## Data attached to Work Package 4 of the Designing for Healthy Cognitive Ageing (DesHCA) Project

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## Data Archive Link and Reference

McCall, V; Rutherford, A (2024): Serious game data archive for the Designing for Healthy Cognitive Ageing (DesHCA) Project. Version 1. University of Stirling, Faculty of Social Sciences. Dataset. http://hdl.handle.net/11667/227

## Background

The Designing for Healthy Cognitive Ageing (DesHCA) aimed to test, understand, and identify facilitators and barriers for various stakeholders, including older people, in achieving cognitively sustainable housing, in both new-build and retrofit contexts.

The DesHCA project has developed a co-produced legacy tool called ‘Our House’ as part of its Work-Package 4, led by Professors McCall and Rutherford. The archived data attached to this work-package has been generated from 10 playtests of the serious game legacy tool that was developed. Our House is a serious game that was developed to generate research insights on how to deliver housing for older people that is cognitively sustainable and inclusive.

## Overview

This is the transcript from playtest session 2, which took place on the 24th of March 2023. The playtest comprised of 11 participants.

This transcript has been fully anonymised, with all identifiable characteristics, including the participants’ names, removed, or replaced with pseudonyms.

I: …this discussion. This is just where we cut to the thoughts, where your vignettes are. But when, in the discussion, I'd really like you to have a think about these questions, and maybe give us some insights when we're sharing where we've landed, and what we were thinking through the journey in regards to your vignettes. And what would you have done differently at the beginning, possibly, if you knew that, that kind of was going to come about? What informed your decision, was there specific trade-offs? We'd quite like to know what you traded off, and what you prioritised. And as life changes occur, what were the priorities, and the compromises that you made? Bearing in mind, kind of trying to capture, it's like, what should we be doing in the future when we're building these homes, what should we be taking into consideration from what we've learned throughout the process?

So, if we're happy to have a discussion. I might not pick on poor Ben, to start again, since you're still having your lunch. Does somebody want to go first, though, maybe, who's maybe keen to start? Derek, are you okay?

R1: Sure.

I: Okay, right.

R1: Yeah, so, the latest round of changes, Derek has been going downhill, physically, he's in a wheelchair, now. So, accessibility within the house is an issue, I think, even from the first round of changes, it was, it became pretty apparent that the house wasn’t necessarily the right place for him to be, with the direction of travel with his health and wellbeing. But he is still where he is. He didn’t have enough money in this round, to make up the changes that he had to make, so we had to make a few compromises. We definitely had to make some difficult decisions. We prioritised his bedroom, and the access to the house, access between storeys, the bathroom upstairs, and the WC downstairs, and the family room, as being the key rooms that we'd need to, without them, quality of life would be significantly compromised.

But it's still not ideal where we end up in a situation where a couple of the bedrooms have had nothing done to them, so they would not be accessible to him. So, he's in a house where he can't access all the rooms, and he can't get into the garage, because that was just too expensive to adapt. So it's, the house continues to not be ideal, significantly less than ideal, at this point.

I: Yeah.

R1: His family have made the decision to move, one of his children has moved closer to him, to help him out. So, he would be in a difficult position in terms of, if he was to move, after them moving to be closer to him, it's slightly awkward.

I: I see, so lots of negotiations, there.

R1: Yeah.

I: But not one ideal solution for the situation?

R1: No, incredibly complex, yeah. I don't know, have you got any other thoughts on it?

R2: I think you've summed it up quite well. We did have, we put into the grants officer asking for a grant to adapt parts of the house, which was accepted. But, yeah, there are parts of the house that are not accessible. And I suppose, ideally, he might have moved, although with the format of the game, we weren't clear on the process for that.

I: Okay.

R2: I think we kind of ran out of time to do that.

I: We did a little bit, we had two movers, yeah, I think, yeah. So, but that would have been the next step was, actually, this house isn't actually ideal, and we need to have a more appropriate house for the level of cognitive and physical challenges that Derek had.

R1: And I think knowing what we know now – and hindsight is 20/20, that old cliché – but I think, knowing what we know now, we would maybe have moved him the first time round, rather than waiting for his health to go further downhill, and then that can mean more complex adaptations.

