

LAB Case Study

TED^x Glasgow
x = independently
organized TED event



Connecting environments & opportunities for healthy ageing

Healthy ageing doesn't begin once you get older, it starts from the moment you're born

TEDxGlasgow attendee's joined us to explore the intersections between trust, identity, data, our environment and ageing. Through the use of collaborative and visual tools, engagement and creative thinking - we explored how these elements could impact our relationship with health and social care services of the future.



Background

Healthy ageing is a key priority area for future innovations in health and wellbeing identified by the Scottish Government (www.gov.scot/publications/fairer-scotland-older-people-framework-action/) and building on the World Health Organisation's priority towards achieving the Sustainable Development Goals (www.who.int/ageing/sdgs/en/).

While national and global priorities currently focus on improving the lives of older adults in our societies, increasingly there is a recognised need for a life course approach to healthy ageing.

The life course approach to healthy ageing recognises that all stages of a person's life are intrinsically intertwined with each other, with the lives of other people in society and with past and future generations and provides opportunities for exploring and developing a more comprehensive and holistic view on the topic.

LAB Attendees

LAB Participants from a range of backgrounds including the Government, local authorities, third sector, NHS and members of the public offering different perspectives during the challenge.

A variety of sectors and age ranges covered during the LAB discussions and activities.

- Morgan Stanley
- Girlguiding Scotland
- CodeClan
- Oxfam
- JP Morgan
- The Prince's Trust
- Scottish Enterprise
- CCA Global
- CSIC
- SJD
- Self-employed
- NHS

LAB Activities

The Lab focused on two interactive group activities.

At the start of the Lab, participants were introduced to a design-led approach for innovation in health and social care in Scotland that included the concepts of co-design – ‘designing with, not for people’ and, creative engagement and prototyping – using tangible and creative methods and tools to include multiple stakeholders to design future systems and services.



Activity 1

Participants were introduced to the topic of 'healthy ageing' and asked to capture individual thoughts on the topic on a postcard provided: **'What does healthy ageing mean to you?'**

Participants then shared their thoughts, and worked in groups to answer, **"When do you start ageing?"**

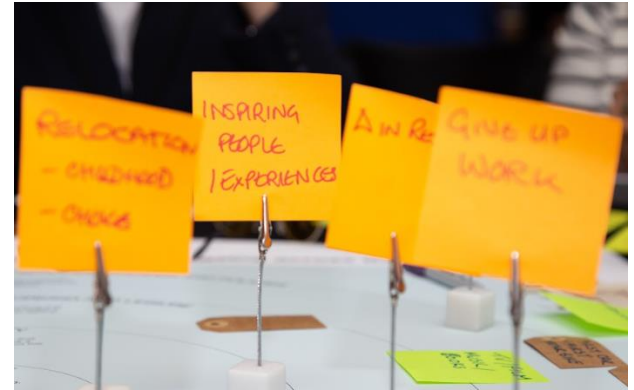
A ball of wool was provided on each table and some milestone flags and pegs, and participants were asked to use these to discuss and visualise key stages/ events/ milestones in a person's life – along with the researchers facilitating a discussion on **'How do you define 'life stages' – chronological/ temporal, socio-cultural, individual etc.?'**



Activity 2

Participants worked in groups to answer, **“How might we create enabling environments for healthy ageing across the life course?”** Each group was provided with a base map on the table representing physical, social, economic and political environments in concentric circles. Participants were asked to map ‘gaps/ challenges’, ‘assets’, ‘opportunities’ and ‘ideas’ for how these environments might impact healthy ageing across the life course.

At the end of the Lab, participants shared key points from the discussions one key takeaway on healthy ageing from the session, on the reverse side of the postcard where they captured their initial perceptions on the topic.



Outcomes

- Successful conversation challenged negative connotations related to ageing.
- Issues covered frailty and loss of independence in later life and shifted thinking.
- Thoughts moved towards a life course approach that recognised connections and impact of choices, behaviours and changes around healthy living across all stages of a person's life.
- Environment impacts to our health and wellbeing and its significance to ageing drew attention to new challenges participants hadn't previously thought of
(e.g. impact of education and social factors on ageing)
- Conversation covered opportunities for a radical shift in how we currently think about ageing
(e.g. moving beyond working in health and care silos to integrating multiple sectors and stakeholders).

Feedback

Visual and material tools in the Lab facilitated participants' participation, noted as engaging and fun.

One participant expressed **“It is a complex policy area that is too big to deal with on a Friday afternoon! But fun...”**

Feedback from the group included:

“There are so many challenges to explore. Much more than I realized.”

“I need to engage more with the DHI on the Healthy Ageing challenge through Digital Office local government.”

“Intergenerational stuff gaining momentum!”

“If you gave me money to pay for my healthcare I would spend it on something else”

“I want to add value, give back, make a difference, from everything I have learnt”



Next Steps

Participants expressed interest to have ongoing engagement with the topic through the DHI work on healthy ageing. Discussion insights will support further development of the healthy ageing cluster chaired by the Digital Health and Care Institute. These include but are not limited to:

- Life experiences and our ability to plan our needs as we grow older (diversity of needs, abilities and approaches)
- Impact of this on how we make decisions (i.e. short/long term gains)
- Multi-generational communities & building in welcome Spaces
- Cost and inequity (overcoming)
- Moving and independence (loss of)
- Education, informed choices to manage changes but also maintain cognitive capabilities.
- Being valued as an older citizen: why is elderly viewed negatively?
- Giving back to younger generations
- Space for another career, still lots to give and do

