

# Anticipatory Care

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previous insights

# EDUCATION

No respect towards older people

No preparation for family members as carers

Lack of information before the retirement

# RELATIONSHIP

Too many different people attending same person

Big class and ethnical differences

Tired of working 24/7

No support for family members as carers

« People are afraid of older peoples »

making society realize that they are useful

No transparency of the service offer

# PARTICIPATION

Lack of activity

Allow them to choose if they want to take risks

Achievement after retirement

# previous insights

## EDUCATION

Propose educational services, that prepare people for older life, as well as their family members, which become carers. How to deal with the older live/illnesses of older life in advance.

## RELATIONSHIP

Try to increase the relationship within the community and with the service providers, in order to have more people taking care of others.

## PARTICIPATION

Promote the participation of the elderly in the society and enable them to be active / give-and-take mentality

what we focus on :

ANTICIPATORY  
CARE

EDUCATION

RELATIONSHIP

PARTICIPATION

KEEP ACTIVE

Give easy access and awareness to care facilities

care facilities reaching out to the elderly in advance

Give info for family member about a care when they become a carer

Older people

Young people

Creating better awareness so that youngsters also take an active interest

Combined social activities

Creating a new policy within the social structure

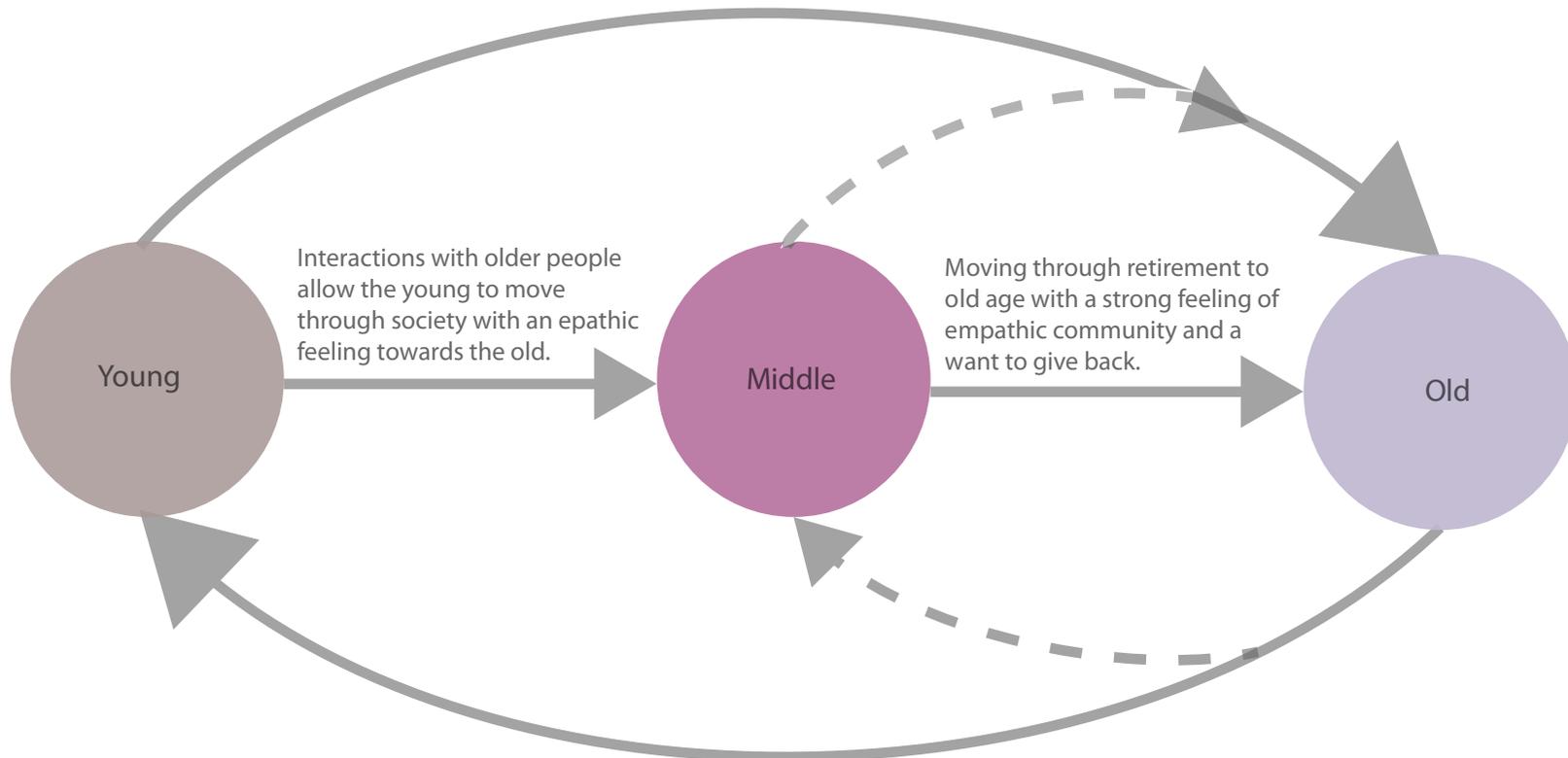
Cultivating a give-and-take mentality

increasing the  
**AWARENESS**

in the society  
through getting young  
and old together

# Utopia

Interaction and Education creates Empathy towards Old People



Interactions with older people allow the young to move through society with an empathic feeling towards the old.

Moving through retirement to old age with a strong feeling of empathic community and a want to give back.

Old People Interact, Educate and Share with younger generations

food for thought :

research,  
inspirations,  
meetings



studying

being involved in the society,  
the citizen life,  
the collectiv discussions...

