

Centre for Co-Created Ageing Research



Vanessa Burholt, Ngaire Kerse, Jo Hikaka, Tia Reihana

Karakia and welcome

Tutawa mai I runga

Tutawa mai I raro

Tutawa mai I roto

Tutawa mai I waho

Kia tau ai, te Mauri tu

Te Mauri ora, ki te katoa

Haumi e, Hui e, Taiki e.

Come forth from above, below, within and from the environment.

Vitality and well-being for all. Strength in Unity.

Waiata – Te Aroha

Te aroha
Te whakapono
Me te rangimarie
Tätou, tätou e.

Kia kaha ra
Kia manawanui
Kia u, Kia Maia
Tatou, tätou e.

*Love,
Hope,
Peace,
For us all.*

*Be strong.
Be Patient.
Be Strong minded.
Be Brave.
All of us together!*

Plan for the day

Time	Topic	Facilitator
10.00	Karakia and welcome	Ngaire
10.20	<ul style="list-style-type: none"> • CCREATE-AGE - who we are and our story (Ngaire) • Getting to know each other (All) • Sharing aspirations (All) 	Tamika
11.20	PRESENTATIONS:	
11.20	How CCREATE-AGE is set up	Jo
11.30	Intro to Co-Creation and what it means in practice	Ngaire
11.50	Research Development Groups (RDGs)	Ness
12.10	LUNCH	
12.40	CCREATE-AGE Groups	Tamika & Rosie
1.00	PANEL	Tamika
1.40	Next steps and upcoming events	Tamika
1.50	Closing remarks and karakia	

Co-creator community - Getting to know each other

Ko wai katou (Who are you – the whānau/network/group/organisation you are bringing to this hui?)

No hea koutou (Where are your rōpū from?)

I tautoko ana I te Kaupapa (How do your aspirations of your rōpū align to the CCREATE-AGE pūrākau (story) and the aspirations/themes/focus areas on projection? What do bring today to the co-creation setting?)

Areas and Aspirations

- Older people
- Equal partnerships
- Community-up process
- Transform ageism
- Equity and justice
- Research by community
- Impact for community
- Research about:
 - Place & Community
 - Health & Wellbeing
 - Work, 'Retirement' & Income
 - Equity
 - Architecture & Design
 - Technology, Engineering, Digital economy

How CCREATE-AGE is set up and run - Jo

- Research : Our primary function
 - Priorities identified by communities ('listening events')
 - Themes and theme leaders
- Structure
- Financial stability : Base funded for 5 years (Transdisciplinary Centre)
- Fund raising eg, Daily Living research space ; Aged Care Consortium



Older people as co-creators

INVOLVEMENT

Research carried out with and/or by older people

ENGAGEMENT

Mutual transfer of resources and knowledge

PARTICIPATION

Recruiting older people to participate in projects

GOVERNANCE AND ASSURANCE

Oversight Board

Advisory Group

Māori Kaitiaki Group

Directorate

Operational Management Group

Strategic Management Group

Research Development Groups

Involvement & Engagement Group

Communication & Publicity Group

Impact [Knowledge for Positive Change] Group

DELIVERY

Structure of CCREATE-AGE.
Public involvement in **Management & Advisory Groups** and **Working Groups**.

Management & Advisory Groups

Working Groups

Working groups

Involvement and engagement

Help us develop written material (e.g. leaflets, adverts)
Assist with public engagement activities or tend stands at public events

Publicity and communications

Work with a range of media (e.g. our website and printed materials)

Knowledge and impact

Develop ways to keep track of the knowledge co-created and the impact it has had on people and society

Research and development

You would be provided with training: to assist in identifying questions, designing research projects, or conducting research

CCREATE-AGE people and collaboration

- Community of Co-Creators (you all)
- Working Groups (some of you)
- Operational Management Group and Directorate (Co-Directors and team (in the shirts))
- Leadership & Governance Groups ("quadruple helix" collaboration)



