Action Interest Group

# AGEINGSUSTAINABLY

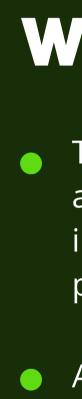
CO-DESIGNING PROJECTS TOGETHER

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#### 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, Communityled, Green Spaces, Gardening, Green Care,

#### WHO?

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





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#### 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





**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!

Increased focus on ageing well globally!!

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!

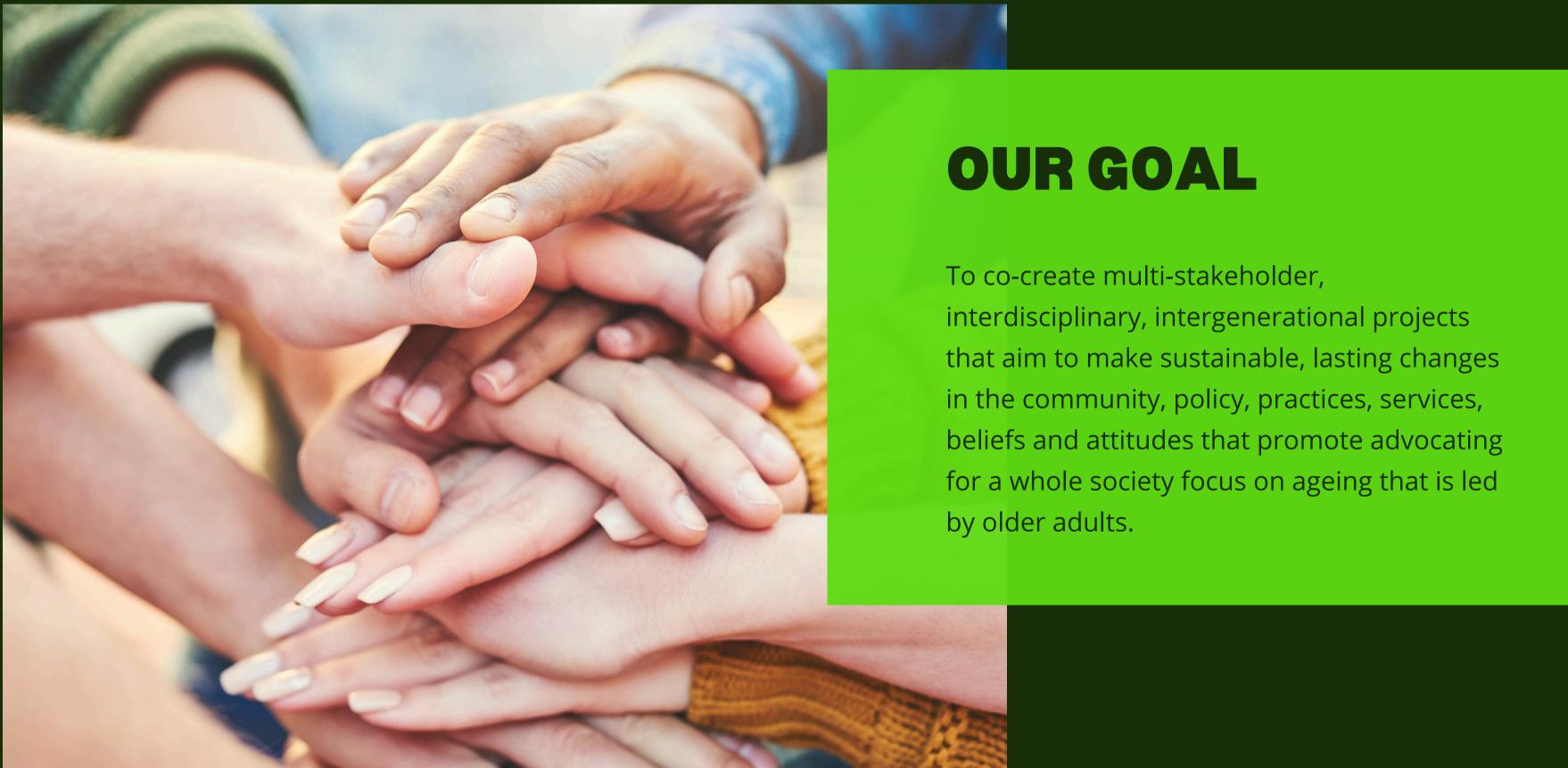
## HOW?

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?

Click here to add your ideas to a brainstorming board



### **INTERESTED IN JOINING?**

FILL OUT A QUICK INTEREST FORM :)

<u>Click here for</u> the Interest

Form ...

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Email:

# Waiho i te toipoto, kaua i te toiroa

Let us keep close together, not wide apart

