



Loneliness among older adults – research and implications for practice in the Nordic region

Wednesday 8 October 2025, 12:00-15:00 CEST

Organisers: Nordic Welfare Centre, Dalarna University and Karolinska Institutet.

Moderators: Neda Agahi and Lena Dahlberg

Welcome and introductions

Louise Scheel Thomasen, Nordic Welfare Centre

Neda Agahi, Karolinska Institutet & Stockholm University

Lena Dahlberg, Dalarna University & Karolinska Institutet

Introduction on loneliness

Lena Dahlberg

Societal explanations of the loneliness paradox

Marja Aartsen, Oslo Metropolitan University

Loneliness and mental health

Stefan Fors, Karolinska Institutet & Stockholm University

Break

A life-course perspective on loneliness among older adults

Elisa Tiilikainen, University of Eastern Finland

Older adults' experiences of loneliness

Magdalena Kania Lundholm, Dalarna University

Unpacking interventions to reduce loneliness

Jerry Norlin, Dalarna University

Break

Feedback from participants

Neda Agahi

Age-friendly cities as a tool to reduce loneliness

Anne Berit Rafoss, Centre for an age-friendly Norway

Take-home messages for the civil society

Marie Louise Söderberg, The Swedish Association of Senior Citizens (SPF)

Take-home messages for social and health services

Tereza Keprdova, Kristianstad local authority

Concluding remarks

Louise Scheel Thomasen

Neda Agahi

Lena Dahlberg



**Nordic Welfare
Centre**



**DALARNA
UNIVERSITY**



**Karolinska
Institutet**