

RSF → Hiet
 Ervanden
 naby
 Groenke a-
 lachen
 vhs
 net → nese!
 DATA ANALYSIS
 die jong!
 vhs netwerk?
 onweilig

SESSION 1:

(Elkstene inpede) fisies in onstod- heid - kon nie uitd andal kommunikasie ontbreek

Nr:	CODE	NOTES	NOTES → kon nie veel nie
2	~~Trapped~~	binne onstodig hede andal kulturele net onder buite uitbreek	
2	Need for expression	loss in expresion	
3	Less loneliness because of others presence		
6	Reminiscence		
6	Inability to let memories and past go		
7	Loss of purpose in life		
8	Bored		
8	Hopeless		
8	Stuck		
8	Meaningless		
8	Trapped		
8	Not mobile		
8	Limitations		
8	~~Lack in support~~		
8	Longing and miss of children		
8	Absence of children and family (living for)		
7	Loss of doing something purposeful		
	Inability to move on/ahead		
6	Longing for past		
7	Previous life – less lonely because of family and friends		
7	Loss of doing something purposeful		
6	~~Don't make or find peace~~		
6	Something keeping them from adapting/to move on		
7	Reduced life (friends and activities)		
	Need time to adapt		
8	Frustration		
8	Depression		
8	Little stimulation		
8	Inability to keep themselves busy		
	Enjoy own company		
9	Trapped		
6	Need to move on and accept		
6	Many changes		
	Need to make peace		
9	No freedom		
9	No options		
	A process to settle in		

Agony vhs v nese

9	Depression		
9	No stimulation		
	Process of adapting (takes time)		
	Compare current and previous life until adapted		
	Constant routine		
11	Use to be busy		
11	Longing for activities		
11	Unstimulated		
11	Use to be socially engaged <i>incheel</i>		
	Struggling to settle down		
	Struggle to accept the death or letting go = loneliness		
13	Enjoy to support others		
13	Meaning and sense of life		
14	Loss or death of family		
13	Find satisfaction in supporting others		
15	Inability to accept		
14	Struggle to accept loss of family		
15	Spiritual support to deal with death of loved one		
17	Humour		
18	Many thoughts/diverse thoughts		
15	Unresolved emotions of loss		
15	Inability to accept/deal with death		
15	Satisfied with settling		
15	Opstandig		
15	Keep busy to stimulate thoughts		
	Meer sosiaal betrokke		
18	Used to having busy evenings		
	No reflective or expressive way for thoughts or memories		
17	Nothing to distract thoughts		
19	Thoughts keep you busy during the day		
20	Denial – don't want to admit that they need people		
20	Need for things of importance around		
20	Rejection from family		
22	Lost a sense of worth		
20	Trapped		
20	Lost a sense of involvement		
20	Hardkoppig om te verander		
20	Rejection from family		
22	Lost a sense of worth		
22	Feelings of unimportance		
20	Lost a sense of responsibility		

22	Low self-worth		
22	Feels rejected by family		
20	Lost a sense of control		
23	Longs for past		
23	Past was happy		
23	Past was beautiful because of family		
23	Loss of family		
23	Rejected by family		
23	Difficult person		
23	Hurted people of importance in their life		
24	Little insight in effect on family		
25	Lost contact with family		
25	Rejection from family		
25	Feels forgotten		
25	Feels thrown away		
25	Feelings of neglect		
25	Lost contact with family		

SESSION 2: (participants struggled with this exercise)

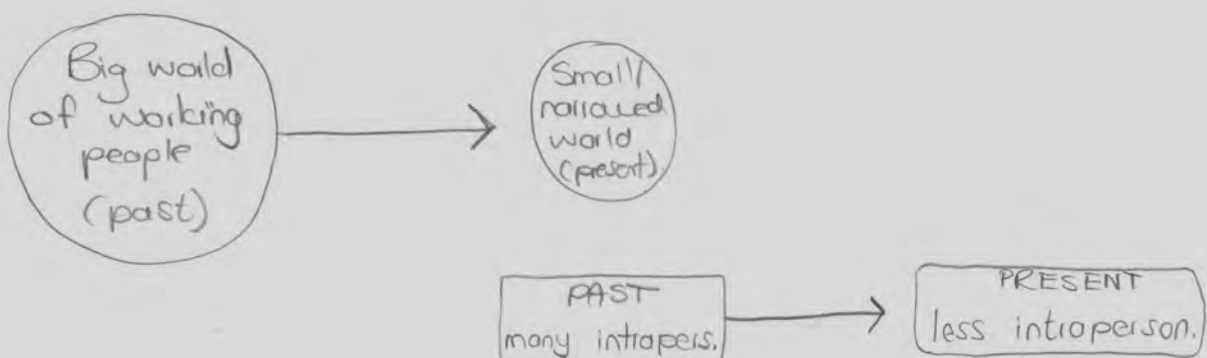
26	Bitterness		
	Broken/hurt relationships with children		
37	Trust in God		
	Support of spirituality		
38	Need to contribute		
	Need to do activities		
	Need for involvement		
	Want to create hope/future		
39	Need for activities		
39	Missing activities		
40	Importance of children are relevant		
41	They share similarities in their experiences		
41	They are not so far 'verwyderd' van mekaar		
41	Various and different focuses		
41	Transformation and change		
41	Universal experience of loneliness		
43	Needs bewusmaking about resources		
41	Working people more focuses		
42	Feelings of longing		
42	Support of spirituality to deal with longing		
46	Need for intimacy		
43	Vertroosting in children		
44	Distance between important others		

