



SCHOOL OF  
DESIGN  
创新创意设计学院

# Aging with Empathy: Fostering Cross-Generational Insights into the Aging Experience

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Workshop Proposal for: ChCHI 2024 Workshop, November 22



## Participants:

20 – 30 Participants (including young volunteers supporting the elderly)

## Workshop Duration:

9:00 – 12:00 (estimated)

## Workshop Location:

Nanshan Intelligence Park, Building C1, 10<sup>th</sup> or 11<sup>th</sup> Floor, Room xxxx

## Workshop Description

This workshop is designed to explore younger generations' attitudes toward the elderly and to foster empathy through a series of interactive activities. The session will begin with an introduction overview, followed by experiential activities aimed at cultivating both physical and emotional empathy for the elderly. Building on these insights, participants will engage in a collaborative brainstorming session to identify key challenges in bridging generational understanding. Finally, participants will break into smaller groups to develop innovative strategies and potential technology-assisted solutions for addressing these challenges effectively.

## Objectives

1. Explore younger generations' attitudes toward the elderly through an empathy-driven approach .
2. Discuss current challenges and identify potential technology-assisted solutions for cultivating cross-generational empathy toward the elderly.



### Target Audience

- Design students and junior researchers with an interest in aging-related topics.
- Young volunteers and social workers with experience in elderly care, as well as practitioners in eldercare services.
- Young people with an interest in the aging society.

### Expected Outcomes

Participants will gain a deeper understanding of the physical and emotional challenges faced by the elderly through our experiential sessions. Also, by using the tools and methods provided, participants will learn to identify real challenges within the elder community and develop empathy-driven, context-appropriate, and potentially technology-assisted strategies to address these issues.

### Schedule:

09:00 – 09:15 AM	Workshop introduction & Ice-breaking
09:15 – 09:45 AM	An experiential activity using aging simulation suits)
09:45 – 10:00 AM	An experiential activity to foster emotional through watching and reading
10:00 – 10:30 AM	Empathy-driven brainstorming session
10:30 – 10:40 AM	Break
10:40 – 11:35 AM	Empathy-driven co-creation session
11:35 – 12:00 PM	Group discussion and sharing session



## Agenda

### *Information for Organizer (not to be published)*

#### **9:00 – 9:10 Introduction**

- Overview of the workshop's aim and schedule
- Introduction of invited participants

#### **9:10 – 9:15 Initial Data Collection**

- Measure individual empathy levels through an empathy assessment form

#### **9:15 – 9:45 Physical Empathy Activity**

- Select 3 participants to perform simple daily tasks (e.g., walking, standing up, picking up objects) while wearing the Aging Simulation Suit
- Discuss participants' feelings and observations from the activity

#### **9:45 – 9:55 Emotional Empathy Activity**

- Screening of a documentary about the elderly to evoke emotional empathy

#### **9:55 – 10:00 Interval Data Collection**

- Reassess empathy levels by completing the empathy assessment form again

#### **10:00 – 10:30 Collective Brainstorm on Challenges**

- Brainstorm challenges in building cross-generational empathy
- Record challenges within each of the 5 stages of empathy-building (Observe, Listen, Relate, Connect, Reach Out) using sticky notes and a whiteboard

#### **10:30 – 10:40 Coffee Break**

#### **10:40 – 10:45 Group Division**

- Divide participants into 5 groups, each focusing on one stage of empathy-building
- Assign one staff/student as a facilitator to each group

#### **10:45 – 11:35 Small Group Exploration on Opportunities**

- Each group selects a specific challenge to address and designs potential strategies to solve it
- Facilitators guide discussions and assist participants in creating a storyboard for their strategy's use case

#### **11:35 – 12:00 Debrief and Presentation of Results**

- Reconvene to summarize findings on challenges and opportunities for cross-generational empathy
- Encourage participants to present their ideas and storyboards
- Reflect on key takeaways and the overall workshop experience

#### **Equipment Provided by Workshop Organizers:**

- Aging Simulation Suit
- Projector and screen for demonstrations
- Sticky notes, whiteboard, draft paper, and pens
- A1-sized diagram of the empathy wheel
- Printed handouts with blank storyboards and instructions for creating use case storyboards



## 我们将如何老去: 培养对老龄化过程的跨代觉知

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南方科技大学创新创业设计学院

研讨会提案: ChCHI 2024 Workshop, 11月22日



### 招募参与者:

数量: 10-20 名年轻参与者

要求: 对老年话题有兴趣或有相关经验的志愿者

### 研讨会时间:

9:00 – 12:00

### 研讨会地点:

南山智园 C1 栋 10 楼或 11 楼

### 研讨会概述

此研讨会旨在探索年轻一代对老年人的态度，并通过一系列互动活动来培养共情。会议将以概述介绍开始，接着是旨在培养对老年人的身体和情感共情的体验活动。在这些见解的基础上，参与者将进行协作头脑风暴，以识别在跨代理解中的关键挑战。最后，参与者将分成小组，开发创新策略和可能的技术辅助解决方案，以有效应对这些挑战。



## 目标

1. 通过移情驱动法探讨年轻一代对老年人的态度。
2. 讨论当前挑战，确定潜在技术解决方案，以培养跨代同理心。



## 目标受众

- 对老龄化相关话题感兴趣的设计学生和初级研究人员。
- 具有老年护理经验的年轻志愿者、社会工作者及相关护理服务从业者。
- 对老龄化社会有兴趣的年轻人。

## 预期成果

参与者将通过我们的体验环节对老年人面临的身体和情感挑战有更深入的理解。此外，通过使用提供的工具和方法，参与者将学习识别老年社区中的真实挑战，并开发出以共情为驱动、符合情境的，并可能由技术辅助的策略来解决这些问题。

## 日程安排：

09:00 – 09:15 研讨会介绍 & 破冰活动

09:15 – 09:45 体验活动 1：穿戴老龄模拟套装完成指定任务

09:45 – 10:00 体验活动 2：观看视频或阅读文本了解老龄情绪感受

10:00 – 10:30 同理心驱动的头脑风暴会议

10:30 – 10:40 休息

10:40 – 11:35 基于同理心的头脑风暴与共创环节

11:35 – 12:00 小组讨论和分享