

Action Interest Group

AGEING SUSTAINABLY

CO-DESIGNING PROJECTS TOGETHER

TOGETHER

Sonja Phutachad Neef

BACKGROUND TO THE IDEA



- PSYCH 7175: Psychology and Sustainability
Proposal for a one-year community sustainability initiative in aged-residential care
- Meeting with Tamika, Judy, and Catherine
Plan to establish a research interest group in Aotearoa and Australia





WHAT?

- This action group will co-design research and action-oriented projects and initiatives with older adults to inform policy, practices and services
- Ageing Well, Sustainability, Health Promotion, Social Inclusion, Intergenerational, Interdisciplinary, Intercultural, Community-led, Green Spaces, Gardening, Green Care,



WHO?

- Older adults, academics, community leaders, NGOs, aged-care providers, advocates, students, and anyone who has a passion and interest in ageing, sustainability, and working with people!
- Strength-based, holistic approach that is guided by Indigenous values, models of health and ways of knowing.



WHY?

- Action oriented activities and projects that are evidence-based
- Connecting research with policy and practice
- To tackle social isolation, ageism (inter and intragenerational), loneliness,
- Improve community connectedness, quality of life, promote autonomy, competence
- Intergenerational, multistakeholder, multisectoral approach to connect the community to better support one another



WHERE?

Intercultural and International

Starting in Aotearoa, Australia, and the Pacific

The hope is to build a global network of researchers, advocates, communities, organisations, and people!

Indigenous-led programmes and projects in Chile, Greenland, Japan, USA, Canada, Peru, Bolivia, and Mexico





WHEN?

NOW!!!

Meeting in late July to plan:

- Group name
- Key topics of focus
- Ideas
- Sub-groups
- Funding grants
- Pilot projects
- Next steps!

HOW?

Diverse range of projects and ideas

- Community gardens in aged-care
- Community painting and photo exhibitions
- Aged-care exchanges
- School and aged-care buddy networks
- Cultural workshops
- Educational events (Native plants, endangered species, experiences of people with Parkinson's, history, technology etc.)
- Adopt a native tree or garden
- Build a bird feeder or insect hotel
- Local competitions for sustainability project ideas

What are your ideas?





OUR GOAL

To co-create multi-stakeholder, interdisciplinary, intergenerational projects that aim to make sustainable, lasting changes in the community, policy, practices, services, beliefs and attitudes that promote advocating for a whole society focus on ageing that is led by older adults.



***Waiho i te toipoto,
kaua i te toiroa***

***Let us keep close
together, not wide
apart***

INTERESTED IN JOINING?

FILL OUT A QUICK INTEREST FORM :)



Email:
snee427@aucklanduni.ac.nz