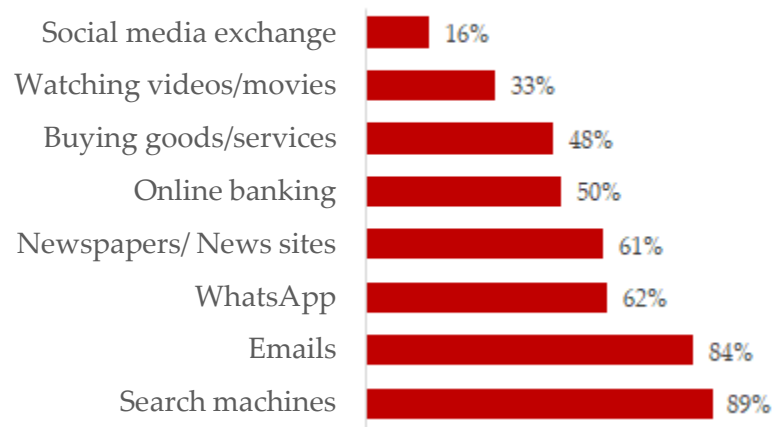


# forsa-survey: 75+ years – digital usage

## Frequency of Internet use



## Type of Internet use



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**Miteinander – füreinander**

*The project*

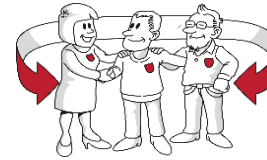
# Facts & Figures

- Project Period: 07/2020 - 12/2024
- Funded by The Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (BMFSFJ)
- 110 Locations with a duration per each of 3 years
- Project volume: € 7 million

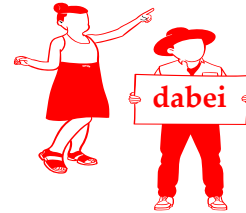
## Status 01.07.2020 - 31.03.2023



**184** services\*



**2771** active volunteers



**5855** elders  
accompanied

## Project idea and goals

„A key goal of the project ‚Miteinander-Füreinander‘ is...“



**New ways of reaching  
the elderly**

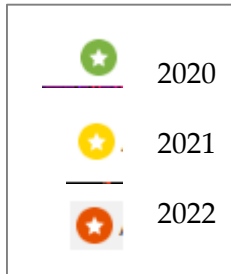


**Prevention of loneliness**



**De-tabooing the topic of  
loneliness**

# Overview of project locations

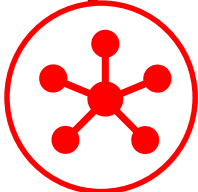


# Project goals



## SERVICES & OFFERS

Establishment of **low-threshold** offers



## PUBLIC RELATIONS

**De tabooing** loneliness in old age / raising awareness  
**Prevention** of and dealing with loneliness in old age  
Creating **access** to offers



## EVALUATION

**Impact** of our offers - for the target group and for the public  
Addressing the issue in **science** and **politics**

➤ **Reaching as many elderly people as possible who still live in their own homes**

# Offers and target groups

## Offers:

- Malteser Hausbesuch/ preventive home visit
- Offers for personal visiting service
- Offers for visiting service via telephone
- Offers to increase mobility
- Meeting points in the community

## Target groups:

- Seniors from approx. 75 years of age living at home
- Volunteers of all ages







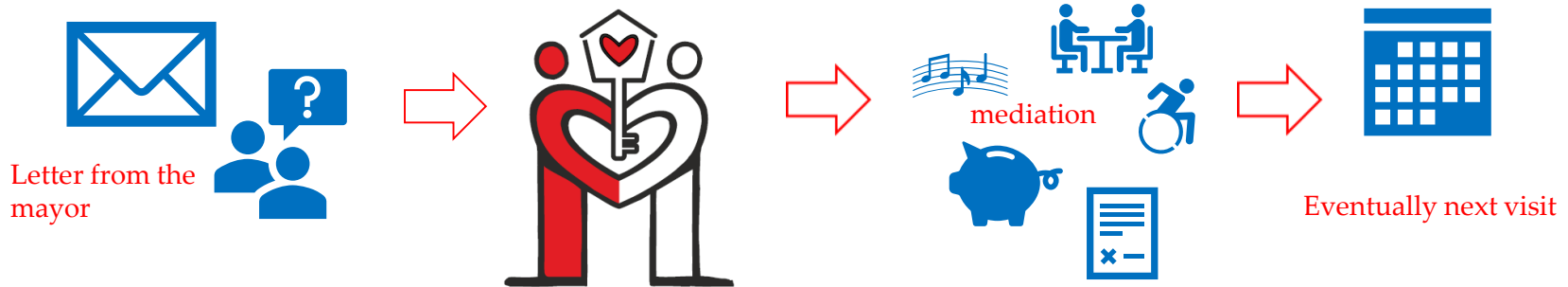
## Malteser Hausbesuch

*preventive home visit as new offer*



## Malteser Hausbesuch: outreach senior work

- Information services for senior citizens aged 75 and older
- Qualified volunteers - supported by full-time coordination
- In a personal visit volunteers provide information and refer seniors to providers of assistance and activities for the elderly in their living area.
- Networking of the different actors in the social area
- Cooperation with municipality



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**Miteinander – füreinander**

*Further development*

# Intergenerational projects

## Engaging and motivating young people



## summary: findings of the project



Networking with municipalities  
and cooperation partners



High demand -  
topic "loneliness"  
meets acceptance



New ways to reach the target  
group are necessary



Demand-orientated  
activities WITH  
seniors



Volunteering as  
accompaniment  
and prevention



Relevant contact  
points, offers and  
activities must  
become better known  
locally

# Impressions from Büdingen



<https://www.facebook.com/122043102521177/videos/579492976928040/>



# Impressions from Regensburg



<https://www.tvaktuell.com/mediathek/video/pentling-e-rikscha-fuer-ausfluege/>

## BIT-Café – das Senioren-IT-Café der Malteser in Regensburg



Eine Malteserin gibt älteren Senioren Hilfestellung.

**REGENSBURG.** Wie installiere ich eine App? Wie kann ich Fotos und Nachrichten schicken? Wie kann ich auf die Mediatheken von TV-Sendern zugreifen? – Für solche und andere Fragen von Seniorinnen und Senioren leisteten Ehrenamtliche am 21. Oktober im BIT-Café im Malteserhaus Am Singrün 1 gerne „digitale“ Erste Hilfe. Die älteren Teilnehmenden brachten eigene Geräte (PC, Smartphone oder Tablet) mit oder die Malteser griffen auf ihre Geräte zurück. Jeder ist herzlich zu diesem kostenfreien Angebot willkommen.

**i** **Weitere Infos:** Das Treffen findet an jedem dritten Donnerstag im Monat von 15 bis 17 Uhr statt. (Bitte beachten Sie die aktuellen Bestimmungen zu Corona.)



Questions



Experiences



Discussion



## Contacts & Links

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Project website: [\*\*\*www.malteser.de/miteinander-fuereinander.html\*\*\*](http://www.malteser.de/miteinander-fuereinander.html)



dabei – das Online Magazin für ein erfülltes Leben im Alter:  
[\*\*\*https://www.malteser.de/dabei.html\*\*\*](https://www.malteser.de/dabei.html)

Results documentation of the forsa survey: [\*\*\*https://www.malteser.de/miteinander-fuereinander/forsa-umfrage.html\*\*\*](https://www.malteser.de/miteinander-fuereinander/forsa-umfrage.html)