playing cultural games

*having pets*



sharing a flat, a garden  
**co-housing**

*cooking*

being a singer

being famous in adds



# inspirations

1. Evian adds
2. Knit graffiti art
3. Golden Hook brand



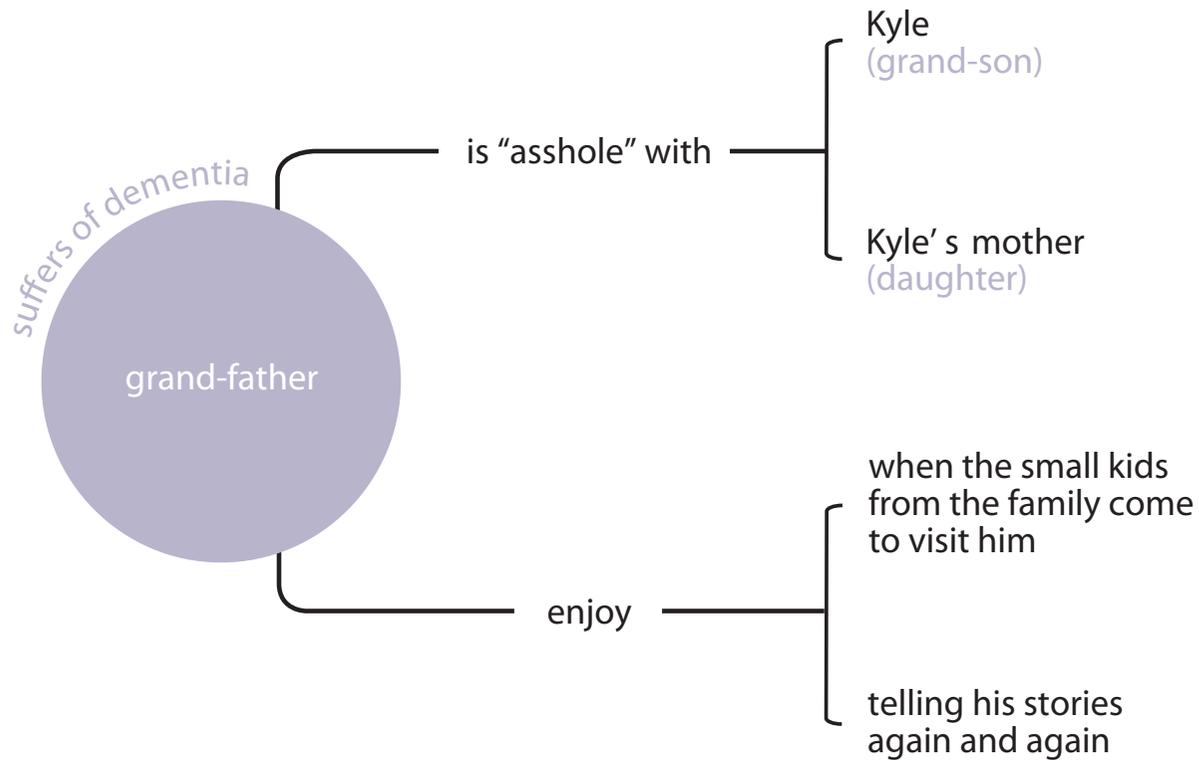
time banks / home nursery playgroups / car-sharing / ethical purchasing groups / producer markets / self-help groups for the elderly / shared gardens / ecosustainable villages / vegetable gardens in parks / weblogs / co-housing / neighbourhood self management / home restaurants / local micrologistics / community supported agriculture / tool exchange / elective communities / small producer networks...



Mehr  
Generationen  
Haus Heidelberg

# meeting with Kyle

*« People here don't give a shit ! »*



- kids should be more involved in voluntary work in relation with older peoples, and get credits for this at school

# meeting with a GP

*"The honest answer is that we don't do as well as we should do."*

GP, about anticipatory care



Anticipatory Care ?



admission  
to hospital

# meeting with a GP



- staying active
- doing some exercises, sport, activities
- behaviours
- agree with «taking risks», but acknowledge that it's a cultural issue, we are too risk-regarding

# meeting with a GP

awareness ?

- GPs aren't trained to anticipate with awareness towards old age
- they use their intuitions...
- the «health lectures» : a good way to learn about common sense, practical ideas, basic clues just by LISTENING



We'll help you untangle your thoughts and emotions and help you get back on the right path to wellbeing.

**NHS**  
Greater Glasgow and Clyde

**PATHWAYS**  
to wellbeing [www.nhsggc.org.uk/pathways](http://www.nhsggc.org.uk/pathways)

**FIVE PATHWAYS COURSES**

- ▶ **DIRECTIONS**  
Shorter sessions on coping with worry, goal setting, confidence, sleep and staying in work.
- ▶ **WELLBEING - EVENING COURSE**  
Begin to relax, problem solving, tackling worries.
- ▶ **GETTING THE LIFE YOU WANT**  
Developing motivation, achieving goals and improving mood.
- ▶ **BUILDING SELF CONFIDENCE**  
Feel more confident about yourself, ask for what you want.
- ▶ **SLEEP**  
Try new ideas to get a better, more refreshing sleep.

If you are interested in any of the above courses, please call our 24 hour answer phone on 0141 577 7746 or text 07786 203 193 to leave your contact details and we will send out information about the course. Alternatively if you wish to speak to a member of the team, please call 0141 577 7729 and we will arrange to call you back.

# meeting with Social Carer

## ACTIVITIES

- community development : groups based on thematics or geoagaphic
- community educational centre - community halls - when different groups are formed, you can let the hall for the activity
- complexity of clustered people by age or activity : «i'm not like them, I don't want to do that !»

## YOUNG & OLD

- media fixes the older people fears about young people
- for example, they are afraid about piercings and tatoos
  
- in schools : shared canteen between pupils and pensioners

## PERSONAL FEELING

- living stories : we can learn a lot about their experience.

# talk with Volunteer

*...quotes*

As long as both groups live in the same community, but don't have any common interests, it will be very difficult to share mutual respect.

I would have thought that the idea of 'sharing skills, stories' etc would be very apt, where a young person is providing support to a parent and needs advice from a senior person who may also be a carer.

I think the media in general like to highlight shocking cases of violence, intimidation and a general lack of respect on the part of younger people towards senior members of society, and this is the over-riding message that gets communicated.

