

PAAR-NET

Working Group 1 (WG1) Health, Care and Support



The PAAR-NET COST Action focuses on knowledge co-production through participatory approaches with older adults in research, policymaking, and practice.

Working Group 1 (WG1) looks at a range of health, care and support settings and sees older adults as co-creators and active contributors bringing their own experiences about treatment, care and support.

We work with communities to develop co-creative ways of working together and learning together in order take action together.

The aims are:



To learn from peoples' living experiences in order to promote positive futures for older adults.



To address social exclusion, economic disadvantage, and ineffective responses to ill health that traditionally impact older adults.



To inform more inclusive and responsive policy and practice across health and care.



Challenges are:

Exclusionary practices: Not including the voices of older adults.

Power imbalances: Not involving older adults in decision-making.

Structural and practice constraints: Tokenistic and box-ticking activities, poor-quality reporting and limited resourcing.

Opportunities are:

Embracing diverse living experiences: Recognizing the heterogeneity of abilities, experiences, and backgrounds of older adults.

Promoting empowering methods: Facilitating inclusive and meaningful involvement in collaborative activities.

Co-designing: Co-designing research, policies and practices for older adults and with older adults.

Implications are:

Implement strength-based approaches: Focus on older adults' strengths, knowledge, and expertise rather than diagnoses and conditions.

Build collaborative networks: Establish and support meaningful partnerships amongst people.

Evidence PAAR impact: Evidence the difference participation has made to improve treatment, care and support.

Develop and implement standards: Co-create guidance to encourage participatory approaches in research and across health, care and support settings.