Research themes & Theme leaders

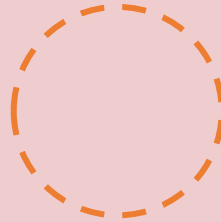
Health & Wellbeing



Work, Income & Retirement



Place



- Rebecca Sharp (Becks), Snr Lecturer, Psychology
- Rubina Bogati, Professional Teaching Fellow, Nursing
- Alan Wang, Associate Professor, Bioengineering Institute



Technology, Engineering & The Digital Economy

Equity, Inclusion & Future Generations

Architecture, Creative Arts & Design

Bringing funding and more

Rachel Hopkins

- Commercial Engagement
- Experience in Aged Care
- Apologies from Europe (visiting whānau)



Akerei Maresala-Thomson

- Commercial Engagement Maori & Pacific
- Connecting with Franklin
- Hosting us at Pasifika Digital Knowledge Bank, Pukekohe
- Apologies for today



Introduction to cocreation – Ngaire



RDG: Aged Care in a Changing World. Flourishing with Care

The aim of the conversations was to explore what was meaningful for them to live a good life in care

Methods that created ways of communication:

- Pictures of home references
- Cup of tea and food contributions
- Sculptures
- Smell
- Drawings made by them

“Just ask people. Well, what do you feel about the way you are living? Robert

We are seeking older people and family members for help with our research

“Aged Care in a Changing World; Flourishing with Care”

Are you 65 years (50 years for Māori) or more and receiving care/support in an Aged Residential Care facility or at home?

Or, do you have a family member over 65 years (50 years for Māori) receiving care in an Aged Residential Care facility or at home?

If yes, you are welcome to join our study exploring ways of flourishing in care!

Can you join us for up to **three workshop sessions, each lasting about two or three hours?** The workshops will be in small groups of 5-8 people, and spread over 6 weeks. The focus of our research is:

“What is flourishing in care like and how can care and support be the best for older people?”

Helping with this research involves a combination of small group workshops followed by individually trying out of some methods at your own home / facility. Members of this Research Development Group will receive gift vouchers after the workshop sessions.

For further information please contact

Professor Ngaire Kerse
Joyce Cook Chair in Ageing Well
Faculty of Medical and Health Sciences
University of Auckland
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Phone: 022 1525730