# talk with Older People

*...quotes*

two different planets

media is a problem

sense of place in the community

i would sit with kids

not enough options available to entertain everyone's interest

if the hall wasn't here, we would be stuck in the house

sat in the house looking at four walls

better than vegetating

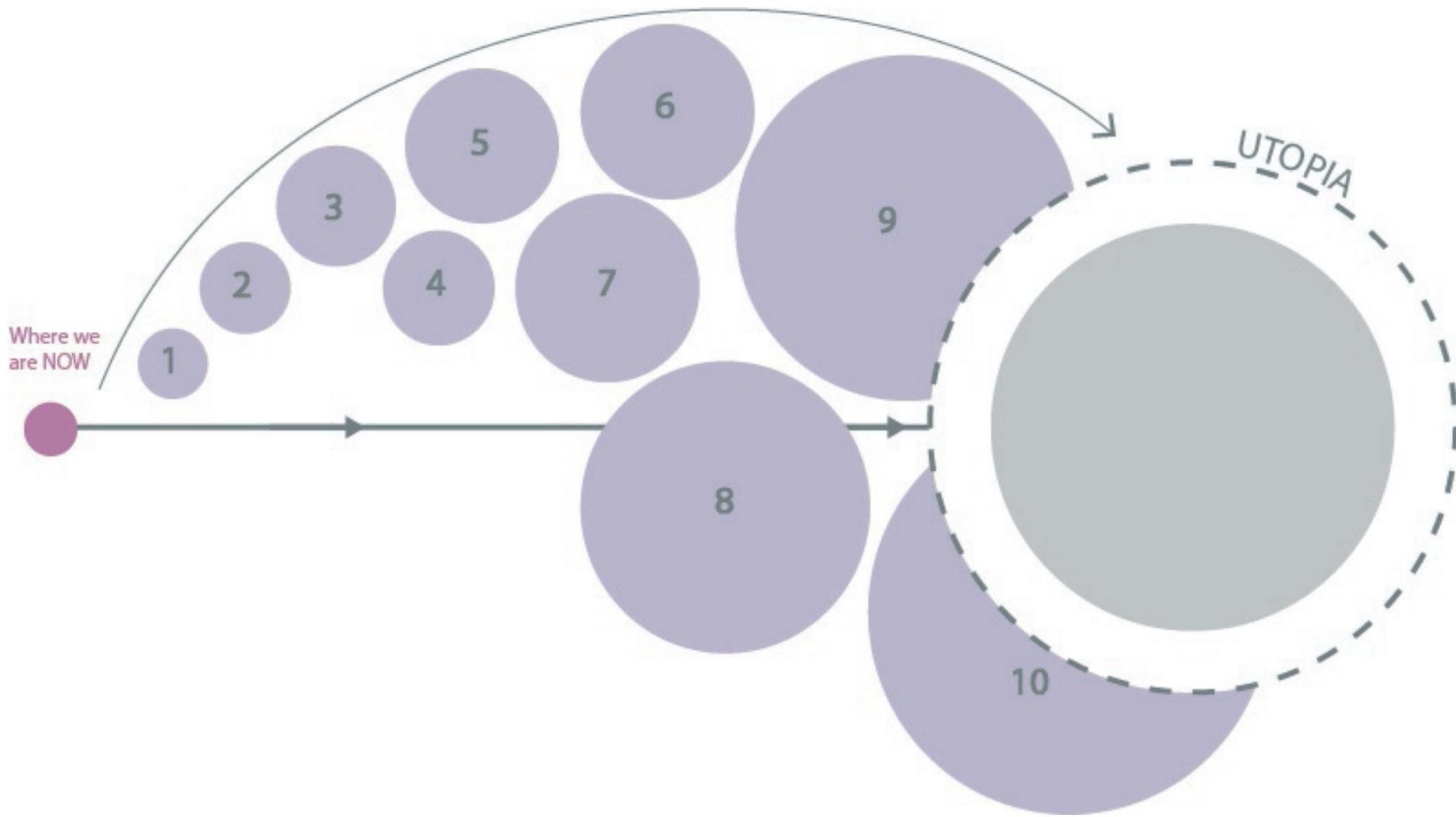
something to do

Bhutan happiness

what exists :



# Our concepts



# CREATING AWARENESS

advertisement and campaign

## EDUCATING at school

- workshops
- activities
- fun
- knowledge

introducing to  
responsability  
inside commu-  
nity

age of 8 - 12

## WORKING as volunteer

- managing  
workshops
- orienting
- business  
support

being part of  
organisatory  
system

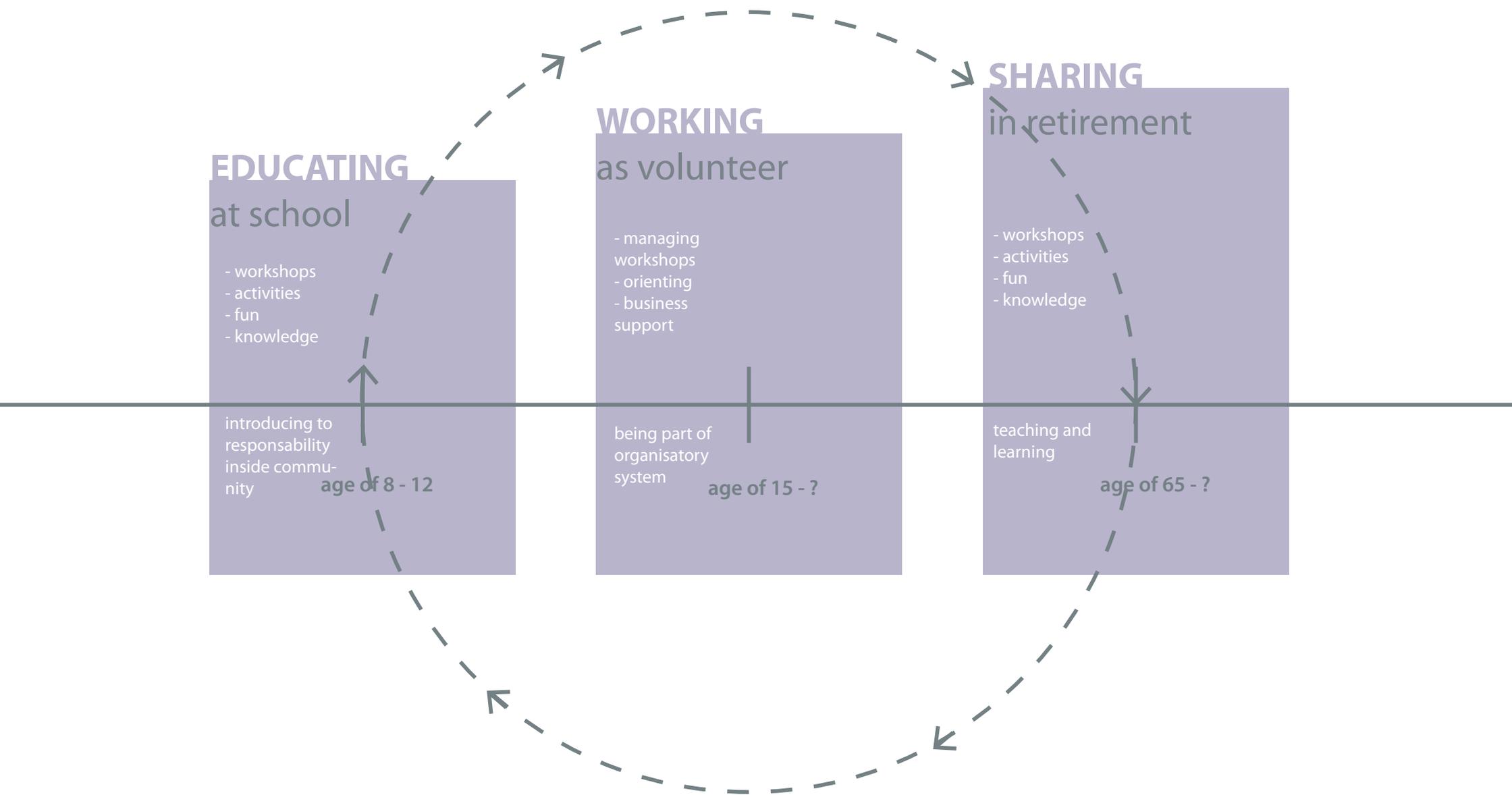
age of 15 - ?

