

Live Smart Live Well; Innovations in Later Life Living

Living Life



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We **don't stop** playing
because we get old, we get
old because we stop
playing

George Bernard Shaw

The biggest and most needed revolution is to rethink 'age'

Old?

Technically – 85

Experienced

Very – National Service, Engineer, early mobile telephony, pioneer of women in engineering, hiking, cycling, badminton

Multi-morbid?

Too many to mention

Health Conscious

Tries hard; adapted with work arounds; active socially

Mobility issues?

Very hard to walk far

Mobile

Still driving, walks with stick, hip replacement booked, resisting mobility scooter but accepting wheelchair for longer trips out

Problems?

Little short term memory

Self sufficient

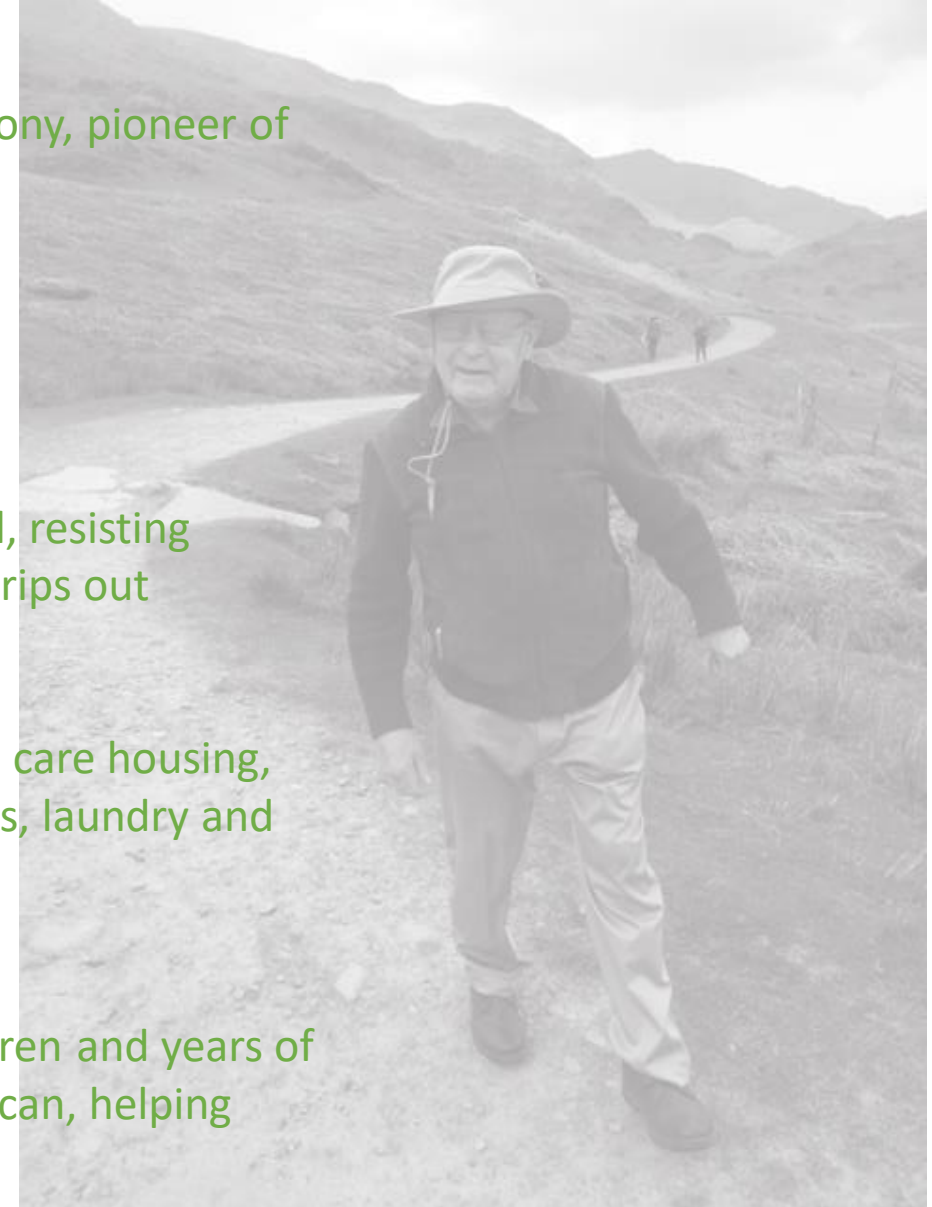
System to compensate for poor memory, lives in extra care housing, engaged with friends & family, on-site services – meals, laundry and repairs

Service User?

