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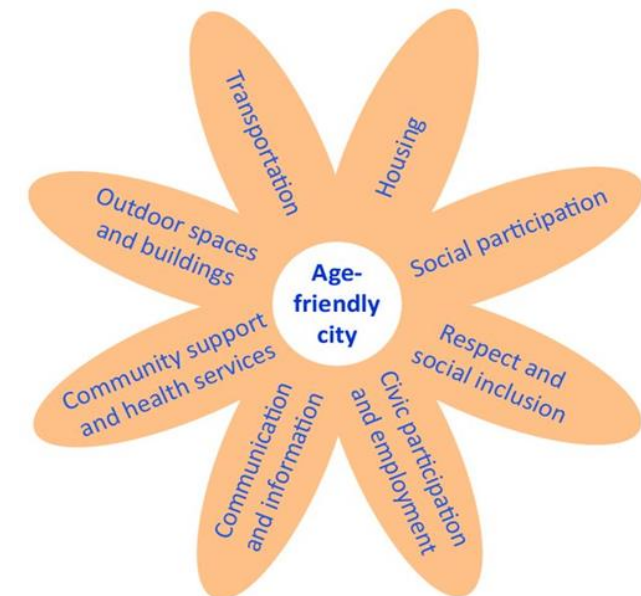
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The model of Age-friendly city of the World Health Organization (WHO, 2007) was used in our video projects as the main theme.

An age-friendly environment provides sufficient conditions for people to grow old and enables them to live there continuously and comfortably.





Participation of seniors as co-researchers

“Creating an age-friendly environment starts with the participation of seniors in decision making processes about their lives ” (WHO, 2016).

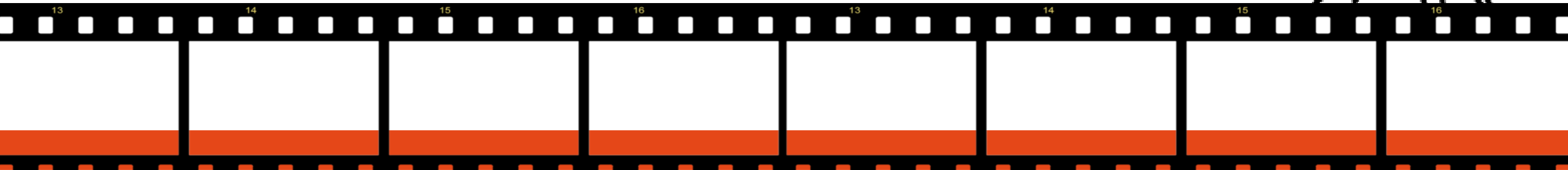
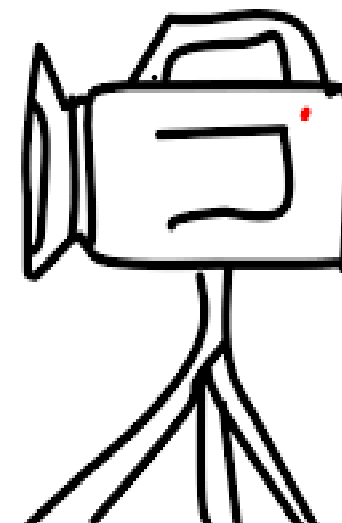
- **Participation** is *"a process by which people are enabled to become actively and genuinely involved in defining issues of concern to them, in making decisions about factors that affect their lives, in formulating and implementing policies, in planning, developing and delivering services and in taking action to achieve change"*. (WHO, 2016, p.11).



Participatory Video

“A collaborative approach to working with a group or community in shaping and creating their own film, in order to open spaces for learning and communication and to enable positive change and transformation.”

(PV-NET, 2008)



Participatory video as visual research method, can have various forms:

For example:

- short workshops (5 or 6 meetings) and collecting data within a defined theme, resulting in several mini-documentaries
- Researching and sharing stories that matter to a group over a longer period of time (3 -6 months), resulting in one film

Film ‘from door to door’, a film on housing for seniors in Delft



The shortest version of our projects included six meetings, of three hours each.

1. Introduction, discussing the topic and themes
2. Training in interviewing, filming and editing
3. Video recordings in the neighbourhood
4. Editing of images with sound and text
5. Final editing, watching all video's, evaluation
6. Presentation and discussion with stakeholders



General phases of participatory video research:

- a) Preparation
- b) Recruiting senior co-researchers
- c) Meetings (kick-off, follow-up meetings with training, recording, discussions & reflection, editing, evaluation)
- d) presentation
- e) Monitoring and follow-up

a. Preparation

- Form a working group or project group
- Discuss purpose and scope of the project, specific target groups, minimum of participants, planning, budget and practical support
- Together, identify important key figures and stakeholders, decide if they should be part of the working group. Inform stakeholders
- Ensure necessary funding, or fundraising
- Arrange venues, provide for materials (f.e. a projector, iPads, microphones), catering, and transport if necessary

b. Recruitment

- Involve local stakeholders in recruitment
- Neighbourhood associations, community centres, shop keepers, welfare organisations or advocacy groups can play a pivotal role in information on the project
- Engage committed professionals, such as social workers
- Use multiple ways simultaneously to recruit participants
- Explain that training in filmmaking is part of the project, most older participants want to learn something new!
- Organize an informal information event about the project

c. Meetings

- In the kick-off meeting: introduce the co-researchers to each other and the available support. Explain the theme and purpose of the project and basis knowledge on the theme.
- Explore ideas and sub-themes and provide information on visual and audio material.
- Give information on informed consent, storage and discuss where the video or film will be seen later (f.e. YouTube, newsletters, websites)
- Discuss in what way participants want to work with each other (in pairs or as a group)
- Create a relaxed and safe atmosphere

c. Meetings

- Practice interviewing (for example on a hobby)
- Practice recording images on a tablet or other device.
- Discuss the material together, so people can see what works well during filming
- Learn how to make a plan or story board
- On recording day(s) note numbers of mobile phones , in case assistance is needed
- Provide support for the editing meeting(s)



d. Presentation

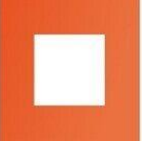
- Organise a preview for stakeholders in advance. Stakeholders may need some time to discuss required improvements in their own organisation
- Agree on monitoring results
- Organise a closing meeting and presentation in a festive manner
- Invite the fund provider(s)
- Invite family and friends of the co-researchers





e. Monitoring and follow-up

- Discuss in advance when stakeholders will be asked for feedback on results
- Discuss how co-researchers want to be involved or informed
- Discuss where the final report will be posted
- Monitoring may be useful for co-researchers as sign that ‘something is done with results’
- Monitoring may be useful for stakeholders as ‘reminder’ or legitimation of effort on certain areas for improvement



Conclusion

- Participatory video design can provide insight into preferences and needs of older people regarding Age-friendly cities
- The process of filmmaking is also an important aspect of the method.
- Statements on “*feeling part of society*” and “*enabling the voice of older people to be heard*” were emphasizing the importance of inclusion of older people in society.



References

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