## SHARING in retirement

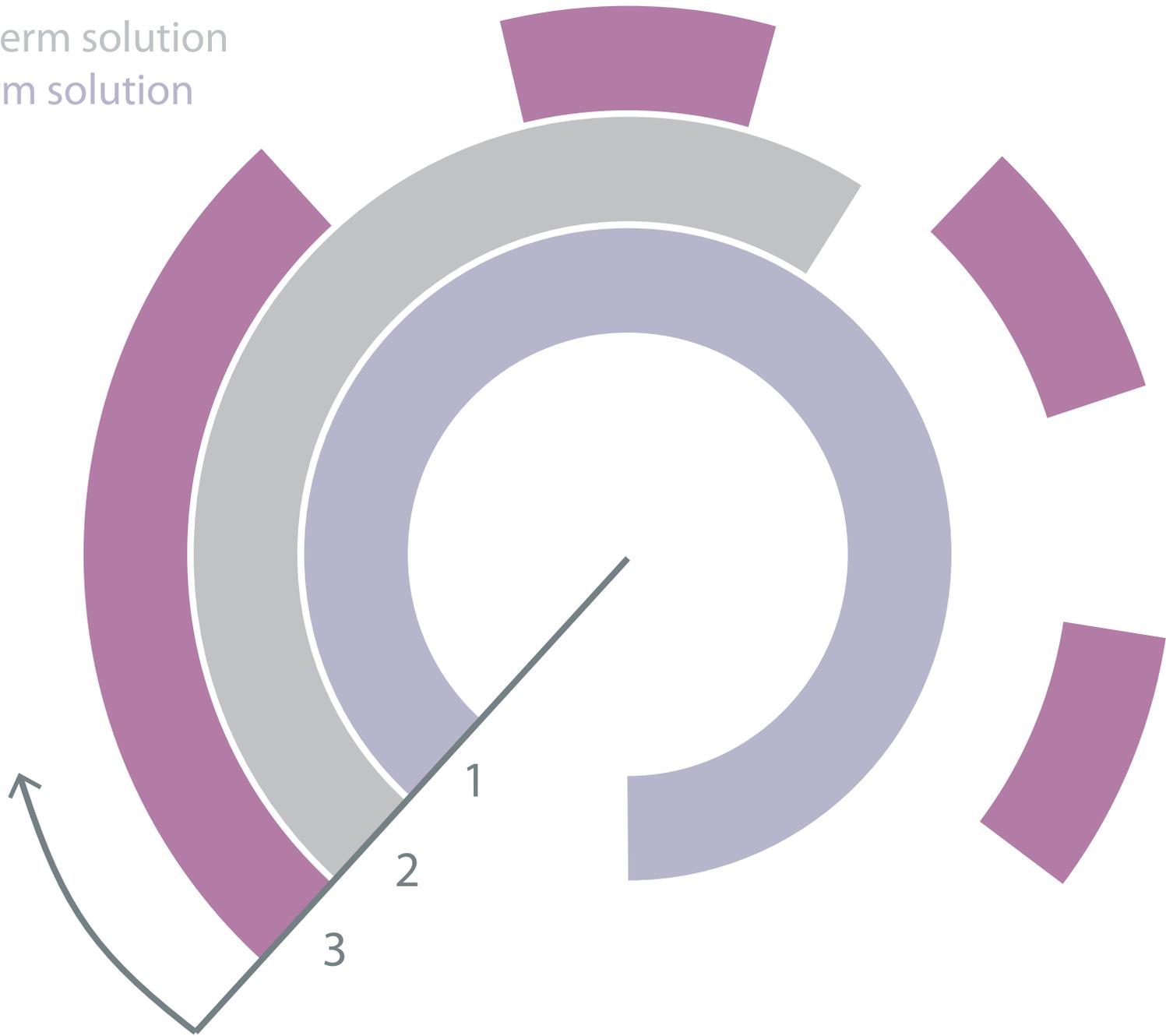
- workshops
- activities
- fun
- knowledge