Healthcare, repairs, cleaning, meals, laundry

Giver

Provided decades of unpaid childcare for 6 grandchildren and years of unpaid personal care for wife. Still helping anyone he can, helping others helps him feel useful and needed



Older

Ancient

Dodderly

Mature

Elderly

Silver

Aged

OLD

infirm

Decrepit

Impaired

Costly

Geriatric

senile

Over the Hill

Happy

Life-living

Wealthy

Experienced

Giver

Lover

Free

Age

Contributor

Insightful

fit

inspiration

Independent

Helper

KNOWLEDGEABLE

Mentor

Interested



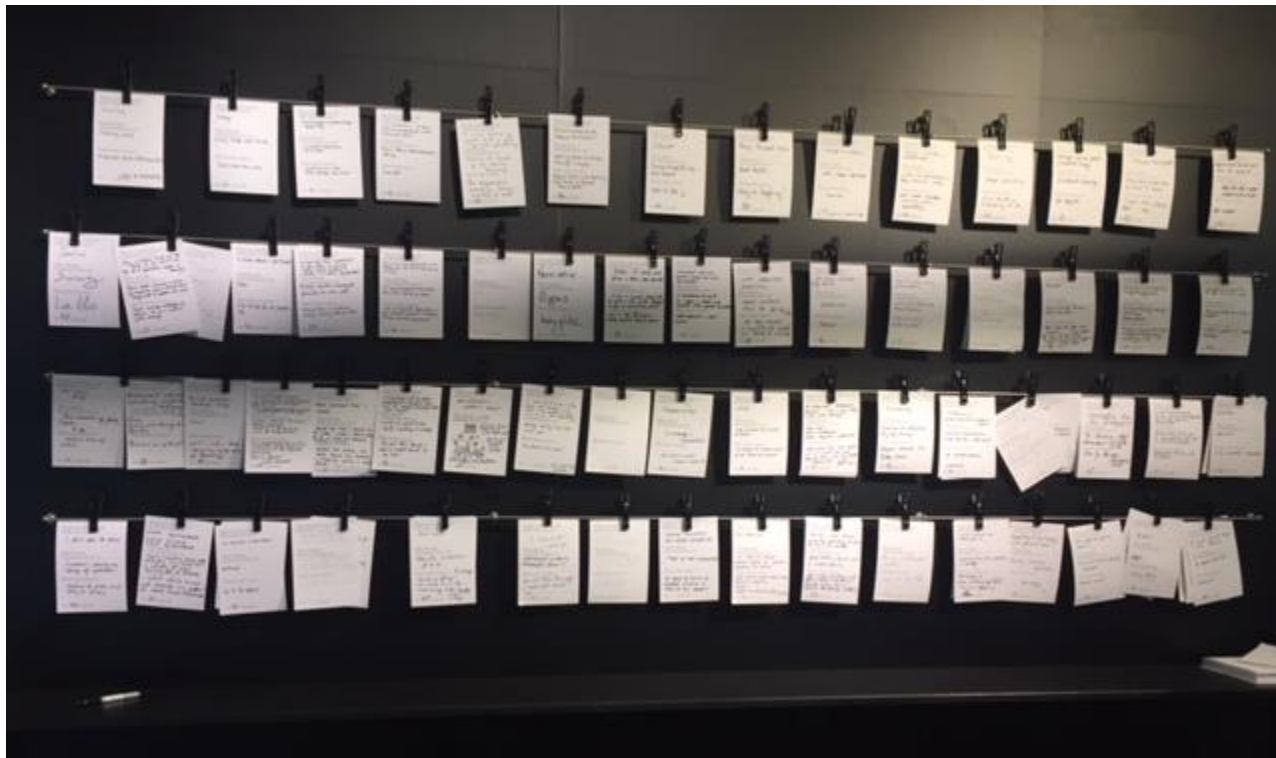
A new vision for our
'GAP' years
Generation:
Achievement &
Purpose



