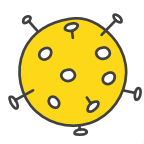


## PROJECT OVERVIEW

TWO MAIN STUDIES - WEARABLE DEVICES & SOCIAL PRESCRIPTION

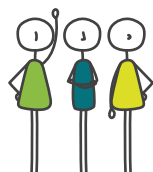
YEARS-LONG STUDIES STOPPED AT COVID



EXPLORE COMPLEX RELATIONSHIPS



PARTICIPATORY, CITIZEN SCIENCE APPROACHES



FOCUS ON LIVED EXPERIENCE



SUPPORTING PHYSICAL ACTIVITY IN OLDER ADULTS & PLACE-BASED SOCIALISATION



59% OVER 65 WILLING TO OR ALREADY WEAR TECHNOLOGY TO TRACK HEALTH



FIRST STAGE SURVEY OF PEOPLE WEARING DEVICES ABOUT BEHAVIOUR & SHARING



55 RESPONDENTS

HAD SURVEY PARTICIPANTS OUTSIDE AUSTRALIA



## ACTIVITY



HEALTHY AGEING REQUIRES UNDERSTANDING INDIVIDUALS

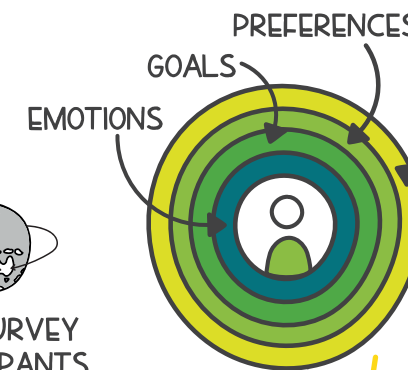
APPLIED EMOTIONAL, QUALITY & FUNCTIONAL GOALS



STAGE TWO - NARRATIVE INTERVIEWS WITH MOTIVATIONAL GOAL MODELLING



8 RESPONDENTS



## COMBINING DATA

HOW MIGHT WE COMBINE THESE DATA SETS?



SCENARIO - FIONA & MERRI CREEK REDUCED MOTIVATION POST-ACCIDENT AS ACCESSIBLE ENVIRONMENT NOT AS NICE



CITY DATA DOES NOT CAPTURE WHAT WE NEED TO SUPPORT THIS DATA COMBINATION

GOOD ENVIRONMENTAL DATA WOULD ALLOW HER TO MAP A NEW ROUTE THAT MEETS ALL HER NEEDS

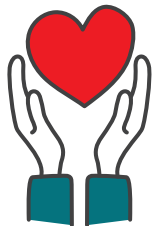


## DEFINING THE CONCEPTS



### HEALTHY AGEING

FINDING WAYS WE CAN STAY CONNECTED; EXCHANGE INFORMATION IN FLEXIBLE WAYS; AND LIVE IN FRIENDLY CITIES



### SMART COMMUNITY

USES IT, INNOVATION & DATA FOR EFFICIENCY, PROBLEM SOLVING & CREATING OPPORTUNITIES

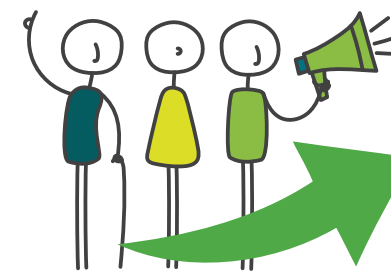


### AGE FRIENDLY

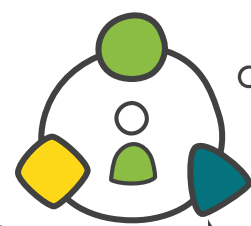
HEALTH PROMOTING & WELL-DESIGNED; ENABLES PEOPLE TO STAY ACTIVE, CONNECTED AND CONTRIBUTING; FOSTERS SOLIDARITY AMONG GENERATIONS; SUPPORT OLDER PEOPLE AT RISK

## SCALING THE VOICE OF OLDER ADULTS

Reflections on co-creating healthy ageing smart communities



A/Prof Ann Borda, University of Melbourne  
Prof Sonja Pedell, Swinburne Uni of Technology



CONNECTING WITH SMART COMMUNITY SERVICES - ACCESSIBLE, USEFUL, DIGITAL LITERACY & OPPORTUNITIES TO CONNECT



E.G. NATIONAL PUBLIC TOILET MAP

EQUITABLE, INCLUSIVE & ACTIVE PARTS OF DECISION-MAKING

FINDING OUT THEIR INDIVIDUAL MOTIVATIONS WILL HELP WITH OPTIONS & GIVE THEM CHANCE TO CO-DESIGN



ACCESSIBLE PHYSICAL ENVIRONMENTS



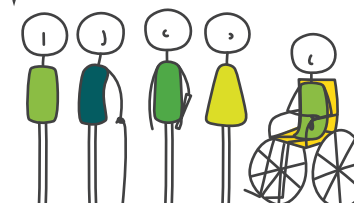
WHO - WELLBEING & QUALITY OF LIFE



INCLUSIVE SOCIAL ENVIRONMENTS

## SUMMARY

WHAT MIGHT HEALTHY AGEING SMART COMMUNITY LOOK LIKE?



OLDER ADULTS ARE NOT HOMOGENOUS

WHAT MIGHT HELP WHEN RECRUITING OLDER ADULTS FOR THIS SORT OF STUDY?

PROVIDE SCENARIOS TO SHOW THE RELEVANCE OF THE STUDY TO THEM



VIEW THEM AS CHANGE AGENTS - GIVE THEM SUPPORT

OPTIONS TO CO-DESIGN

HAVING OLDER ADULTS AS PARTNERS

OPPORTUNITY TO ENGAGE AS CITIZEN SCIENTISTS FOR IMPROVEMENTS

4 STEP OUR VOICE CITIZEN SCIENCE MODEL ©STANFORD



DISCOVER

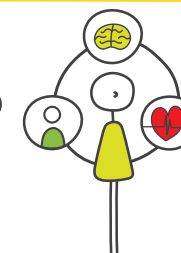
DISCUSS

ADVOCATE

CHANGE

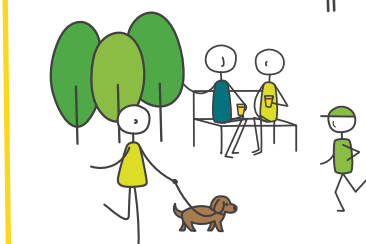


HOLISTIC APPROACH TO SOMEONE'S HEALTH AND WELLBEING



## SOCIAL PRESCRIBING

MANY PROGRAMS INCLUDE WALKING GROUPS



NATURE OR ENVIRONMENT PRESCRIBING IS BECOMING MORE COMMON



PEOPLE ARE WORRIED ABOUT THEIR ABILITY TO FIT IN - THEY MIGHT BE TOO SLOW OR THE GROUP MIGHT GO TOO FAR



ENVIRONMENTAL DATA MIGHT ASSIST WITH MORE KNOWLEDGE

## CITIZEN SCIENCE IN PREVENTION

## COMMUNITY OF PRACTICE

1 March 2023



CITIZEN SCIENCE

drawn by kylie dunn  
dinkylune.com