I: Interesting. So, and thinking about yourselves, as you grow older, what out of this is the one thing you want to have in your house to be ready for the future? Hard question.

R1: Which one thing of the adaptations, or…?

I: Yeah, just anything from today, you're like, this is what I need to do to my house?

R1: I mean, I think having access to the garden has to be a significant priority, if you have a garden, if you're lucky to have a garden, then being able to get into it is pretty important. If you have a garden, and you can't get out into it, then that’s…

I: Yeah.

R1: …you've then got the double whammy of having a garden, but not being able to get into it, and being stuck inside.

I: Yeah.

R1: And that’s a pretty rough place to be, I would say.

I: That’s a good one. And gardens have come up consistently, as an incredibly important part of ageing in place, and growing older, for wellbeing, quality of life, so yeah.

R1: Uh-huh.

I: So, good. Quaid, anything to add, before we move on?

R2: I don't know, in terms of my current situation, the house is probably not suitable, for us, as I grow older.

I: Yeah. So, you would be thinking about moving, at some point?

R2: I think I'd have to, yeah, starting with getting in and out of the house, and then, once I'm in, well, the house isn't suitable for me, anyway, so.

I: It's a funny thing, we could fall down and break our legs tomorrow, will our house actually support us. It's an interesting question to consider, so yeah.

R2: Uh-huh.

I: Good. Well, thank you both very much, I think you've done Derek proud, and I think you've come across the best solution. Where has his wellbeing finished?

R2: If we adjust after the second round [inaudible 0:05:50], a little bit.

R1: Yeah.

R2: [Inaudible 0:06:00], so he's probably doing okay.

R1: Yeah, I think one of the Ben’s big issues is that it is still undiagnosed, so he doesn't know what's wrong with him, and that’s, for his mental wellbeing, that’s got to be a significant issue.

I: Okay, good, great. Well, thank you again, and thank you, Derek. Will we move onto Sean and Kerry, who on the whole, are meant to have a bit of an easier ride of it. And are meant to reflect the kind of wealth differentiation between certain groups, and what they can access.

R3: Yeah, just like, hearing other conversations, I think we were finding it slightly easier than others [inaudible 0:06:38]. And we were able to make a lot more adaptations to the property that they're in. In saying that, not many of those were major. So, the house, we just made it more open plan, we put in things like Alexa, and in the third round, it said we were able to buy that, to help with support, with reminders, on a daily basis. Because they’ve got some cognitive health issues going on. The only thing, I think, that we did say that we would maybe, reflecting back on the first round, we had put in a small shower-room. But actually, in the house, because it is a four bed, there's two small single bedrooms, which we could have maybe opened that up, and made them, like, a bigger wet-room, bathroom, in the centre of the house. Because Sean's mobility has slightly reduced, now.

I: Yeah. So, that’s a great lesson. So that’s about, you had the ability to be proactive, but weren't still able to kind of project into the changes, and would have actually made bigger changes, first, that would have been longer lasting?

R3: Yeah.

I: Okay, interesting. So, out of all this, so same question, what are you going to move, take away, what do you think the main thing is to do to the homes to be able to age-proof them?

R4: Well, I think we started off in a really fortunate position. They were in a cottage; it was all level access. They’ve got room, and money, and a garden, and are in an area which actually, now, is quite good. Because we were thinking, oh maybe they want to move closer to town, but actually, Sean's not very mobile, and Kerry's a bit forgetful, and wandering. And I think, actually, if you were in a busy city centre location, that could actually be quite dangerous, if you were walking out in front of cars, or you know, you don't know. So, actually, living in a smaller village is probably a better place for them, long term, and with neighbours that know them, and things like that. So, yeah, when you've got someone that’s really able, that’s not all there, and then someone that is, that’s not able, so that’s actually quite a challenge, I think, for them, as a couple. For me, I think level access, and I suppose, what you guys said about the garden, I think that’s just key.

I: Key priorities?

R4: Yeah, for them.

I: Right, thank you.

R4: And they obviously had the money, that’s a major priority.

I: Yes. So, great. Anything else to add just to…?

R3: No.

I: Okay. Super. So, then we go to Christina and Davina, who thought outside the box, and now have a lodger. So, okay…

R3: A lodger?

I: Do you want to summarise where you've been, what your priorities were, what informed your decisions?

