

Interesting Times Gang

# Breaking Social Isolation

WORKSHOP

251103

Date & Time: 13:00–16:00 (online)

Purpose: To co-create concept ideas addressing social isolation in assisted living environments.



# Agenda

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- 13:00-13:20 – Definition of Assisted Living (20 min)
- 13:20-13:35 – Framing the Challenge (15 min)
- 13:35-13:50 – Icebreaker exercise (15 min)
- 13:50-14:40 – Co-creating - topic: Social Isolation (50 min)
- 14:40-14:50 – Break (5 min)
- 15:00-15:50 – Co-Creating the ‘Community Corner’ (50 min)
- 15:50-16:00 – Reflection & Next Steps (5 min)

# Definition of Assisted Living

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20 mins

Assisted living residents value independence but also need a sense of safety, comfort, and connection.

They usually live in their own small, barrier-free apartments within a shared complex. Support is offered on a needs basis - like help with meals, cleaning, or healthcare.



# Framing the Challenge

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15 mins

One identified source of suffering for this target group is social isolation (insight from needs analysis phase). Factors that can reduce this are: feeling part of something, having places to meet others, and knowing there's always someone nearby.

These are people who want to live well, on their own terms, but not in isolation.



# Icebreaker exercise

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20 min

## Exercise:

15 minutes, write on Miro post its - Come up with a real place where people naturally start talking to each other (a café, park bench, reception area, etc.).



# Ideation - Social Isolation

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**Exercise:** 5 minutes, write on Miro post its

Within the context of the Assisted Living Facility - What are ways that could encourage natural conversation between humans (staff, larger community, residents)?



# Ideation - Social Isolation

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**Group Exercise:** 20 minutes, breakout groups  
(Google meet)

1. Round table - Go through your thoughts on what are ways that could encourage natural conversation.
2. Categorize your group's ideas



# Ideation - Social Isolation

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Group Exercise: 20 minutes

Present your ideas to the team.



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Break

# Framing the Community Corner

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10 mins

A space in which residents come and meet up, that encourages social interaction.



# Ideation - Community Corner

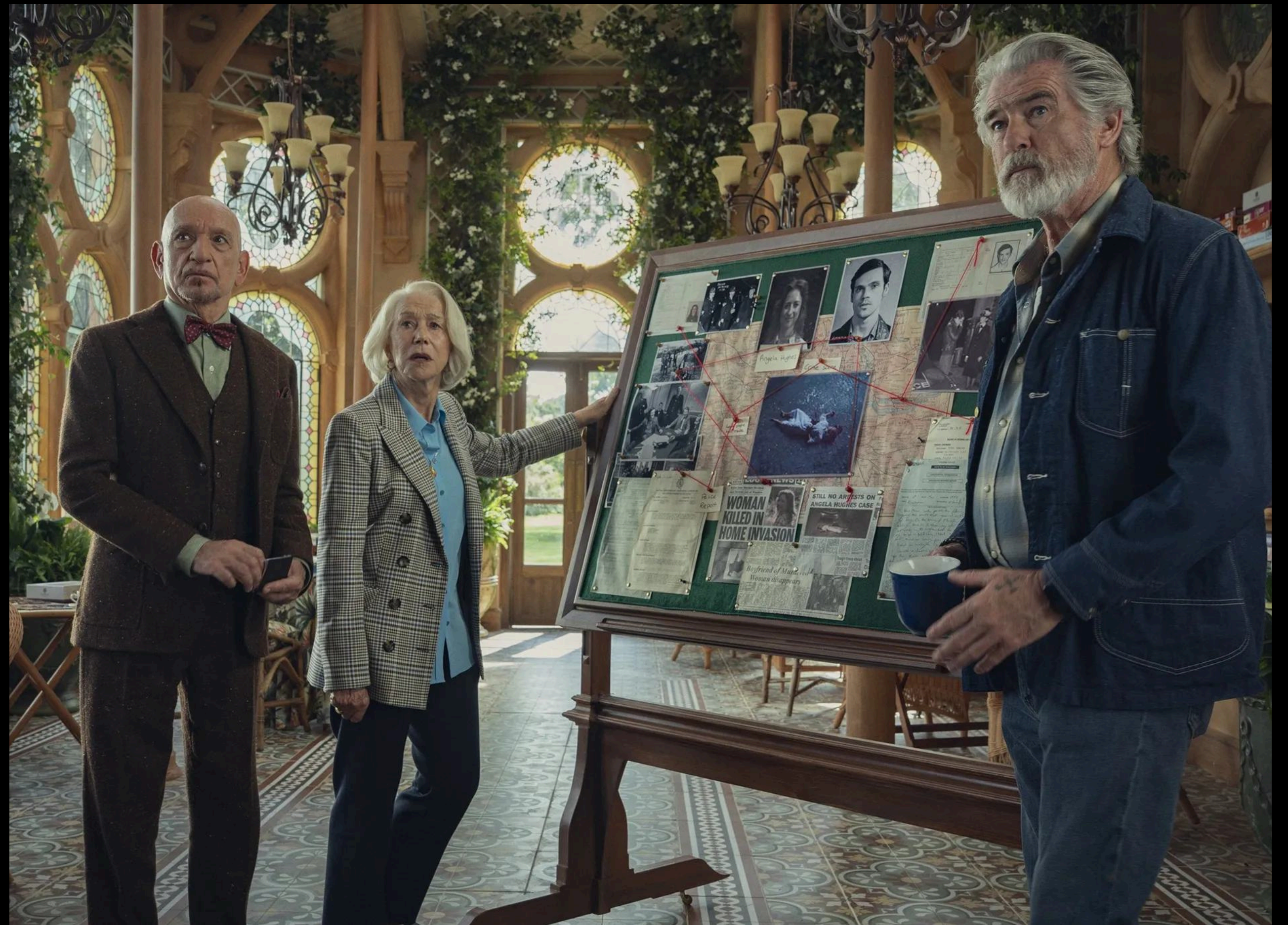
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**Exercise:** 5 minutes, write on Miro post its

