

**CHERRIES**  
RESPONSIBLE HEALTHCARE ECOSYSTEMS

# Call for solutions – Örebro

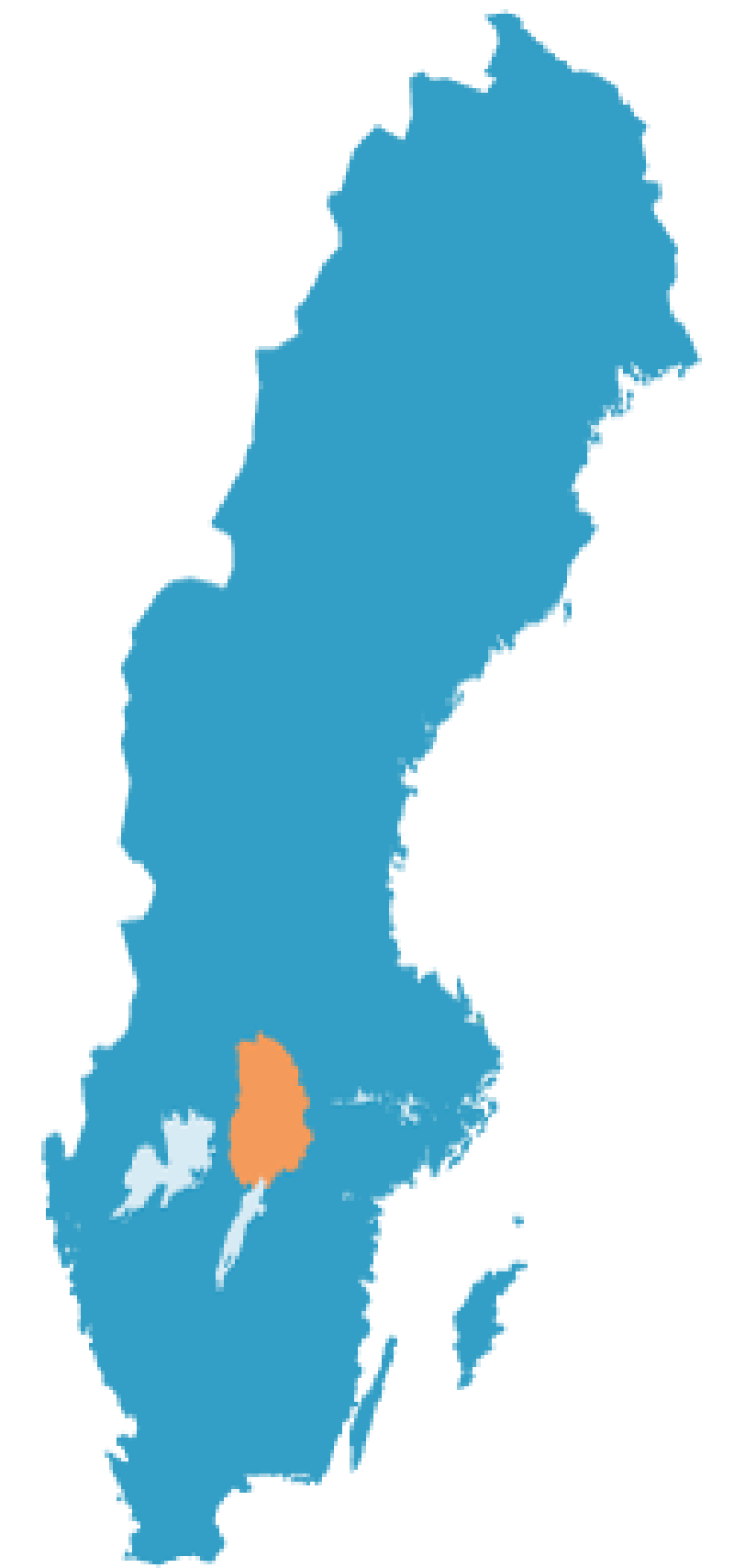


# The region

Karlskoga  
Population: 30 263 (2020)

Degerfors  
Population: 9 631 (2020)

Laxå  
Population: 5 659 (2020)



- Over a quarter of the population is over 65 years old and almost 10 % are over 80 years old
- 12 out of 100 are living in their ordinary home without municipality service
- Almost half of the population over 65 live alone, which we know is a risk factor for involuntary loneliness and mental ill-health



# Description of the need - Breaking and preventing involuntary loneliness among elderly

- Long-term loneliness could result in self-isolation from social contacts and society in general
- Elderly do not want to be a burden to family and society
- Expectations that others will make contact
- People with the greatest need for social contacts can be difficult to reach with various efforts that aim to break the loneliness and offer social contacts






# Different kinds of loneliness...

- Existential - we feel that our innermost thoughts and feelings cannot be shared, that no one really listens or understands.
- Social - you lack ties to friends and acquaintances with whom you feel connected or can be entrusted with.
- Emotional - you lack a partner that you can trust in depth.

Loneliness can be voluntary or involuntary. It can be objective or subjective. The feeling of loneliness then exceeds the actual loneliness.



The focus of this call is involuntary loneliness – people who feel lonely but do not want to be.



# Opportunity to pilot an innovative solution to meet the need of social contacts among involuntary lonely elderly

The solution can be a new

- ✓ Product – for example a technical solution
  - ✓ Service – for example a new kind of social activity
  - ✓ Process – a new way of doing things, for example a new collaboration
- ... or a combination of these

We offer co-creation with healthcare professionals







# What are we looking for?

- Solutions created together with the target group and/or healthcare professionals
- Solutions that offer social contacts and thus break and prevents involuntary loneliness
- New ideas on how to reach the target group, i.e. find and engage groups of lonely elderly that are hard to reach with existing activities
- Solutions with potential of sustainability and upscaling
- The solution must be carried out / offered in all or parts of the municipalities in the western part of Örebro County (Degerfors, Karlskoga and Laxå)

# Contact for further information

Lena Uvhagen, Development leader

Region Örebro county

+4619-602 75 68

[cherries@regionorebrolan.se](mailto:cherries@regionorebrolan.se)

