

RECONNECT

*Empowering
older adults
through
community,
and
connection*



WELCOME TO THE RECONNECT PROJECT

RECONNECT is a European Project focused on addressing the emotional and social needs of older adults through creative, cultural, and community-based interventions. Funded under the Erasmus+ Programme, the project brings together partners from Ireland, France, and Spain with the shared goal of reducing loneliness and promoting well-being among people aged 60 and over.

Through research, dialogue, and pilot activities, RECONNECT aims to support older adults in rebuilding meaningful connections - with others, with themselves, and with the communities they live in.

LISTENING TO LIVED EXPERIENCE

Our first phase of the project focused on understanding the emotional and psychological experiences of loneliness among older adults in each of the three participating countries.

Using a mixed-methods approach, including national surveys and in-depth interviews, we set out to better understand not just how many people experience loneliness, but why, and how it impacts their lives.



*Co-
creating
meaningful
activities
to combat
loneliness
together*

NEWSLETTER 1

RECONNECT

🇫🇷 The French national report highlighted the psychological complexity of loneliness in older age. Based on 52 questionnaire responses, 4 interviews, and 16 focus group participants, French research found that major life transitions - retirement, bereavement, separation - often marked the onset of persistent loneliness. Nearly 65% of participants described loneliness as affecting their mental or physical health, particularly through increased fatigue, changes in appetite, and reduced motivation.

🇪🇸 In Spain, the survey responses highlight a strong desire for intergenerational connection and continued relevance. While some respondents did not report frequent loneliness, a significant number shared concerns about “losing your mind,” “dependence,” and “feeling unwell.” Many linked loneliness to emotional disconnection rather than physical isolation.

🇮🇪 Irish research highlighted that loneliness is most often experienced as an emotional or existential loss, rather than a purely social one. Participants commonly identified a loss of confidence, purpose, and self-worth - often triggered by bereavement, rural isolation, or post-retirement transitions. While many remained socially active, others reported withdrawing from once-enjoyed activities.

These research findings will now inform the next phase of the RECONNECT project: the co-creation of creative workshops and community interventions to help older adults reclaim their voice and promote new social bonds.

Stay tuned for our upcoming updates, including pilot programmes, and resources for professionals.