What are possible components of a Community Corner - in your mind.

(What do you visualize in terms of light, acoustics, materials, furniture, activities - what happens there during a normal day? (e.g. "Morning newspaper ritual," "Shared cooking," "Family video calls," "Craft circle"))



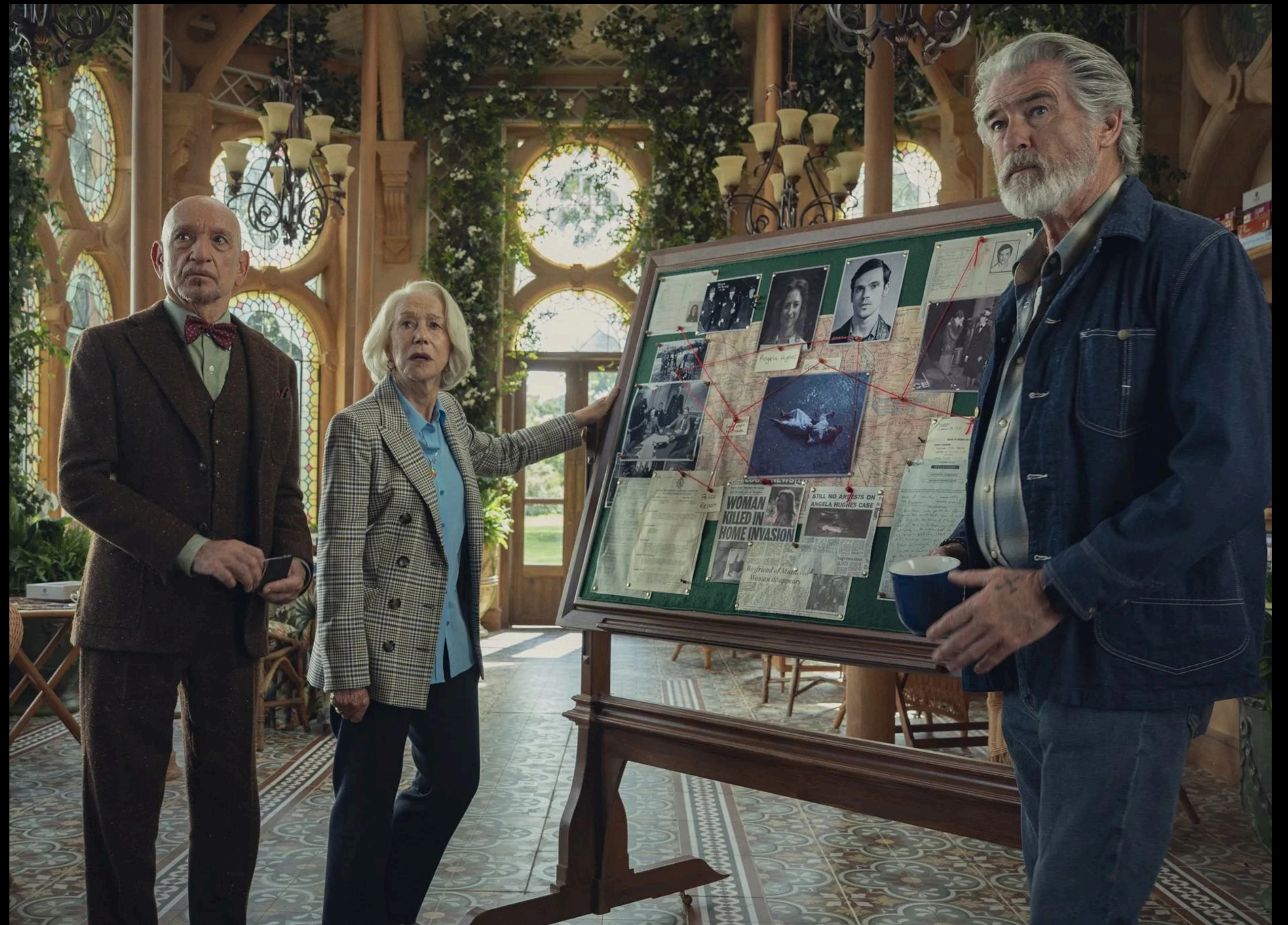
# Ideation - Community Corner

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**Group Exercise:** 20 minutes, breakout groups  
(Google meet)

