1. Hoe lijkt eenzaamheid
   * Struggle to accept loss of family
   * Huii, eet
   * Longing for past because in earlier years they had family & friends
   * Reminiscence because in earlier years they had family & friends
   * Inability to let memories and past go because something is keeping them from moving on and forgetting
   * Loss of purpose in life because they can't do anything purposeful & loss
   * Reduction of life because they can't do what they used to
   * Struggle to acceptance because they keep referring back to old life
   * Loss in activities of importance in their life
   * Eat sleep (routine)
   * Loss in social involvement
   * Struggle to accept losses
   * Restlessness at night because of thought

2. Hoe voel eenzaamheid
   * Trapped because can't move, can't do activities
   * No freedom because they can't communicate
   * Hopeless because they don't have anything to do with all the time
   * Feeling of loss in activities and doing things of importance
   * Frustration and depression because they are bored because they miss children
   * Loss in relationships with family & friends because of death
   * Reminiscing of past activities & death
   * Feeling of eating a.g.i. nice situation what maybe is
   * Longing for perfect past with family & husband
   * Refering back to bury past

3. Hoe kom eenzaamheid
   * Longing for children because they have little contact
   * Boundaries that is keeping them from adapting
   * Reduction of life (loss in friends & activities)
   * Little stimulation in terms of not being able to do activities
   * Don't struggle
   * Loss of patience/children to death
Hoe lyk een omhels:

* broken/lack in meaningful + loving relationship with family (20)
* loss in sense of ownership (20)
* loss in control (20)
* missing places of importance
* missing being involved in things that happen in places of importance (20)
* longing for the past (20) that was happy + beautiful existing with family
* loss of family because of death + rejection (23)
* little involvement of family because of people being difficult/making mistakes (23)
* lack in forgiving themselves (23)
* feelings of anxiety + anger (24)
* loss/broken contact/relationships with important others (25)

Hoe voel een omhels:

* missing having things of importance around them (20)
* worthless to important people in life (children) = meaninglessness (22)
* rejected by important people (23) + (25)
* feelings of not existing to children + spouse (23)
4. Hantering van eenzaamheid

* Presence of others ③
* Supporting others by doing things for them (older people) ③
* Finding a meaning in life / sense of life / getting involved ③
* Keeping busy with other activities ①
* Doing things for people, communicating ①
* Letting go of past ⑩
* Humor
* Religious comfort / support to deal with losses causing loneliness ⑤
* Keeping busy with creative activities stimulates thoughts ⑤
* Socially involved with other older residents ⑦