R5: I think we, initially, compromised on number of rooms, for ones in the future would be easy adaptable. We were looking towards the future for those. And although we wanted two double bedrooms at the start, and we just had to put in a single, because we just couldn't afford it, essentially. And then, moving forward, in terms of adaptations, in the first round, we did adaptations which would go above and beyond what was needed to meet the criteria, essentially. So, in future rounds, it became a bit easier, and we started doing things open-play layout, which we didn’t need to do, but we had the money for. And partly because we've rented out our single bedroom for a lodger, so we negotiated extra credits for the [inaudible 0:10:15], essentially.

I: Creativity was rewarded in the game, I told you.

R5: We should have gone higher in the proposal, and we would have got an extra credit, actually, yeah.

I: So, what's your takeaway thing, what do you think we should be doing to our homes to age-proof them?

R6: I think, sort of going back a wee bit, I think the main thing for us was, see just the budget, I think it kind of highlights just how important it is to have access to money. Because if we didn’t have the grant, then we would have been absolutely stuffed for money, for want of a better word. You know, you would have been, somebody living in their front room, and there's no way of getting upstairs, you know, what kind of life is that for someone. So, I think, yeah, if you don't have access to that, it sums up just how kind of a two-tier society you've got, that people that can with, a budget, and people that can't. So, I think that’s really important. And, yeah, the having to get the lodger in as well did help. But I think, maybe having the foresight, like we did do that, didn’t we, we kind of looked ahead.

R5: Yeah.

R6: Because when we read these we were going, what else could possibly go wrong in their life, you know, and try and work out what that might be, to adapt, like, with the budget that we've got.

I: Yeah. And out of all the groups, you actually did save yourself money by doing that, in round two to round three, you had sort of specifically said, we've done that, and that saved us money in the longer term. So, and the lodger, of course, subsidising some extra adaptations. So, I think you did really well in the constrained budget that you had. And I think, you're absolutely right to mention, you know, at the heart of that is financial constraint, about what you can do, what you can't do. And I think what the learning, hopefully, from the adaptations, is that sporadic, in regards of decisions of getting that access to support or not. So, what we can do in our houses to proactively make them as flexible as possible, it saves us money in the longer term, that’s the key, the solution, isn't it, so.

R5: Yeah, I think it's knowing ahead at the start, so that you design initially, it's easy to change when you need to change them.

I: Which you did, so that was well done, good, so gold star for that one. I have to admit, Christina and Davina, in the last game, didn’t end up in such good straits, so, that’s good. So, thanks. Anything to add?

R5: No.

R6: No.

I: Okay. What about Joseph, where did Joseph end up?

R7: So, Joseph got his diagnosis, and he has MS, and lots of associated challenges with his mobility and cognition, as a result of that. So, Joseph's moved, we've found him a supportive flat in the New Town district. And that suddenly made everything a lot easier. He's going to obviously need quite high levels of care, and it's quite hard to get, even an easily adapted, accessible space, to the very highest level. But we're hoping that, actually, because this is a purpose-built supportive development, that maybe there's, some of these things are kind of anticipated in that, already in existence.

R8: So, we kind of thought, open plan, a mobility store, and kind of non-slip flooring, kind of memory. But we also wondered whether visual access, and so on, is really important. But how, also, assisted living will, in time, might integrate that assisted living, and kind of how that might be done.

I: I quite like that. So, Joseph, to make the decision to be appropriately housed, and because of that, you were able to open the bundle of housing support, that’s not just about the home, but all around.

R7: Yeah.

R8: And I think what was important for Joseph, for me, was that Joseph was really happy in his community and his neighbourhood. But then, because of that, he didn’t want to go out anymore, so he lost his confidence. So, he's not moving completely outside of his neighbourhood, and we wanted to have an open-plan kind of living room. He wanted one so that his friends could still come in and see him, if he didn’t feel he could go out. And that, you know, flat access for his mobility scooter, as he gained confidence. So, for me, I think a lot of it is about the social aspect and keeping in touch with his neighbours. And so, he doesn't lose all his confidence.

I: Yeah, absolutely.

R7: We had a conversation about the garden, as well. So, and he didn’t have a garden in his last property, because he was off being a bon viveur around town. But…

I: He's a player.

