



Caring Homes of The Future

Braidbar Primary School Workshop

29th November, 2018



@tomorrows_UK

www.tomorrowsolderpeople.org.uk

#olderhood





TOMORROW'S OLDER PEOPLE

Hello,

Tomorrow's Older People is a Big Lottery funded initiative working with local people, organisations and groups with an interest in reducing loneliness and supporting everyone to have a happy older age. We aim to make connections between people who want to make a difference; where there's the will to change things for the better, we will help get things started.

We've been out and about, talking to people and organisations about older age and gaining insights into what can lead people to become lonely or isolated. There was a general consensus that as people grow older

where and how they live may need to change. Older people of tomorrow have already told us they are looking for care options that reflect modern living. This will require different care options in the future, however what those options will look like is yet to be defined.

We also listened to concerns about the ways in which different generations might view one another. So we thought, why not ask local children to design 'caring homes of the future'?

We wanted to hear what tomorrow's generation thought our caring homes could be like.

We wanted them to share their unbiased and unfiltered vision of older age and caring. Above all, we wanted to engage and involve them in helping make East Renfrewshire a better place to grow older.

We didn't leave disappointed; these young people were inquisitive, enthusiastic and showed real maturity and understanding about the subject of caring for people. They are a real credit to the school and their families.



So how old is old?

To help set the scene we asked the children to tell us what older age is. We had a great time with children watching a video of people of all different ages- 1-100 yrs old. We talked about how to tell the age of person just by looking at them. We then put the children to the test; talking about various celebrities and guessing their ages.

Madonna (60yrs) was an interesting example, the kids were amazed at her age, thinking she was much younger and appeared impressed that she is still making music, dancing and going to gym. While they gave Barbara Knox (85yo) and June Brown (91yo) younger ages, they did state that their hair styles suggested they were older. Again they

were impressed that the two ladies were still working on TV when they are so old!

“A 40-year-old would have grey hair and wrinkled skin”

“A 39-year-old will have loads of antiques around them”



Who do we need to care for?

While discussing the video and pictures of celebrities, we chatted about caring needs. The children noticed that the oldest people did not necessarily have obvious care needs while some in the 70-80 age group or even younger did. They agreed when thinking about babies and even other children in school, that younger people also may require care.

We also explored the different care settings of family, school, private home, residential home and hospital. Most children had experienced hospital either for themselves or a family member. They also agreed that school was a caring place that provided a safe environment. Some had experienced residential care homes and care within a private home setting by way of regular visits from carers. Only a couple of children had experience of multi-generational living where an older member of the family had lived with them.



Empathy Map

Draw our own older person

The children were asked to think of an older person, either someone they knew or imaginary. Older was defined as someone older than them of adult age. They had to give their person a name and age and then draw them while thinking about the following questions:

Who do I talk to?

Are these people my friends or family?

What do I chat about?

What do these people say to me?

How am I feeling today?

What makes me happy / sad?

What does my home look like?

What do I have around me at home?



If you have someone to talk to, you are happy with a bright cosy home; if you have no one to talk to you are sad, tired and your house is dull and dusty...

Through their drawings the children told us:

“Have you taken your medication?”

Most older people live alone. Family visits are very important and create happiness, although the relationship can change with family members more interested in practical support such as medication instead of visiting the person for enjoyment.

Interest and hobbies

Older people like to talk about things they are interested in such as books, music, animals and the future. Children who had imagined themselves in their older age were still interested in the same activities they are now, such as marvel comics and gaming.

Some demonstrated an awareness of more complex situations such as home carers and homelessness and equated them to sadness and loneliness.

Caring homes of the Future

To finish the fun, we asked the children to take all the things we talked about and help us build Caring homes of the future. We used cardboard, paint and glue to turn their visions into 3d models for the future.

Their creations said a lot about what they thought the caring home should be like:

- Colourful – lots of paint in bright shades of blue, orange and red;
- Furniture – with thought about comfort and aesthetics;
- Fun – designs included slides instead of stairs;
- Bright – each design had lots of windows and some had glass lifts on the outside of the building.

Other noticeable concepts were how important social spaces were such as gardens and buildings for more than one person. One group included food growing, as they saw this as an opportunity for socialising as well as providing healthy food.



The designs and thought behind their models indicated a real sense of person-centred planning.

Perhaps this can be linked to the way in which children are involved in planning in schools - with a focus on safety, respect and nurturing behaviours. It is clear that the young minds involved in our session certainly care about older people of today and tomorrow

Next Steps

Our next steps are to showcase the outstanding models and stories contained within the empathy maps to organisations and individuals who currently provide care, whether that be in the home or residential settings. We'd also love to connect with house builders to share our learning and ideas about how we can all shape our caring homes of the future.

Visit our website and follow us on social media for updates on 'The Future Caring Homes'.

Facebook: @tomorrowseastren

Twitter: @tomorrows_UK

www.tomorrowsolderpeople.org.uk

#olderhood

childhood
adulthood
#olderhood