Approved by Health and Disability Ethics Committees, Ministry of Health

RDG: Aged Care in a Changing World Flourishing with Care

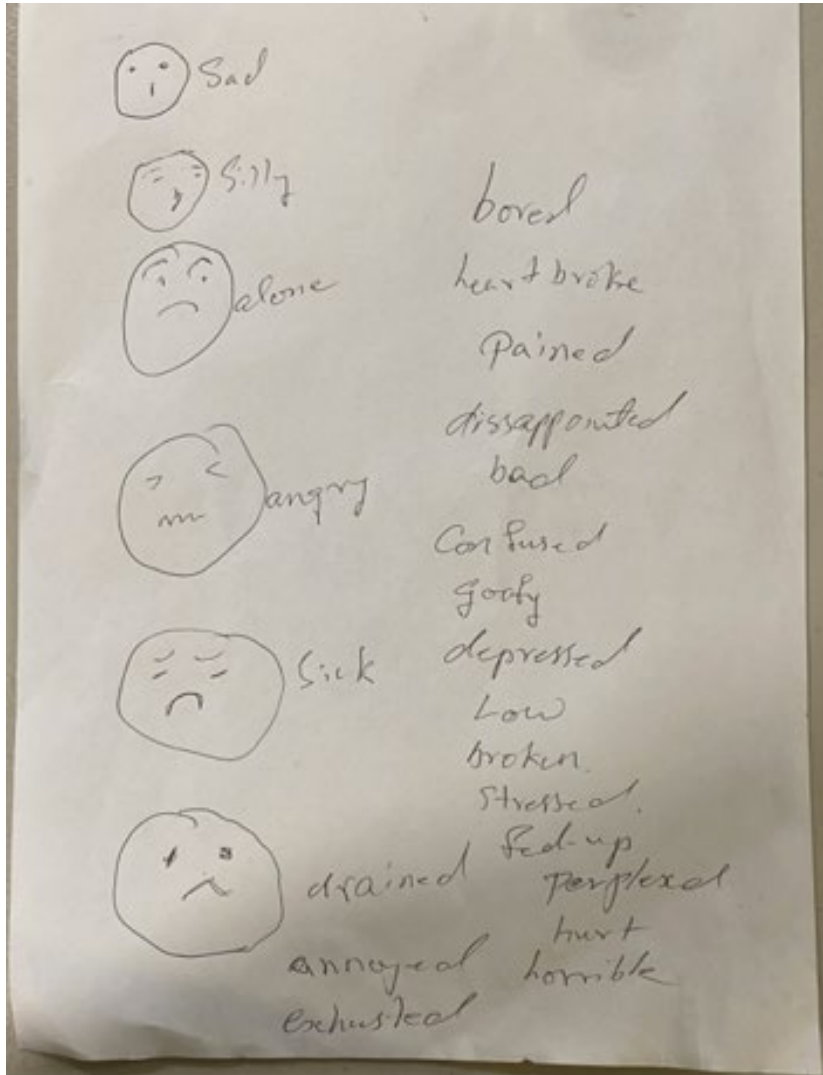


"we feel happy to remember the old things"

"this was smelling very nice... my nose is very sharp... and my ears are very sharp to hear"



RDG: Aged Care in a Changing World Flourishing with Care



"you suffer the loss of your own soul"

"At this stage of life, where you are now in the sunset of life. You wouldn't like to be argumentative"

"but there are some some very good caregivers and other staff also very good so you feel homely when they are there."

"you gave us something to think and ponder about... I enjoyed the conversation everybody you're respected one another they spoke the minds off the other listen "

"I can tell you one thing, that this cake was made with love and affection"

"I think health is not just about the physical. It's also I about the holistic, and the effect that has on your life."

RDG: Aged Care in a Changing World Flourishing with Care

Expectations to prepare for their future pathways of care

Interactions with respect, kindness because it influences their mood

Opportunities to maintain activities that are valuable for people in their homes. For example:

- Cooking foods from their cultural backgrounds and personal preferences
- Gardening
- Going in and out with 'freedom'
- Having quality of interactions with staff and residents – greetings, courtesy,
- Animal company

Room and equipment for everyday life activities

Challenges in getting used to the new routines (e.g. 'timing regime')



PUKEKOHE VISIT

Pasifika Digital Knowledge Bank

“You can’t sit in your office and know what the community is going through. You got to get down there to ‘ground-zero’ and find out from ‘ground-zero’ what is happening down at ‘ground-zero’. What we are doing today and asking the questions of what is happening from people who are currently living that sort of situation – that’s a good place to start”.

Vaihola Tangi – Senior Entrepreneur

CCREATE-AGE Groups - Tamika

- Research Development Groups (RDGs) – Ness
- Impact [Knowledge for Positive Change] Group - Ness
- Involvement and Engagement - Tamika
- Communications and Publicity - Rosie



CENTRE FOR CO-CREATED AGEING RESEARCH CCREATE-AGE

RESEARCH DEVELOPMENT GROUPS (RDGs)



CCREATE-AGE
CENTRE FOR CO-CREATED
AGEING RESEARCH



PURPOSE OF RDG FUNDING

To support CCREATE-AGE in its vision to stimulate co-created ageing research, we will fund Research Development Groups (RDGs) up to \$10,000 per group to support a transdisciplinary group of people who are interested in **co-creating a research proposal**.

Research proposals should address a single research question or comprise a programme of research work related to **priorities identified by communities through our listening events**.

As a result of the award, the RDGs are expected to apply for at least one substantial research grant application or funding opportunity.