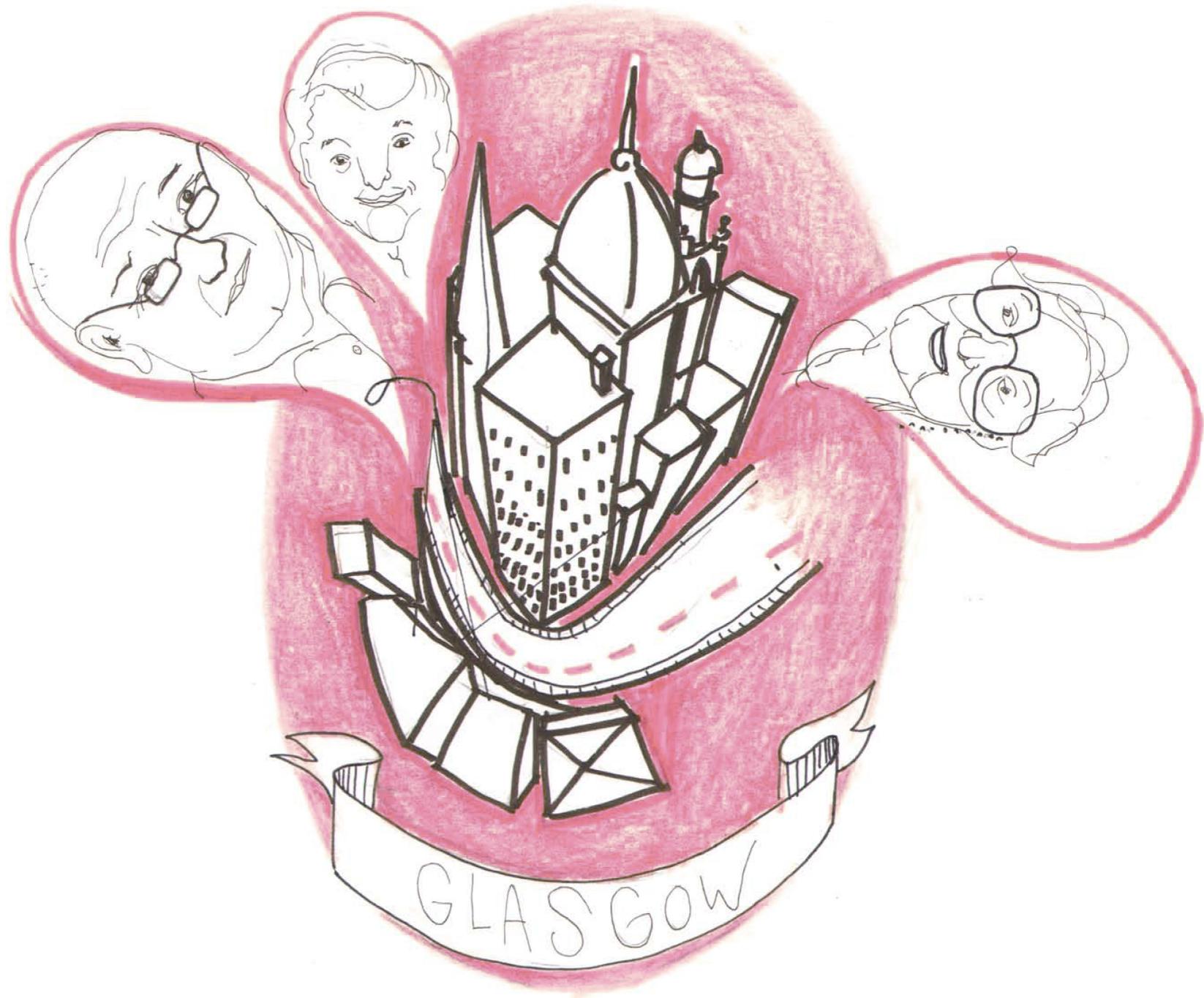
teaching and  
learning

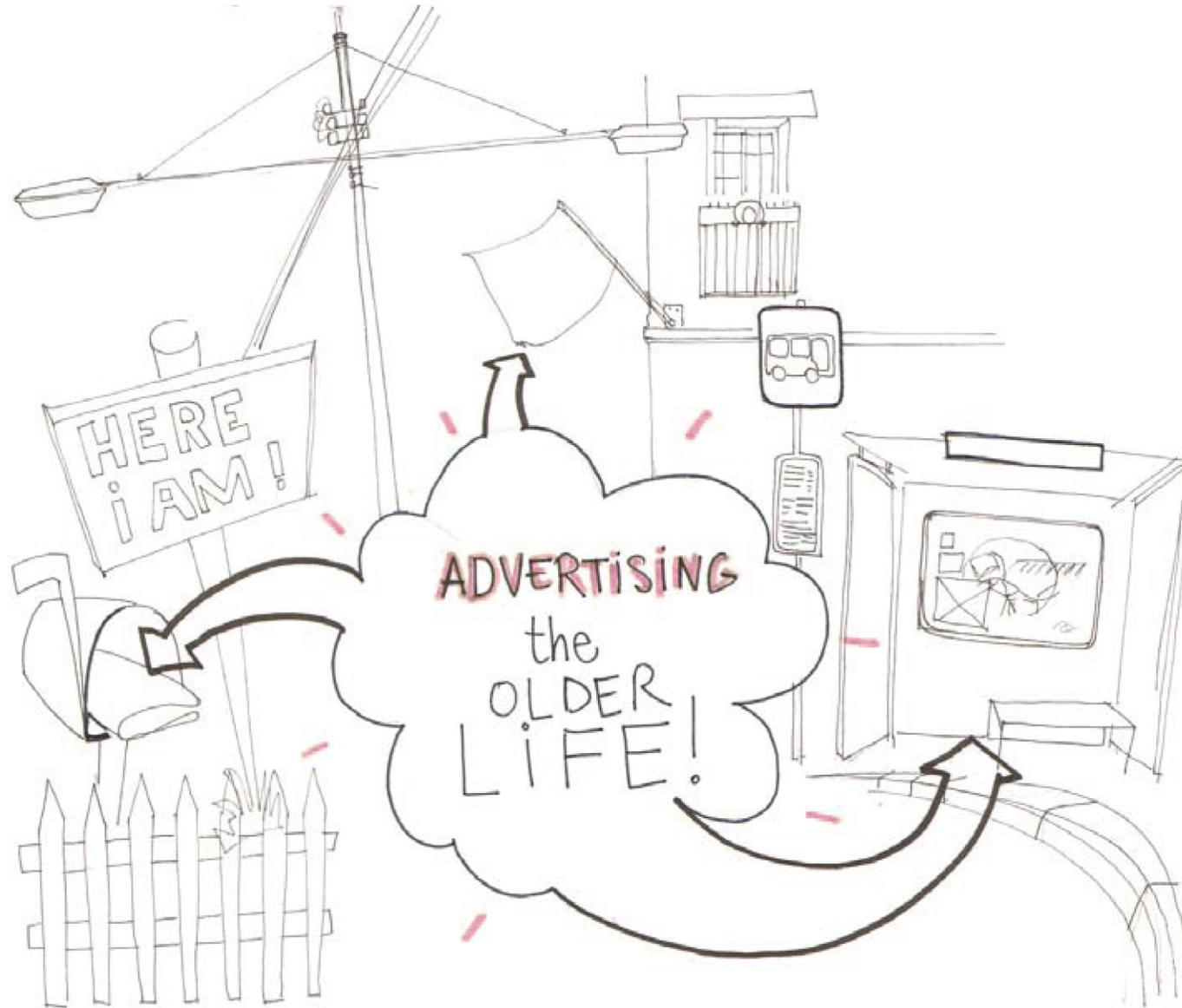
age of 65 - ?



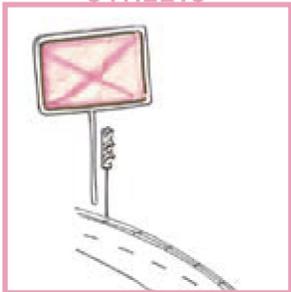
Short term solution  
Middle term solution  
Long term solution