R7: Yeah, he seemed like a player. But when we talked about that, because actually now, he's more home based because of his restricted mobility, we kind of talked about, actually, if there'd been an option for a shared garden, we would have gone for that. Because that reflects, kind of the conversations we've had a lot in the work that I do, that is around people absolutely want to maintain the access to their garden, but big gardens become a real source of anxiety for people, if their health's a bit iffy. You know, who's going to cut the grass, are they going to be able to cut the grass, all of those things kind of come into it. So, actually, that shared space is really important.

I: Yeah, there's two things. It takes the burden away of the gardening, and then social…

R8: Social.

I: …yeah, that’s quite clever. So, I think Joseph sounds like he's in a happy place at the moment.

R7: We think he's an optimist, anyway.

I: Really?

R7: Yeah.

I: So, Joseph has landed, at the wellbeing scale, quite, he's still quite high.

R7: So, he went down, when he was waiting for a diagnosis, and his house wasn’t suitable, and that uncertainty. But we feel he's kind of bounced back, because yeah.

R8: He's still dealing with that, but it's how he could be supported in living as well as he possibly can do. Also, trying to maintain that dignity, and sense of autonomy, kind of.

I: Yeah, absolutely, so he's kept his identity in different ways.

R7: And we're kind of assuming the house is suitable for his social needs, as well, though, so that his family can visit, and all of those things that are important to him in the beginning.

I: Let's assume it is.

R7: Yeah, I mean, we know the reality is not the case, but yeah, we're being optimistic.

R8: Yeah.

I: I think you've done very well, so you're ticking all the boxes, and all the things we want in regards to ageing in place, really, yeah, well done, it's all good. So, will we move onto Ben, because I'm sorry, I'm going to keep you five more minutes, sorry, just to make sure we've rounded up everybody.

R9: Do you want to go, or shall I go?

R10: I guess, it's me. So, Ben started off in a relatively big house, in a wealthy suburb, and he was doing okay. As his health deteriorated, wanted to stay there because he's well connected to his neighbourhood. And then, you know, was lucky with getting various adaptations paid for, because he doesn't have a great cash flow. But then, it got to the point where, actually, that wasn’t going to work, it wasn’t going to cut it anymore. And then, moving to the next sort of suburb, so he didn’t have too far to go to sort of still see his friends and connections. And then, having a much smaller property, that had much higher, and future-proofed adaptability. And an extra-large living room, again, so his friends could come and visit him when, you know, again, a future-proofing thing. And then also having a lot of cash in the bank for, if something does come along. And so, that kind of end point where he stands now is quite comfortable, and is looking good, you know, for the immediate future.

I: Yeah. So, your solution was a change in house, then, solution?

R10: Yeah.

I: Yeah, absolutely. Although you were forced to do it because of the flood.

R9: Because of the flood.

I: Yeah.

R10: Yes.

I: Insurance paid out; he was fine.

R9: He was, yeah. And he was in quite a big house, which was quite expensive.

R10: Yeah.

R9: We just moved him to a medium sized house.

R10: I think when we started it, we tried to be as true to what the description was, and not switch architect brains on. And so, what would someone who built a house 40 years ago, what would that look like, and try and keep true to that. And then, okay, do the reactive proactive. And I think someone else round the table said, if you knew what the moving process involved earlier upfront, the much more you'd actually, let's do that much sooner. You know, moving area could do a lot for you.

R9: Yeah.

I: So, when the housing conversation began, or was in each of your life journeys, was actually quite important.

R10: Yeah.

I: And we all agree that that housing conversation should have come a little sooner, yeah?

R10: Uh-huh.

R8: I think so.

I: It kind of mirrors reality?

R8: Is there something…oh, sorry.

I: No, go, it's fine.

R8: Is there something about barriers? Because Joseph wanted to move, and then couldn't move, couldn't go to the sea, which probably was a good thing. But there's also that, how big those barriers or challenges are perceived to be. So, making that decision, early on, can often be quite difficult. So, there's a sense of, how can we support people to make those kinds of decisions. And I guess that’s the housing market, micro stuff, the housing market.

I: Yeah, and why it's all messy, so messy, yeah, very good point.