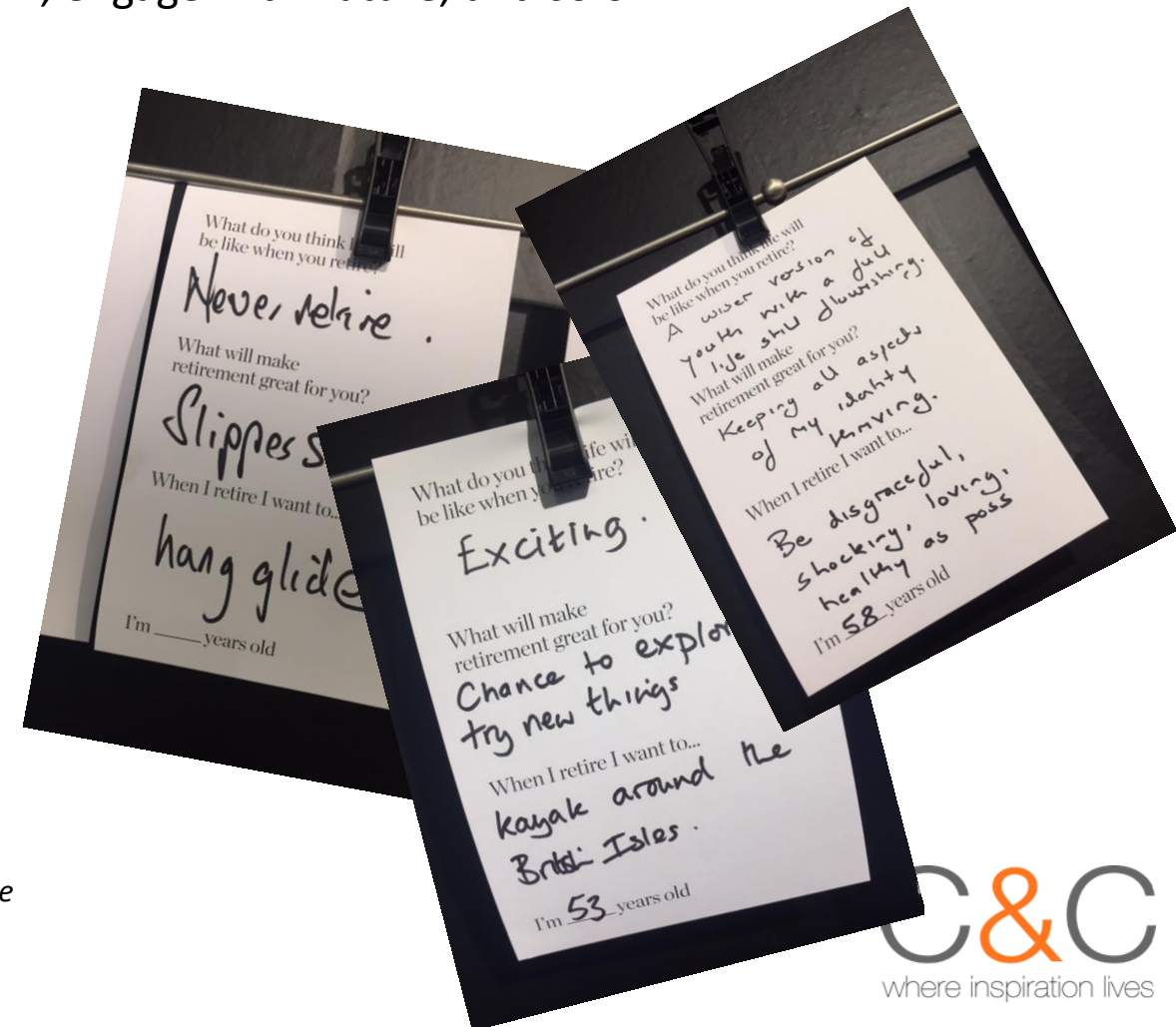
The biggest and most needed revolution is to rethink 'age'

At no age do we suddenly stop wanting

travel, go out with mates, keep fit, read, sing, learn, walk, engage with nature, and so on



Pegasus Exhibition, New London Architecture



GAP Housing

Generation: Achievement & Purpose

Future Expectations

Less money
Fewer services
Restricted healthcare
Faster life
'Free' economy
Subscriptions economy
Gig economy
Robotics / AI
Connected lives
Social Media
Providing childcare
Extended family
Global connections

=====
Living Life

Hopes

Travel
Be by the sea
Be active
Healthy mind and body
Intellectual stimulation
Fitness / exercise
Reading, Gardening, hobbies
Learn new things
Arts, culture & nature
Volunteer / give

Desires

Love
Happiness
Freedom
Fun
Friends
Be connected
Part of the community
Social life
Positive attitude
Control at the end

Enablers

Voice assisted technology
Social media
Money
Access to free stuff
Transport
Feel safe & secure
Right size home
Right located home
Adapted home
Smart home
Outdoor space

GAP Housing

Generation: Achievement & Purpose

Can we start a revolution?