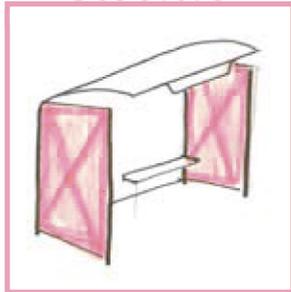




STREETS



BUS STOPS

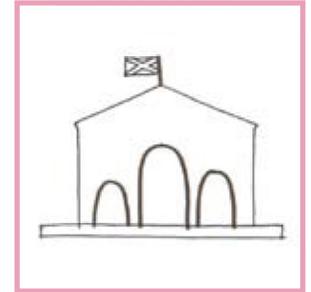


PARCS



PUBLIC PLACES

CITY HALL



SCHOOLS



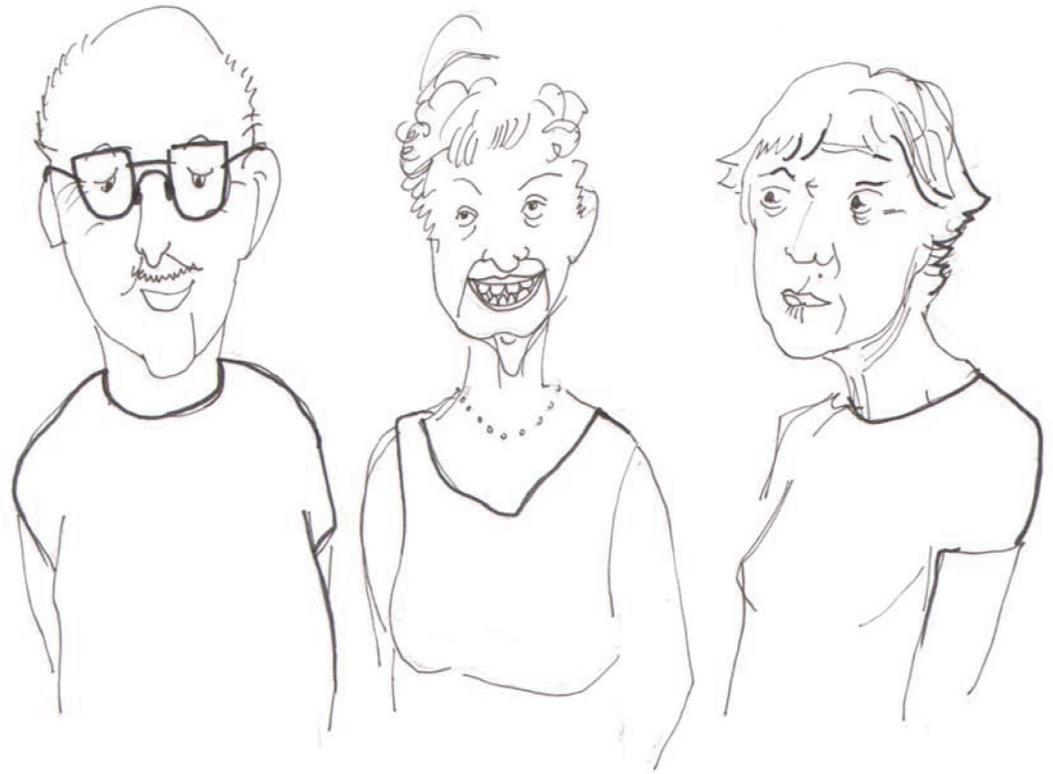
HOSPITALS

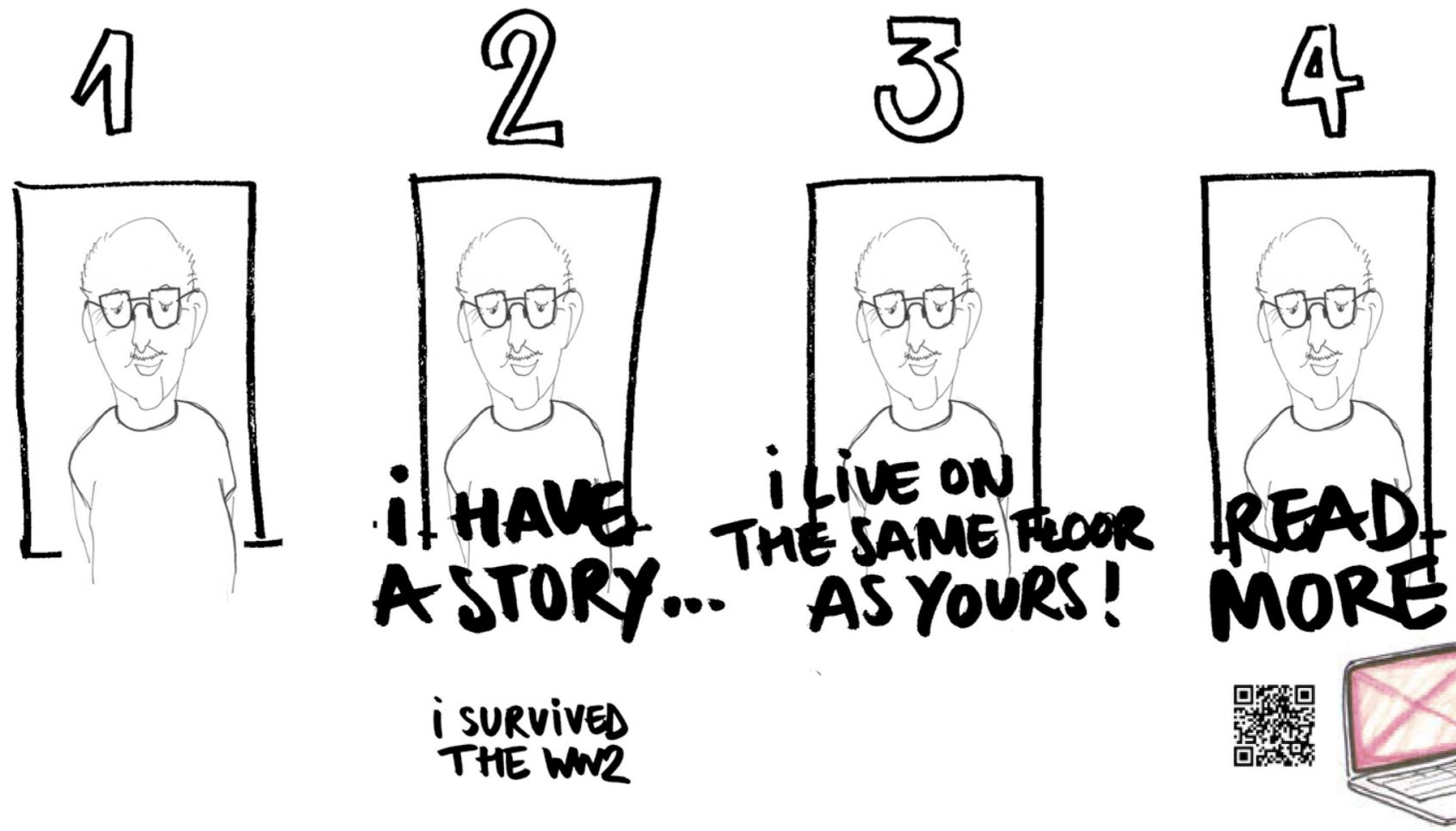


AIRPORT



INSTITUTIONS





« true stories, living memories »

no lie about older life  
no exaggerated smiles



# the need

create a new routine

maintain their social life in an active manner.

motivate themselves and self initiation into getting involved in various activities.

do away with the boredom and to do something creative or purposeful.

# the aim

a part time activity where they meet to work and share ideas.

to keep abreast with latest developments and techniques in the respective areas.

to have a tangible output that can be displayed or sold.

to be conducted at easily accessible public venues such as schools or community centres, but does need a dedicated space.

# the activity

## how it benefits the elderly

should be appealing or be of genuine interest to the person.

should involve various age groups or different generations so that they don't feel like they are in an old age facility.

should enable them to put their skillset and knowledge to use.

should allow them to share what they have and have something in it for them to gain.

opens their mind to new opportunities.