44	Need to be understood		
43	Replacing loss		
45	Need for wanting to be heard		
45	Need for interest from others		
	Heard but not understood		
44	Needs to be understood		
45	Blame and anger towards daughter		
46	Need for someone to be interested		
46	Dishearten when they are not heard (frustration)		
47	Loneliness – not limited to older people		
47	Zoom in on others characteristics		
46	Need to intervene		
47	Look at what is making us lonely		
47	Talk or look for support from others		
47	Physical touch		
48	Inspiring each other		
48	Using faith, prayer and true friends to deal with loneliness		
48	Interpersonal relationships to deal with loneliness		
49	Becoming aware of each other's memories and reminders		
49	Need for intimacy and deep understanding		
49	Not aware of resources or possibilities for interpersonal relationships		
51	Gossiping about each other		
51	Don't respect one another's privacy and confidentiality		
52	No toleration for each other		
52	Vewytend towards helpers		
53	Little respect for one another		
53	No consideration		
53	Little sacrifice		
53	Ungrateful		
54	Not prepared to share		
55	Different needs		
57	Need for expression		
59	Gossip because they are bored		
59	Geen deernis		
59	Little respect for privacy		
59	No sense of belonging to a group		
62	Expression is restricted/barriers to expression		
61	Min vrymoedigheid		
61	Little empathy		

61	Importance of trust/respect		
61	Selfsug		
61	Hurted by broken trust		
61	Need for deep connection and understanding		
61	Need for safety		
62	Loss in trust		
62	Everywhere the same/universal experience		
62	Moedeloos and frustrated		
62	Barriers to forming close interpersonal relationships		
63	Need to formulate an understanding of another's experience		
63	Lack in respect		
63	Sharing forms/enables a meegevoel		
	Sharing brings empathy		
63	Need to practice listening to one another		
64	People need to feel heard and respected		
64	Communication are oppervlakkig		
65	Need to show contact		
65	Think of impact		
65	Rou		
66	Need to have more trust in your medemens		
66	Need to give health and support		
66	Need to carry each other's burdens		
66	Need to identify each other's pain		
67	Need for a shared reality		
67	Able to identify strengths/resources through groups		
68	Blame		
69	Need to see that change is not difficult		
72	Need to take a standpunt		
72	Keep group norm		
72	Need to establish respect towards others and self		
73	Need to shift focus – talk about things that's really important		
73	Onverdraagsaamheid		
73	No binding/feeling of togetherness		
74	Need for group (sense of community)		
75	Need for elderly to be the helpers		
76	No feelings/lack in affiliation		
	Lack/no relation importance		

LEVELS OF EXPERIENCED LONELINESS:

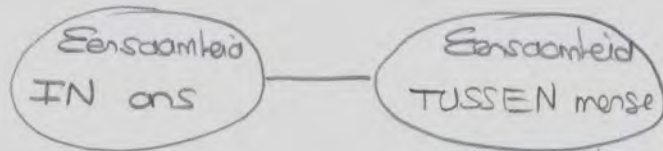
Positive experience/experience little loneliness?	Selective/gedeeltelike loneliness	Negative experience/constant experience of loneliness
• Peace • Adjusted • Settled in • Adapted (7) • Enjoy own company (self-regulation) • Getting involved (12) • Meaning something to others (12) • Keeping self-busy (self-regulation) • Involved and interested with others • Life set free • Previously trapped (12) • Previously alone and trapped (12) – still lonely??? • Decreased problems (13) • New life (13) • Support from context (17) • Letting go (13) • Increased happiness (13) • Humor • Motivated • Positive • Social involvement (17)	• Only some days (3) • At night (selected times of the day) • Busy during the day • Little peace at night (17) • Inability to let memories go • Need for reflection of memories • Used to busy evenings (lots of activities) (18)	• See other codes



Rau $\leftrightarrow$ about me
 about who I was
 loss of house and things of importance
 loss of life

CONSEQUENCES OF LONELINESS:

- Eating
- Crying
- Sleeping
- Depression



- faciliteerder
- mediator
- hulpverleners

CAUSES OF LONELINESS:

- Loss/little activities and stimulation
- Loss/longing for family
- Distant from family (rejected from family)
- Loss of meaning and sense in life
- Unresolved emotions (rejection, loss, death, anger, verwyt)
- Inability to release/deal with past memories and thoughts about the past
- Denial (needing somebody)
- Longing for things of importance close to them

kognitief / interper / intra

POSSIBLE INTERVENTION:

- How do we deal with longing? (42)
 - Spirituality
- Need to talk about loneliness and feelings
 - Empathetically
 - Needs to be understood
- Need to try to decrease each other's feelings of loneliness
- Need to listen to each other
- How do we listen to each other? (46)
- How can we be honest with one another?
- Establishing relationships – to relieve the pain, loss and feelings of regret (skuldgevoelens)
- Giving warmth to one another
- Transformation
- Using control to our benefit
- We limit each other??