R9: And I suppose, just, yeah, if I can add onto that. For Ben, he was quite rooted in his community, and he was on the community council. So even though, if his house wasn’t the most suitable, he probably wouldn’t want to leave, he'd probably be happier to stay there. So, I think it's…yeah.

R9: Yeah, it's something about mixed housing developments, and the importance of that as, into an ageing community. You know, because here's obviously, there's owning, but if it's mixed, there's a sense of, you might be really involved in your neighbourhood, but your house might no longer be suitable. If you could move, and stay in the same neighbourhood, but to a physical house that kind of works for you.

R3: And it makes you wonder, the age, you know, 55 and over, 55 is so young, but it's classified as an older person in this, and I was wondering if it's to encourage people to start noting at 55, so that by, you know, here you in your 70s, and actually, you're comfortable, and you can adapt your home comfortably, and you don't feel like you're needing to move somewhere to start again, at whatever age, whatever happens to you. Because, I mean, 55 is so far before retirement, for example, I think, yeah.

I: Absolutely. And nobody is ready to think about their last home, at that point in time.

R3: No.

I: And I think 55 is, well age is an arbitrary number, isn't it, it's how you feel, and things.

R3: Yeah.

I: But it's also, policy, practice wise, some would argue, even too late to start planning, because of your financial restraints, you know, pensions, et cetera. All these things are so important, but you really don't, you always kind of push it, because why would you think about it too early, it's a tricky situation. I'm going to jump, though, to Susan, because we want to hear where Susan ended up, as well.

R11: Okay. So, Susan's declined a little bit, and home has been quite challenging for her, in terms of her cognitive ability. I think, we were quite lucky in our scenario in that, well, Susan is relying on her daughter. So, you know, in terms of Susan's situation, her wellbeing is not in decline too much, because she's got her daughter there. But I think it must be quite challenging for her daughter in this space. We, at the beginning, were quite conscious about having a small garden, and having mobile access, so that was something that we selected as part of her home. And the fact that Susan had been in this neighbourhood for 40 years was really important, so that probably touches on a lot of what we've been talking about. That your home is also part of the community that you're in. So, having that kind of, perhaps, variety of housing in an area that you can, you don't need to leave your community, you can still be there.

And there's something that you were saying about the, you know, even if you didn’t have a garden, that you have something that is shared, or you have views out to, so you can still, you know, have that connection to the outdoors. So, we applied for some funding, and we got it in the first round, we got about 50 per cent in the second round. So, things are becoming a little bit…

R12: She's probably in a better position than some, though, because she's already in the local authority kind of bubble, for want of a better word. She's already in that process. So, it seemed easier to already get in to get the funding, rather than coming in as a private landlord, or something.

I: Yeah, she has connections to people who know the process, already?

R12: Yeah.

I: When a homeowner starts, often, from scratch, not knowing what's available, what's out there, what people are doing, so yeah. So, Susan was kind of, had a bit of a network of support.

R12: Yeah.

I: Which takes into consideration, we're adapting household needs, as well.

R12: There wasn’t a lot of choice, I suppose, for Susan, would be the only thing in the future, she's kind of limited, I suppose. But you would then hope, maybe because she's in that system already, it might be easier for them to go into, if she needed to go into care, for example, it might be more straightforward for her, possibly.

I: Yeah. So, it's also about choice, an array of choices around you, in the network that you want to be in. Good, so lots of different scenarios, but shared priorities, I was hearing there, you know, especially with gardens, social. And housing being the facilitator for all of these things that actually support wellbeing and quality of life. So, I think that’s a good conclusion to the game, really. And I just have one more favour, if that’s okay, before yous run off. We do have a little sheet just to capture those priorities. If you've got time, just a couple of minutes just to quickly fill them in, that would be amazing. And, oh yeah, just…

[Doing exercise].

I: So, I want to thank you all so much for your time, I appreciate it so much. Did the game help personalise some of these things? Yeah, oh good, that’s good.

R4: Yeah, like having very different scenarios, but actually, like, a lot of similar priorities, right, and just being able to kind of, yeah.

I: Yeah, some of the same challenges, even if they start at a different place.

R4: Yeah.

[Voices overlap 0:24:39].

I: Does anyone else need a pen?

[Doing exercise].