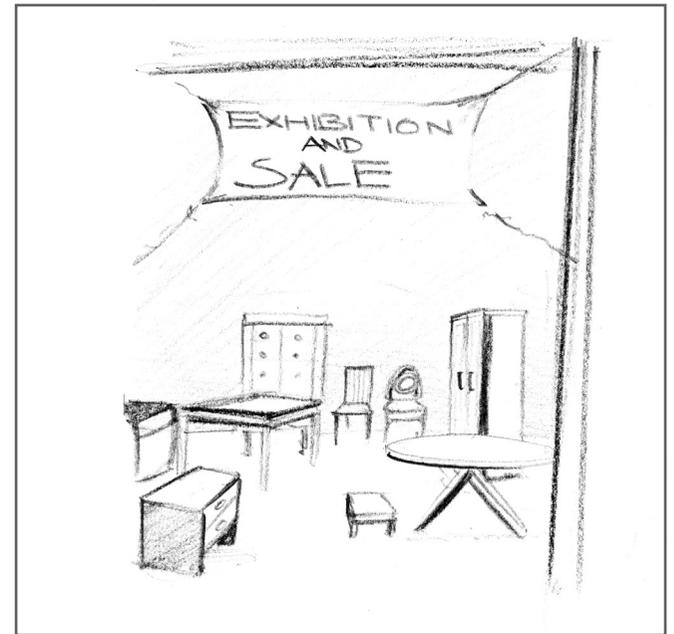
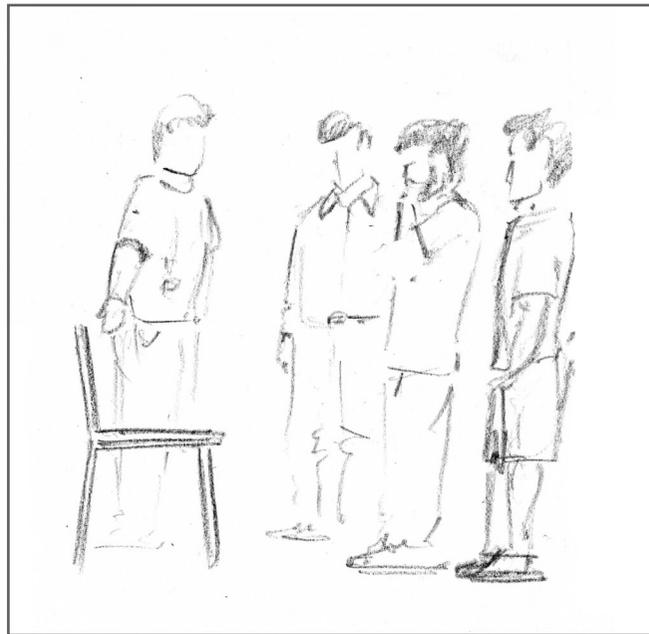
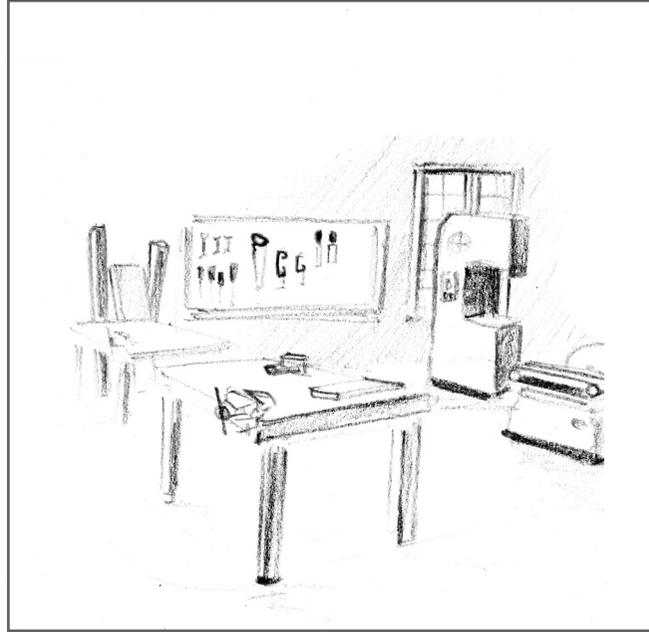
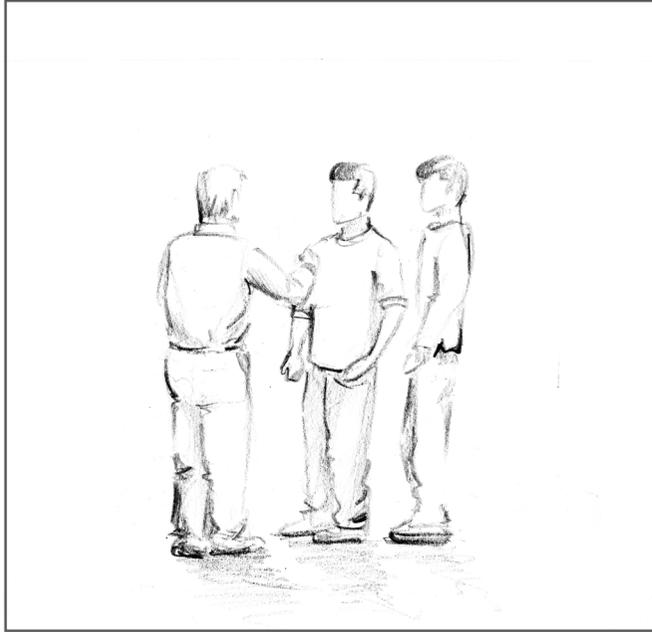
can gain them credit in their academic records.

would be able to learn things from elders that they would otherwise not be taught in schools or colleges.