MEMBERSHIP OF RDG

The RDG should

- Include at least two experienced researchers at UoA
- Have a chair who will convene the RDG meetings, report progress and maintain communication with CCREATE-AGE project manager.
- Be transdisciplinary, which means:
 - Cover at least two academic disciplines;
 - Involve older people
 - Involve collaborators from at least one sector other than academia i.e., private, public or civic society. For example, practitioners, local council, and voluntary sector representatives and community groups with an interest in the research topic may be useful partners.



EXPECTED OUTPUTS & OUTCOMES

The expected outputs of the RDG will be:

- At least one co-created research proposal with an outcome that will benefit older people in Aotearoa.
- A public seminar at a CCREATE-AGE forum to describe the work of the RDG.
- Progress report to CCREATE-AGE.

Information on the RDGs will be included on the CCREATE-AGE website.



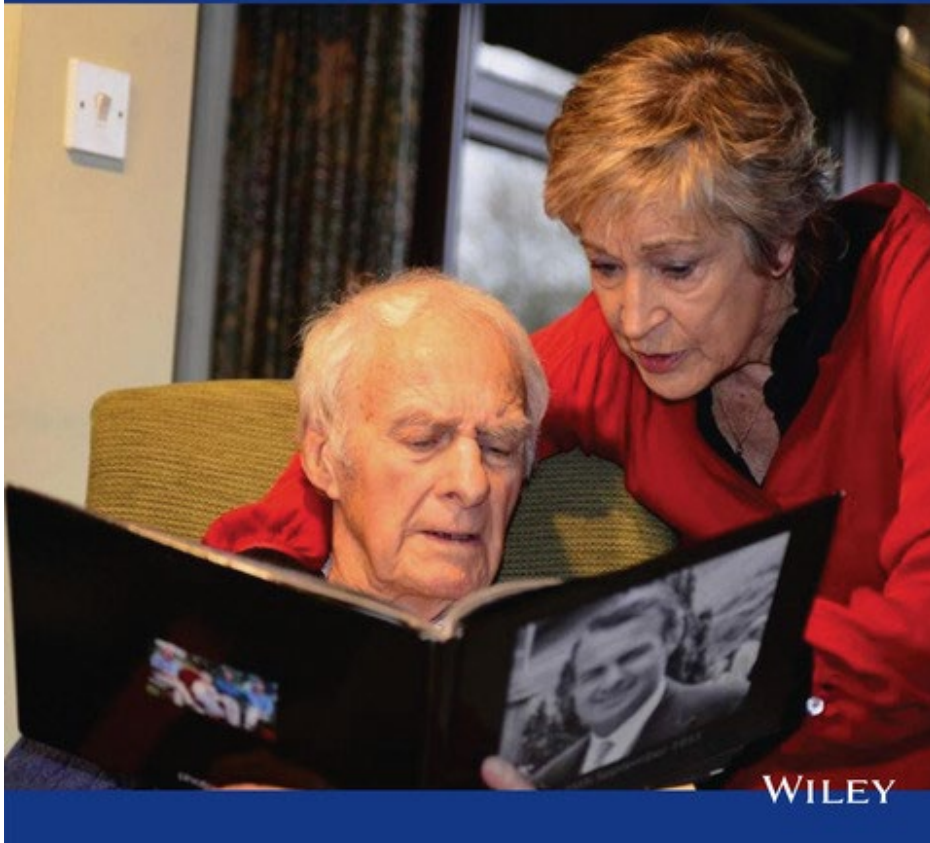
CCREATE-AGE SUPPORT FOR RDGs

All RDGs will receive an introduction session on the Principles of Co-creation.

RDGs can request research support through CCREATE-AGE including:

- A training session with an introduction for RDG members who haven't been involved in research before.
- Research assistant support with organising and supporting meetings.
- Research assistant support with reviewing literature.
- Research artist support.
- Advice on proposal content from Senior Academics.