I: Thank you for this. You're definitely allowed to leave the room without doing it. But I do really appreciate this last bit of capturing.

[Doing exercise].

I: So, Olivia, would this be the game of choice, rather than Hopetown?

R7: Yeah, I think so, I think this one is really good, and it reflects a lot of conversations we had as part of the Care Campus Project. All of these things around people living with diagnosis, and not being able to anticipate their care needs, and not wanting to. It's almost like living in denial.

I: Yeah. And it's a chicken and egg scenario, it's like, how do you prepare for the unknown, but if it's unknown, how do you prepare.

R7: Yeah. And even when it is known, you don't really want to go there, so that’s the conversations that we had, were very much kind of around those things. So, yeah, but then, the Hopetown is more about the kind of policy behind it, and that’s where we've got a challenge, I think, locally, so it's a difficult one. But I like the idea of playing this with the community, as well, though.

I: Yeah. And that’s what we're yet to do. We're looking for a community group, especially of older people, to play this, and we've not got that yet, so we're quite…if anybody knows any groups who like to play games, do let us know.

R7: Right, I'll do some digging for you.

I: And in the project, all these stories are going to merge, these are real stories or scenarios of people. And I have to say, I think, on the whole, you all left your people in better places, than the real-life people, you know, because of the options, and what was available to them, wasn’t as clear-cut as obviously it is in a game.

R3: What actually happened to Sean and Kerry, do you know?

I: Remind me, Sean and Kerry were in the cottage? It was Kerry, wasn’t it, that got an Alzheimer's diagnosis?

R3: Oh, yes, yes, she did [inaudible 0:27:23], because that one was Kate's one.

I: Yeah, yeah, and yeah, they had different scenarios. There was lots of stories of, there was one couple that had put in, they were homeowners, didn’t realise there was help or assessments out there, put in a bathroom to help with a Parkinson's diagnosis. Then, when that progressed, the OT came in, and the whole bathroom wasn’t a wet room, it wasn’t accessible, so the whole thing was torn out, and completely wasted. Yeah. So, you've got these scenarios where, yeah….

R6: The project we're working on has taken up a longer time to develop, and also, but we have had a lot of input, haven't we, Quaid, from the OTs, to do something that, to try and do something a wee bit different, and future-proof it.

R5: Yeah.

R6: Which does take time and investment, and those conversations. But hopefully, I'm quite excited to think about what could be done there. And also, the council can use that later, in a different way, just how we kind of structurally designed it, that almost all internal walls can come down, which you don't always get [inaudible 0:28:38] and taking things out is really expensive.

I: Yeah, absolutely. If you invest now, you save money later.

R6: Yeah.

I: What is it that’s coming out, we've got, our statisticians are working on the cost per unit in each local authority for adaptations. And they're calling it, the adaptations liability cost. So, per household, this is what this is going to cost you as a local authority, and what would you do with that, does it help in your decision making processes. Because everything will have a cost, the ageing, you know, it has a cost connected to it in some way.

R2: I think that’s…

R10: And when…sorry.

R2: …because that’s the difficulty with the CapEx projects that local authorities, and some organisations have, isn't it, because it's all about dealing with the capital logic. But it's trying to shift some of that money from the operational budgets, you know, closer to the starting point, it would be better in the long run.

I: Yeah, yeah.

R10: Yeah, so I guess, if there was something like that, there was a mechanism that allowed them to formalise that thing of saying, here's a way of giving some sort of ball-park figure of, this design versus this design, saves us X amount of money, you know, over a longer period of time. Rather than just about which house is cheaper to build right now, yeah.

R2: Yeah. I think they're doing it, some of the local authorities are doing it with environment sustainability criteria. So, like adopting Passivhaus, like Edinburgh Council have done as another system, and other residential projects, it's just a lot less standard, because they know what the financial values are doing upfront, so they stay subjective.

I: So, that’s the carrot, basically, that you need.

R2: Yeah.

I: Hmm, interesting. Leon, did you want to make a point in there?

R1: Very similar to that point.

I: That’s fine.

R1: But basically, that’s what it comes down to, it's that long term, and short-term thinking, and short-term financial pressures. That, to not make certain things that will improve people's life in the short term, or in the long term, as a sort of, not making changes that would make a short-term benefit to people, has a long term cost as well, like the cost of…I'm not making much sense.