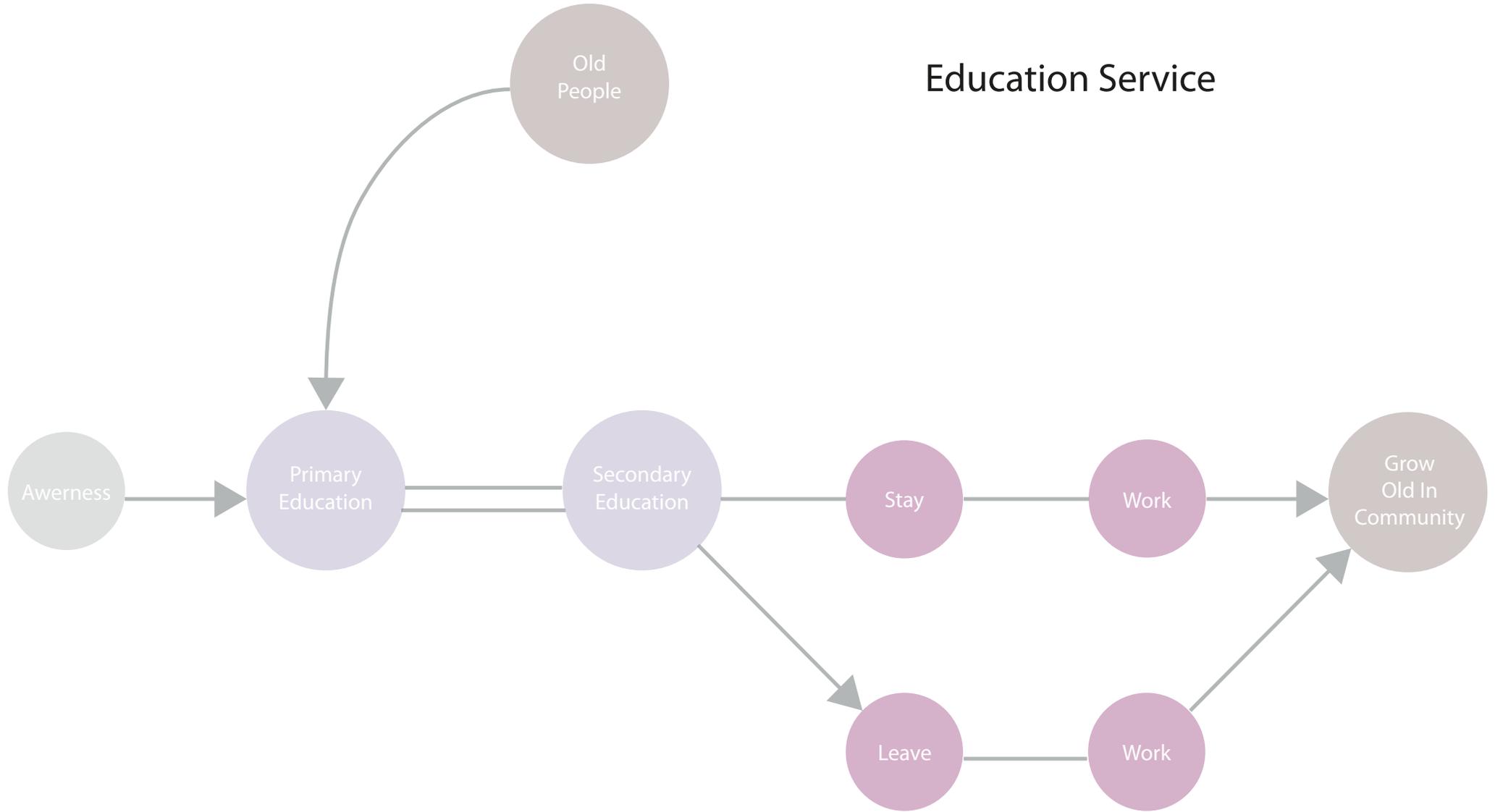
would be an opportunity for them to take their hobbies and interests to another level and hopefully make some pocket money out of it.

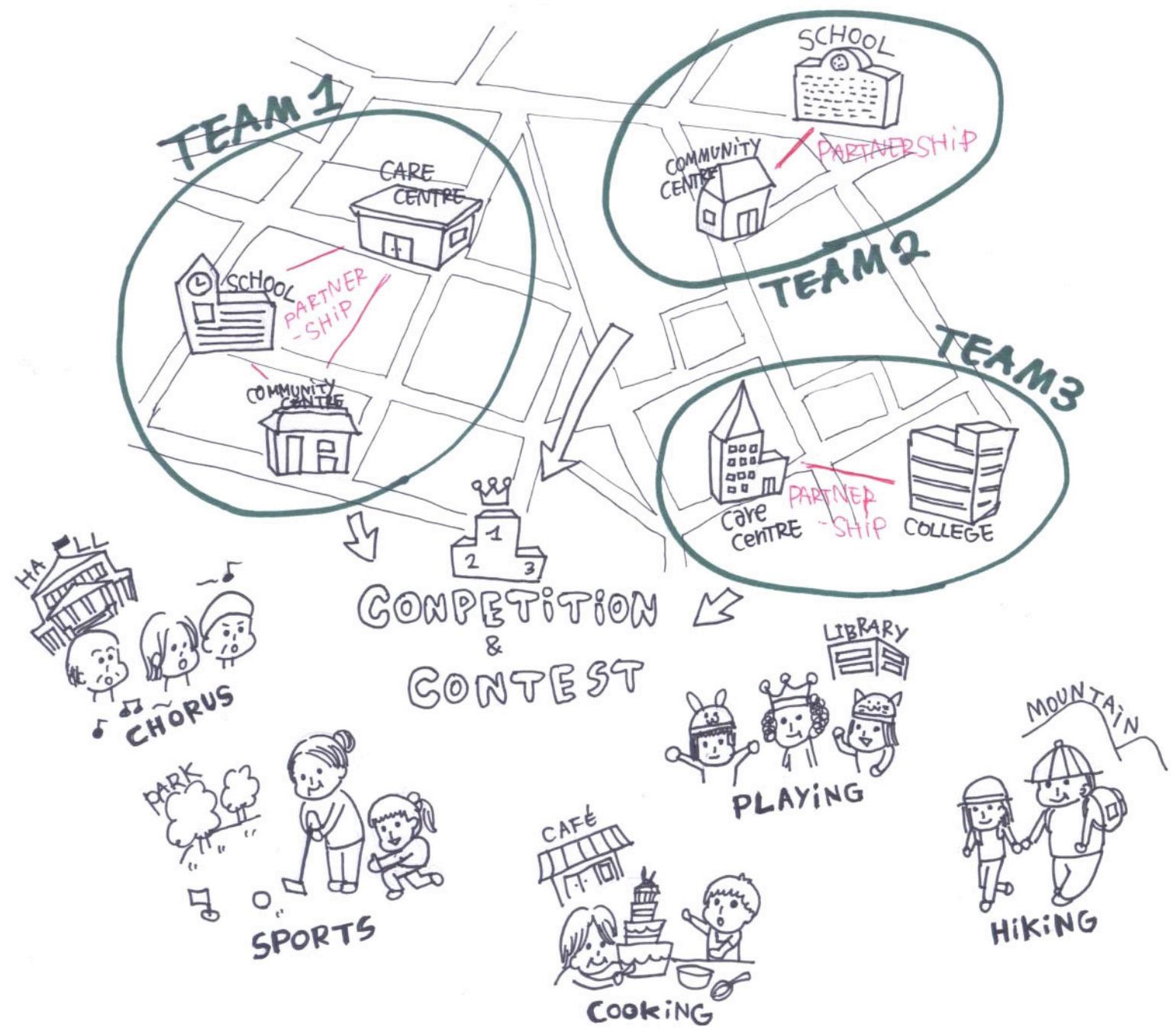
## how it benefits the youngsters

concept | workshops involving various age groups.



# Education Service





## Benefits

- Introduction between young and old breaks down preconceived judgments created by media
- Particular emphasis is put on young people learning and understanding old age in terms of Anticipatory Care
- This greater understanding and interaction from young members of the community will create a more empathic understanding of old people.
- Particular emphasis is put on young people learning and understanding old age in terms of Anticipatory Care
- The creation of an Empathic Community means people look out for one another
- More time for social workers allowing them to then input in a more positive way to the system
- The health care system may see a benefit of more free beds
- The voluntary service may see a rise in part time or full time volunteers?

Thank you