A theory-based loneliness intervention is offered to older adults by means of a virtual coach on a tablet. The project aims at reducing and preventing loneliness amongst Europe’s aging population.

A multi-faceted loneliness intervention

Loneliness coping strategies:
1. Network development
2. Adapting personal standards
3. Reducing the importance of the discrepancy

Specific conditions under which it is likely that one coping strategy is applied over the others. These conditions are influenced by:
• The social acceptability of the standard under attention
• The perceived possibilities to change the situation

Aim of the intervention:
• To reduce loneliness
• To increase satisfaction with the new situation
• Train participants in all three coping strategies

The effectiveness of the intervention will be tested in a single-group pre-post study:
• T0: Measurement of resources and personal standards
• T1: Start of the intervention and measurement of choice of coping strategy
• T2: Measurement of loneliness and satisfaction after the intervention

V2me has a particular emphasis on acceptance by older adults and a simple, user friendly interface.

System architecture

V2me encourages older adults to continue to participate in society. The virtual coach focuses on maintaining existing contact with others (such as kin, friends and professionals) and making new contact (for example by providing options on where to meet new people and how to engage in small-talk).

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For more information contact: Tamara Bouwman (t.e.bouwman@vu.nl) or the Dutch project manager: Peter Roelofsma (p.h.m.p.roelofsma@vu.nl)