Ageing is a positive **GAP** with lots to look forward to

Capitalise on the **GAP** years of experience, available time and need to be useful

looking forward to **GAP** so we design a better life

GAP Housing

Generation: Achievement & Purpose

A New Service Blueprint?

Global homes – travel / mobility / connected world

Fit Communities – focus on health, fitness & belonging

Technology – doing the things I cant or don't want to &
supporting my desires

Connectivity– to family friends, community, information

Global Homes





**Virginia Anderlini, San Francisco,
Age 103**
6th VR Trip - to a Hawaiian Beach

VR Entrepreneur Kim Aloha *'allows them to forget their chronic pain, anxiety, the fact that they are alone', 'a new care modality to bring to a senior care setting, to inspire them to live another day where they are happy'*

<https://www.npr.org/sections/health-shots/2016/06/29/483790504/virtual-reality-aimed-at-the-elderly-finds-new-fans?t=1552985338288>

Motitec

'We turn older people and people with dementia into dedicated athletes'

<https://motitech.co.uk/>



**ROAD WORLDS
FOR SENIORS**

motiview

Global Homes

Virtual travel

<https://www.telegraph.co.uk/travel/destinations/asia/japan/tokyo/articles/worlds-first-virtual-reality-airline-vr-technology/>

Mobile Retirement Community

(travel / Air BnB / subscription retirement)

Retirement (time) Share / 'Air C&C'

Virtual Communities

<http://retirementandgoodliving.com/a-virtual-retirement-community/>

Global-local – connect adjacent town and villages

C&C
where inspiration lives

Fitness Communities



C&C
where inspiration lives

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Fitness Communities

Walking, Cycling, Swimming

<https://wheelsforwellbeing.org.uk/cycling-sessions/>

GAP Tri?

<http://seniortriathletes.com/gotta-tri-triathlon-in-the-villages-florida/>

Sports – tennis, badminton, table tennis

<https://www.bouncepingpong.com/bat-foundation>

Wellbeing – yoga, pilates, Zumba, golf

<https://oomph-wellness.org/about>

Eating – 5-a day challenge, healthy food,
cooking

2019 C&C Triathlon



Connectivity



Technology

5G

Health tech – wearable devices / unconscious interventions

Help tech – smart homes / robotics

Transport tech – driverless / drone

<http://www.dailymail.co.uk/sciencetech/article-4857352/Driverless-taxis-hit-streets-London-2019.html>

Asset tech – repair fix before symptoms

Care tech – learning & responding / dementia support

Biometrics

Appello

- Digital Monitoring
- Smart Living
- Technology Enabled Care Service

<https://appello.co.uk/home/>



Connectivity

Connectivity

Virtual Communities

GIG Service

Digital Concierge Services

Remote Participation

Complex communications <https://tovertafel.com/research/>

Voice control

Social tech – social media / virtual concierge / companion robotics

<http://consequentialrobotics.com/>

Info tech / Alexa / Siri – 2-way?

VR – visit the globe / immersive experiences / connection

<https://www.youtube.com/watch?v=LXyX-OvZIUg>



Living Life

Thoughts on Possibilities & Direction of Travel

Virtual communities are a real opportunity

Fitness & Health as standard

‘Out not In’

Services based on self-preservation and mutual support

Gig service revolution – change of risk acceptance / protection

Repairs, Meals, Care / Cleaning, Transport, healthcare??

Subscription Living / Retirement

Robotic support – low level dementia / memory / mobility

Health monitoring / data / LT trends / events

Tech ‘Pull’ – needs investment

Conclusions for our GAP years

We are in a technological revolution – its changing the shape of everything we know. We need to jump in, invest & develop a funded GAP community

Motivation, achievement, purpose, happiness and fulfilment
=  health &  public £

Health, fitness, connectivity and access to friends, family & self-directed services are most important. This should be our main focus