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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