

CASE STUDY 3 - HEALTHY AGEING WITHIN YOUR REACH

Over 50 individuals including older people, frontline staff in health and social care services, housing, third sector organisations, industry and researchers participated in this second THAW workshop, which ran over five and a half hours. The focus of this workshop was tackling loneliness and social isolation in later life. The program comprised of three activities: Case studies, The Future is Now (a version of [Scavenger hunt](#)) (Figure 1 - 3), and an Invention Test (similar to Service Design) (Figure 4). The THAW researchers also gave brief updates on their projects. In this workshop the showcased technologies included two robots, one app, a virtual reality system, an augmented reality system and an avatar. The workshop was designed to elicit discussion about the multiple factors that contribute to people becoming lonely or isolated in later life and innovative thinking about potential solutions. Interestingly, five of the six groups proposed Virtual Reality as the central pillar of their solution for the individual in their case study.

THAW WORKSHOP ACTIVITIES

CASE STUDIES

Six case studies were created presenting scenarios where people may become lonely or socially isolated in later life. Briefly these were: 1. A 63-year old man who was recently made redundant; 2. A 55-year old unemployed woman with epilepsy; 3. A recently widowed 90-year old retired schoolteacher; 4. A 75-year old man caring for his wife who has dementia; 5. A 58-year old woman with learning disabilities; and 6. An 82-year old woman who has recently had a stroke. This activity comprises two parts. Part 1 examines the issues that may impact on the mental well-being of the person in the case study. Part 2 looks at the different perspectives of those involved in the case including the individual, their family, their GP, social worker, etc. Participants are asked to identify any other people, services or organisations who could or should be involved.

THE FUTURE IS NOW

A version of Scavenger Hunt, participants are asked to visit stations set up around the room to gain an understanding of what they do now or could do in future. Each person is asked to complete one side of a two-sided form as they go around the stations, adding any comments to side 2 when they have been around all of the stands. Then, as a group consider each table is asked to consider what the technologies could offer the person in their particular case study. They are also asked to consider issues relating to ease of use, accessibility, cost, reliability, availability and adaptability. At the THAW 2 workshop the stands contained the following items: Miro robot (Figure 1), Telepresence robot (Mantarobot), Virtual Reality (Vive) (Figure 2), Pacifica app, 'Eliza' therapy avatar (prototype) (Figure 3), augmented reality medication reminder (prototype).



Figure 1 THAW 2 workshop The Future is Now - Miro robot



Figure 2 THAW 2 workshop The Future is Now - Virtual Reality



Figure 3 THAW 2 workshop The Future is Now - Eliza therapy avatar

INVENTION TEST.

The aim of this activity is to be creative and to work with the different perspectives to imagine new technologies or services. Participants are invited to consider any of the technology in the room or to invent one. They are asked to say how the technology might be used, adapted (as necessary), produced, developed or combined with other things to support the person in their case study. The session ends with each presenting their 'invention' and describing show it could meet the needs of the individual in their case study.



Figure 4 THAW 2 - Invention Test - Case 5.