CareConnection
a platform addressing the barriers of 'asking for, accepting & giving help'

01
Demographic change, ICT and community research

❖ Demographic & social change processes come with ageing societies and a demand for socio-technical solutions promoting ageing at home with social inclusion and individual well-being.

❖ Community-based participatory research is and Caring Communities are methods and concepts to ageing at home in a socio-cultural context, and to explore individual life styles and considering diversity and heterogeneity in older adults.

❖ Digital community platforms may offer support for older adults – but many are not being used

❖ **We explored social and digital practices of a local Community in a Swiss village to better understand (digitally-supported) community practices in older age.**

02
Methods and data

❖ Approaches and frameworks: **Participatory Action Research (PAR), Community-Based Participatory Research (CBPR), Caring Community,** and **Living Lab.**

❖ Citizen-based Cooperative Research: 3 universities (Uni Siegen, FH Bern, Careum Zürich) and 15 local community members/**co-researchers**.

❖ Data: 20 interviews, 1 focus group (30 (older) adults: 19 woman/11 men), joint analysis, documentation & presentation

❖ CareConnection, based on the results of the analysis, is further designed with 2 co-researchers focusing on **overcoming barriers of 'asking for, accepting and giving help'.**

03
Findings

❖ **Manifold spectrum of barriers** to **asking for, accepting & giving help:** **physical, mental, social; varieties in time, space, structure & personality.**

❖ Focus of the MuC shortpaper: various facets of **shame** and their possible impact on the design of the digital and socio-technical features.

❖ It considers **challenges like mistrust, technology ownership & media literacy.**

❖ Participatory and ethnography-bases research (Grounded Design) is key to better understand such community-based appropriation processes and to find suitable solutions.

CareConnection – A Digital Caring Community Platform to Overcome Barriers of 'Asking for, Accepting and Giving Help'

Objectives
Community-based support for older adults aging at home.
Digital community platforms: there are many – but many not being used, esp. not by older adults.
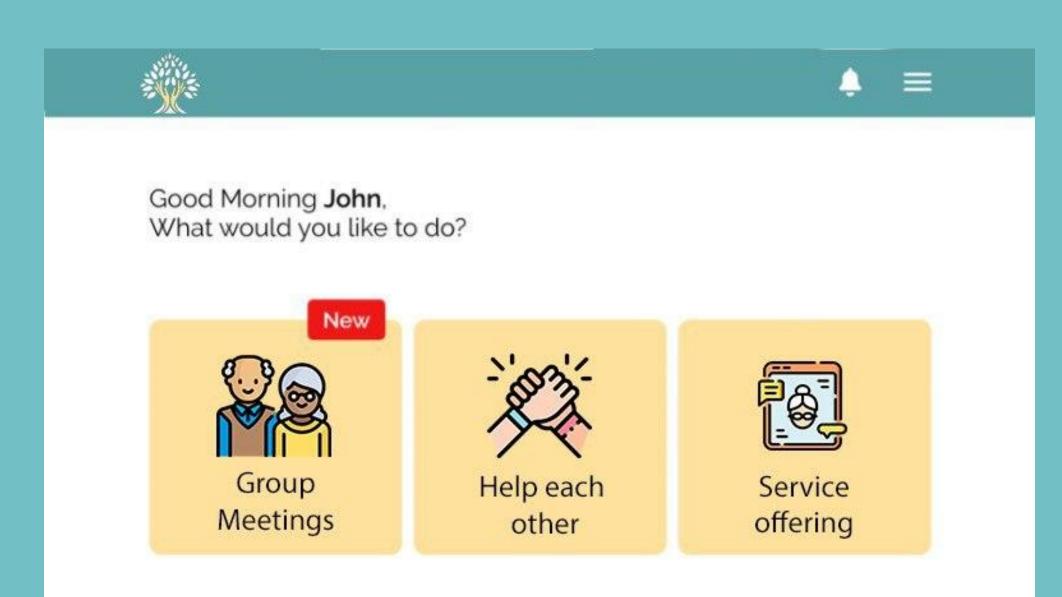
Design implications
Focus on overcoming barriers to ask for, accept & give help as well as physical and mental limitations to enable social encounters and foster relationships which are key aspects of health and well-being in older adults lives.

Good Morning **John**, What would you like to do?
New — Group Meetings · Help each other · Service offering

Über uns
Wer wir sind und was wir erreichen möchten

Aktivitäten
Schritte auf dem Weg zur Sorgenden Gemeinschaft Obfelden

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Flyers, Medienberichte, Links...

Tanja Aal, Apurva Choudhary, Pragya Bhandari, Namrata Devbhankar, Madlen Spittel, Dennis Kirschsieper & Claudia Müller
University of Siegen, Siegen, Germany
tanja.ertl@uni-siegen.de

Andrea Ruhl, Erich Kohler & Silvia Egli
Caring Community Obfelden, Switzerland
https://www.sorgendegemeinschaft.net/obfelden

Gashi Shkumbin & Heidi Kaspar
Fachhochschule Bern, Bern, Switzerland
shkumbin.gashi@bfh.ch