

# Workshop

## Nudging out of loneliness



### Description

This workshop is organized as part of the *Nudging Out of Loneliness (NOLA)* project. It aims to create a dialogue on how loneliness and social isolation affect well-being in older adults and how improving social engagement can enhance cognitive abilities and neuroplasticity.

Bringing together insights from neuroscience, behavioral science, and social management, this event aims to contribute to understanding how behavior can be influenced to address social isolation and its broader impact on health and welfare.

**Date:** November 18, 2024

**Time:** 2:30 PM

**Location:** School of Economics and Management, Room EEG 1.33

### Organizing Committee:

Adriana Sampaio, CIPsi

Cristiana Cerqueira Leal, NIPE

### Scientific Coordination:

Adriana Sampaio, CIPsi

Cristiana Cerqueira Leal, NIPE

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### Workshop Program

**2:30 PM** – Opening Session

Adriana Sampaio, Cristiana Cerqueira Leal

**2:40 PM** – *Nudging Out Loneliness: The Seniors Perspective*

Hugo Couto

**3:10 PM** – *Nudging Out Loneliness: The Social Managers Perspective*

Cláudia Rodrigues

**3:40 PM** – *Nudging Out Loneliness: A Neurobiological Perspective*

Adriana Sampaio

**3:50 PM** – *Nudging Out Loneliness: A Behavioral Science Perspective*

Cristiana Cerqueira Leal

**4:00 PM** – Roundtable Discussion: *Nudging Out Loneliness – Intersecting Perspectives and Actions*

*Moderator: Adriana Sampaio*

*Alice Delerue Matos, Ana Carolina Santos, Cristiana Cerqueira Leal, Diego Pinal Fernandez, Eva Oliveira, Joana Coutinho, José Miguel Soares, Lúgia Pinto, Marieta Valente, Montse Fernández Prieto, Nuno Rodrigues, Pedro Moreira*

**4:45 PM** – Closing Remarks

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