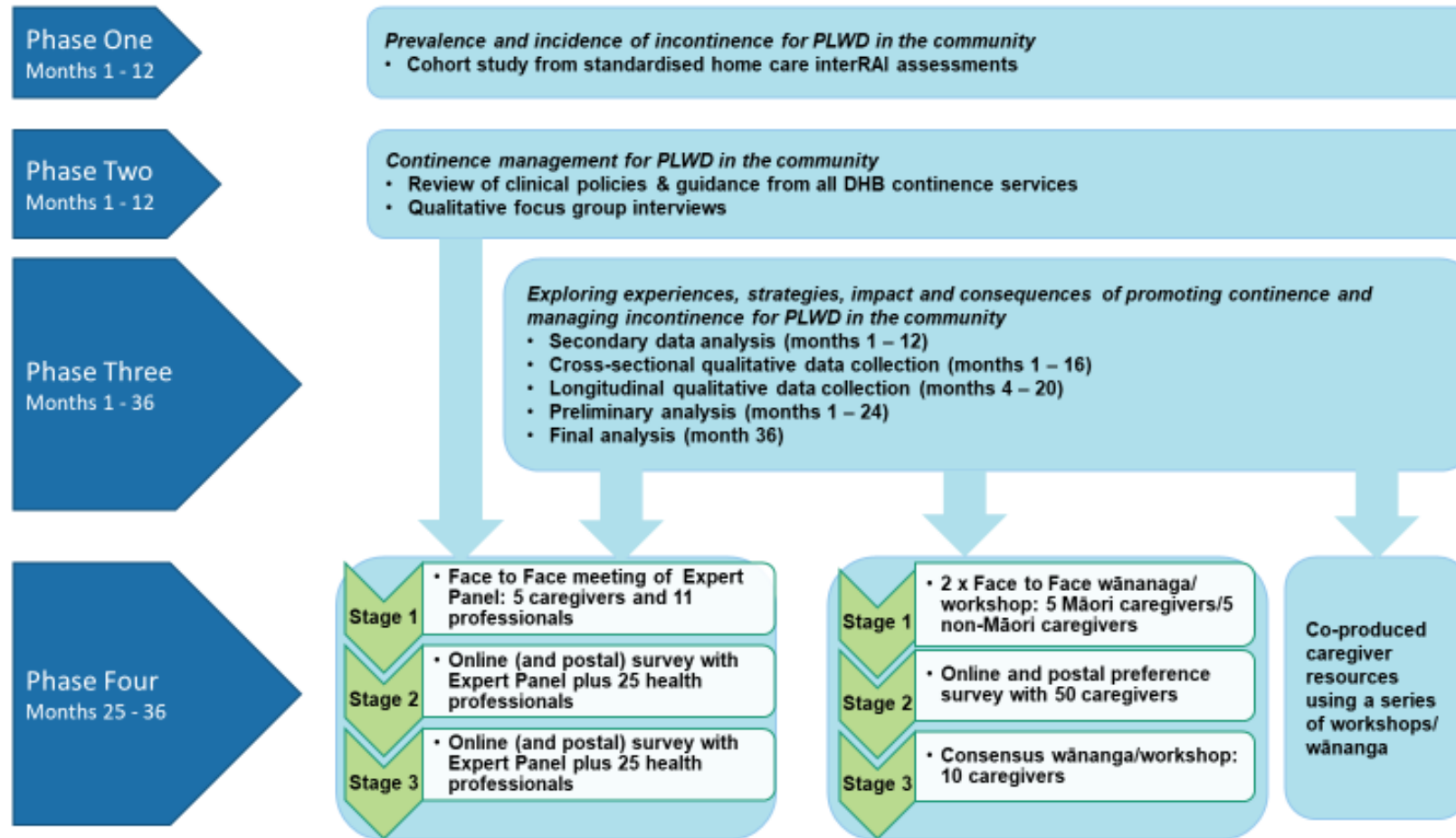




RDG: CO-CREATING A CRITICAL REVIEW WITH PEOPLE LIVING WITH DEMENTIA

The cover image is based on the Special Issue Review *A research agenda for promoting continence for people living with dementia in the community: Recommendations based on a critical review and expert-by-experience opinion* by Vanessa Burholt et al., <https://doi.org/10.1111/jocn.15537>. Image Credit: Silin Cyfyngedig. Photographer: Barry Davies.