1. Round table - Go through your thoughts on components that could be included in a community corner.
2. Categorize



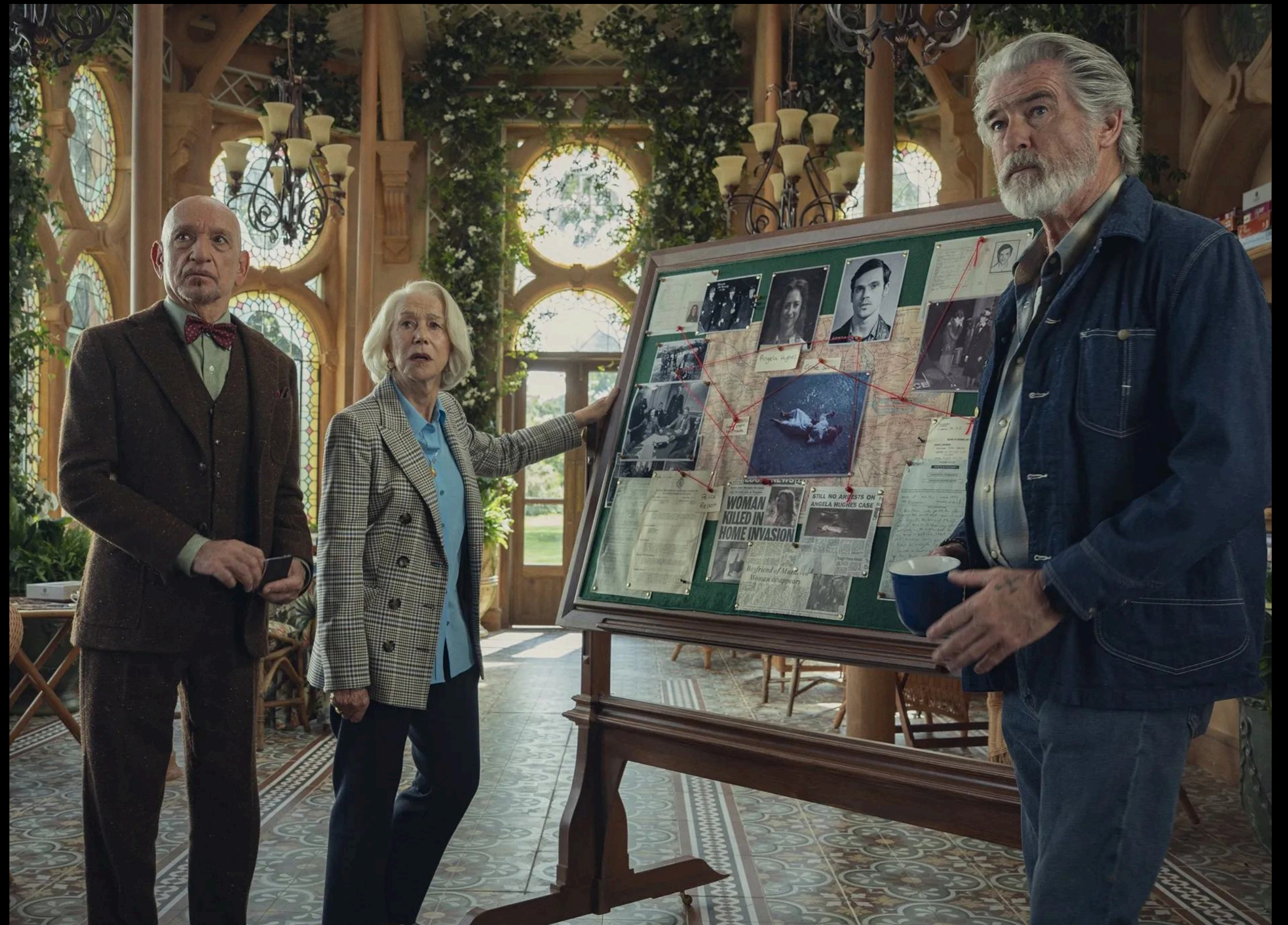
# Ideation - Community Corner

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Group Exercise: 20 minutes

Present your ideas to the team.



# Next steps

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After the workshop -

Based on the discussions, next step is to develop:

- Concept name
- Key idea and user scenario
- How it addresses social isolation
- Possible materials or technologies (biophilic, sustainable, smart)

Facilitator summary:

- Common patterns between teams
- New ideas worth prototyping
- What could realistically be tested in WP2 pilots (Albertinen)

Thank you