I: No, it is.

R1: To not make the changes, has financial implications, as well.

I: Yeah.

R1: So, make the changes, if that makes sense.

R3: And it needs time, you know, to actually get an OT out, to make that decision, to put the application in, to have meetings, go back and forth, and then get a contractor in, and then make changes, and all of that takes time.

I: Absolutely.

R1: Yeah, I agree, and the housing projects I've worked on have been for accessible flats, and they’ve been built in a very generic way, because they had nobody allocated to them at the time that they were built. And then, ended up, an OT came in later, and they were adapted, from different to how they'd built from scratch. So, that’s just wasting money, and it wasn’t planned properly from the start.

R3: I think it seems to me, it's moving in the right direction, and these conversations are happening, and these workshops are happening. And these conversations are getting built on constantly, to try and meet the briefs, and stuff.

I: Yeah.

R3: So, it does feel like it's moving in the right direction, people know much more, now.

I: Yeah, that’s good, that gives us hope.

R3: Yeah.

R8: And is there something around, like in Scandinavia, like design in practice. So, if you've got sort of a set of toolkits that people could experiment with, and have in their home for a wee while, before you actually built in major changes, and kind of, that sort of, you know, using by doing, kind of thing.

I: It brings it alive.

R8: Yeah. So, then you could identify risks, as well, probably more easily, and what the gaps were.

R10: I didn’t realise until I got home an idea of the risks, you know a couple of different flats, like rest bite flats, go and stay there for a week, try it out…

R8: Yeah.

R10: …and then apply that to your own place, and then if it works for you, yeah.

R8: I mean, you could be really crazy, as well, you could make it like a, have a kind of holiday, you know…

R10: Yeah.

R8: …play with, you make it playful, as well.

R3: Yeah.

I: Try it out before you buy it.

R8: Yes.

R12: I suppose if you start talking about ageing, at a younger age, it's less sort of that whole kind of elephant in the room, people don't want to talk about it. If it's part of design, and it's made to look nicer, then people aren't going to be so, like, oh I'm not making my house an old person's house.

R8: Yeah.

R12: If it's kind of part of the nice design in the first place, it's not really quite so off-putting.

I: I agree.

R12: And if it's not expensive, at the moment, it's always, adaptations always cost more, because part of, or it's a kind of pack you're putting in. But if it's just part of design, it's not really…

R11: It's integrated.

I: Yeah.

R8: And then, I guess, like mainstreaming a little bit, thinking about working with partners like IKEA, in terms of their sustainability. The furniture is more sustainable, but it becomes part of the mainstream that you can adapt. Because so much of, when I did work with OTs, they all kept saying, that all the sort of support thing is so ugly, why can't we have more beautiful, you know, yeah.

R3: Yeah, it's kind of cold, sterile bathrooms…

R8: Yeah.

R3: …and they just scream somewhere…

R6: A medical facility.

R8: Yeah.

R3: medical, yeah. That’s what we've been trying to work on as well, and it's really difficult to get colours, and lighting.

R8: Yeah.

R6: Especially in the UK.

[Voices overlap 0:34:05].

R3: Something we're looking at the moment, well we haven't started it yet, but we're about to. Because we spend quite a lot of time with [inaudible 0:34:15]. But it's very focused on the environment, and how you move around to get to your home. But we're looking at adding it as a home conversation, so like a home standard tool. And bits and pieces already exist out there, but we're going to try and look at it based on retrofit, and looking at [inaudible 0:34:39], and take it a wee bit further. So, maybe we'll get you all back to do a workshop on that.

I: Hey, any time, that sounds exciting. We'll be learning from you that time, that sounds great. Well, everyone, I have kept you all a little bit more than I promised, and I do apologise for that. But the conversation was just fantastic, and I don't want it to end. Thanks for all your time. And I will be, all just keep in touch, because yeah, we're just at the start of this journey, aren't we, and we're going to have lots more coming up, and we're all going to just be able to learn from each other, in the right room, with the right people. Thank you so much.

R8: Thank you for organising it, thank you very much.

I: Great. I'll always be available to come and play games.

[Voices overlap 0:35:26].

I: Thank goodness.

**End of transcript**