HRC PROJECT - PROMOTING CONTINENCE AND MANAGING INCONTINENCE FOR PEOPLE LIVING WITH DEMENTIA IN THE COMMUNITY IN AOTEAROA



RDG: DEMENTIA FRIENDLY DOMESTIC SOUNDSCAPES

What will happen at each workshop?

Session 1: Topic: Introduction to research.

Session 2: Topic: The importance of sound in our lives.

Session 3: Topic: How could we capture sounds at home?

Session 4: Topic: Feedback on capturing sounds at home

Session 5: Topic: Acoustics and hearing with your ears and brain

Session 6: Topic: Feedback on capturing acoustics and hearing with your ears and brain

Session 7: Topic: Desirable and undesirable sounds at home

Session 8: Topic: What should we include in a research study on sounds at home for people living with dementia?



RuralWIDE: INVOLVING OLDER PEOPLE IN RESEARCH



University Staff:

Vanessa Burholt
Gill Windle
Dawn Naylor

Age Concern Ynys Môn:

John Clifford Jones
Carys Trenholme

Volunteers:

Barbara Jones
Roy Oades
Martin Riley
Delyth Kennedy
Evelyne Tebrock
Beryl Riley
Judy Oades
Carrie Humphries
Angela Jones
Sheila Carmody
Pauline Williams
Elaine Davies
Siw Wood
Mike Piercy

- Improved the knowledge and skills of older volunteers actively involved in the research process and pass skills and knowledge on to others
- Identified the long-term care needs and preferences of older people living in the most isolated rural communities
- Provided information that was used to develop, implement and extend services to older people in the most isolated rural communities



Dissemination

British Society of Gerontology Annual Conference

Local day conference

British Geriatric Society

ERA-AGE in Brussels

Involving People Annual Conference

Gerontological Society of America

Annual Conference

CCREATE-AGE Groups - Tamika

- Research Development Groups (RDGs) – Ness
- Involvement and Engagement - Tamika
- Communications and Publicity – Rosie
- Impact [Knowledge for Positive Change] Group - Ness

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[Knowledge for
Positive
Change] Group

DELIVERY

- Working Groups (some of you)

Working Groups

Involvement & Engagement Working Group - Tamika

- Calendar of events – review draft schedule
- Growing the Co-Creator community ("recruiting")
- Process to establish CCREATE Groups incl. Draft Kawa (Principles)
- "Collaboration model" – further design and rename



