




Project GOALD

(Generating Older Active Lives Digitally)

Catherine Hennessy
Professor of Ageing, University of Stirling



- 3 year collaboration between the University of Stirling and the University of Plymouth's Centre for Health Technology
- Aim: to examine how we can design, test, deliver and evaluate digital tools to facilitate structured activity programmes for health promotion in older age
- Investigate the feasibility and impact of creating a digital approach to two existing initiatives, intergenerational physical activity (IGPA) and sports-based intergenerational reminiscence (SBIR)
- Demonstrate the potential for development of related products and services to enhance support for health in later life



The image is a screenshot of the UK Research and Innovation (UKRI) website. At the top left is the UKRI logo. To its right is the text 'UK Research and Innovation'. Further right are navigation links: 'Apply for funding', 'Our work', 'News', 'About us', and 'Our councils'. Below this is a dark blue navigation bar with links for 'Our main funds', 'Developing people and skills', 'International', 'Infrastructure', 'Impact', 'Public engagement', 'Tackling COVID-19', 'COP26', and 'Plant health'. The main content area has a green background with a circuit-like pattern. Below this is a breadcrumb trail: 'Home > GOALS > Our priorities > International > Digital health > Ageing > Healthy ageing challenge'. The main heading is 'Healthy ageing challenge'. Below the heading is a photograph of an elderly woman with short grey hair, wearing a grey jacket and dark pants, sitting on a blue metal bench outdoors and smiling. Below the photo is a text block: 'One in 12 people in the UK are over 75. By 2040, this will rise to one in seven. A third of children born now are expected to live to 100. On average, people aged 65 will live just half of the rest of their life without disability.' At the bottom left of the text block is the heading 'We want:'.



Intergenerational co-production approach

- Older Persons Advisory Group recruited through project partner organisations (e.g. Generations Working Together, Active Stirling, UKActive, Sports Heritage Scotland)
- 20 researcher-supported Intergenerational Co-production Groups (ICGs): Community dwelling older people and younger participants in Cornwall (64) and Scotland (32) and 48 residents from 12 care homes (16 Stirling/32 Cornwall) recruited via partner organisations. Each ICG will meet over 6 months to share experiences of sport and physical activity and explore and test assistive technologies for either IGPA or SBIR
- Input into digital design and feedback on products developed through SMEs



Active Stirling ‘Generations Active Together’

- Intergenerational physical activity (PA) initiative that engages Year 11 students in a sports leadership module to foster understanding of ageing, dementia and how physical activity can improve well-being in later life
- Includes learning about age-specific national guidelines for PA, lifetimes benefits of PA, attitudes towards ageing and dementia, and mythbusting about physical capabilities of older adults
- Students develop and deliver a face-to-face programme of PA once weekly for 30 minutes with older adults in community centre/care home for 6 weeks each term

Active Stirling ‘Generations Active Together’



Sports-Based Intergenerational Reminiscence



‘Sport creates resilient ties to personal and collective pasts, and can evoke strong memories and lasting connections between people, places, and communities. These connections suggest the suitability of sport as a theme for Reminiscence Therapy interventions’ (Hawkins, Ramshaw, Hooker and Walker, 2020)

You Retweeted



Richard Haynes 🇬🇧

@rhaynes66



A big thanks to the Hampden memories group @FootballMemSco for the invite to talk about our @FaeRaploch project on the life of #BillyBremner. Some great questions and memories from the group.



4:35 PM - Jun 15, 2023 - 796 Views

5 Retweets 14 Likes



Memories evoked in dementia patients with the help of BBC RemArc



Date: 27.02.2017 Last updated: 10.03.2017 at 10.22
Category: Online and interactive



Search the site

Can't find what you need? Search here



Related BBC Links

[RemArc](#)

Related Media Centre Links

[BBC Dementia Season](#)

Related Blog Posts

[Introducing the BBC Reminiscence Archive](#)



Menu items for GOALD Intergenerational Co-production Groups

- Rover Wizardish
- DanceSing
- DanceSingCare
- Goodboost
- Sport Memories
- CCS cards
- GlassTwin
- Nao robot





Generating Older Active Lives Digitally (GOALD)

Connectivity and Digital Design for Promoting Health and Well-being Across Generations, Places and Spaces

[GOALD project talks](#)[Newsletter](#)

Participating in activities such as online games, virtual social gatherings and using assistive technologies allows us to stay connected to our communities and create meaningful experiences which positively impact our health and wellbeing. But how can we ensure these activities are accessible to older people?

Age, economic disadvantage and functional limitations have been identified as key barriers to accessing technologies. Further understanding is needed to address 'digital divides' – that is inequalities in access to digital connectivity.

In addition, implications of the COVID-19 pandemic mean that the role of technology is now pivotal in the ability to deliver programmes for older people in a socially distanced world. It will also ensure greater resilience in the face of future pandemics and more extreme social isolation.

The GOALD project uses intergenerational groups to examine how to design and deliver digital resources to provide and engage older people in structured activity programmes with the aim of improving their health and wellbeing.

[Information for researchers](#)[GOALD technologies](#)[Partners and funders](#)

Supporting healthy ageing

Technology can offer solutions to maintain health and improve our quality of life. Participating in activities such as online games, virtual social gatherings and using assistive technologies allows us to stay connected to our communities and create meaningful experiences which positively impact our health and

Bridging the digital divide

The GOALD (Generating Older Active Lives Digitally) project will examine how to design and deliver digital resources to provide and engage older people in structured activity programmes and improve health and wellbeing. Led by the University of Stirling's [Centre for Environment, Heritage and](#)