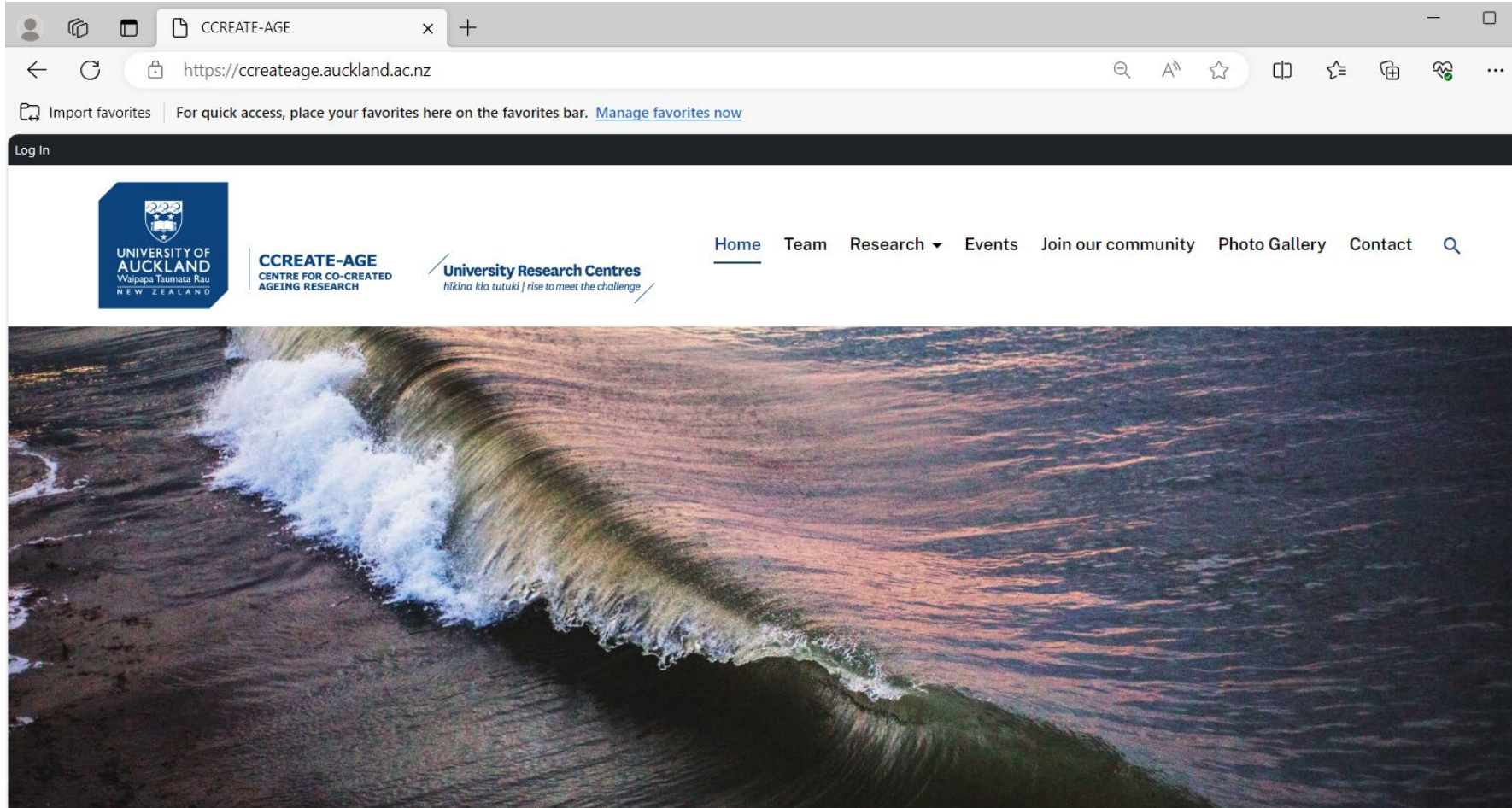
Co-creators community - recruiting

Time	No.
Nov 2022-June	41
July	10
August	29
September	28
October	13
Total signed-up	121

Communications & Publicity Group - Rosie

- Website development & Translations
- Brochure review & Translations
- Sign-up sheet review (suggestions from Prue Scott) & Translations
- Social media

Website for Working Group development



[CCREATE-AGE \(auckland.ac.nz\)](https://ccreateage.auckland.ac.nz)

Knowledge for Positive Change, Group - Ness

- Help develop a statement that says what change we want to make
- Develop ways to keep track of the knowledge produced by CCREATE-AGE
- Track and tell stories about the impact that our research has had on society



-Terry Pratchett

Knowledge for Positive Change, Group - Ness

- Help to ensure that our research has a real-world impact for older people, their families and whānau.



Next steps and upcoming events - Tamika

- Feedback from you about today please – All
- Feedback to you from today – Tamika and Rosie
- Contact Co-Creators for Working Groups – Tamika, Rosie, Ness
- Next Co-creators Forum proposed Tuesday 5th March (tbc by Involvement & Engagement Group – Tamika)