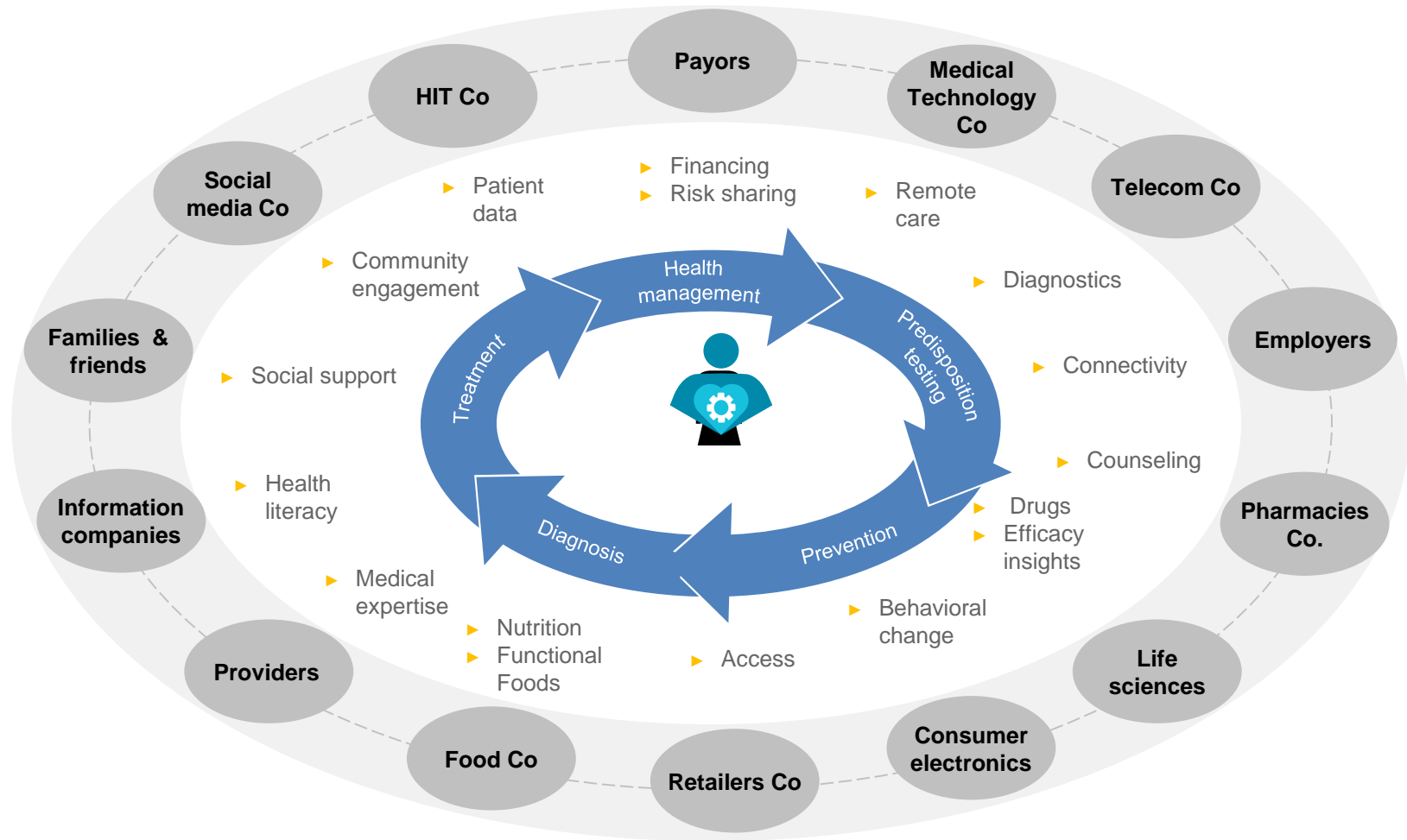# Aging Well!
Innovation for Healthy Aging

https://www.dayone.swiss/dayone/channels/reports/Projects/aging-well-catalyst-project.html

Collaborative Innovation

Source: EY

1 Network
A vibrant network of Healthcare Innovators bringing together enthusiasts and experts

2 Events
Conferences, events, workshops to drive collaboration, agenda setting, and awareness

3 Catalyst Projects
Collaborative projects that tackle bottleneck issues in Healthcare Innovation

4 Accelerator
An environment, in which start-ups will grow faster then in other ecosystems

5 Foreign Direct Investment
A thriving and unique ecosystem that attracts international companies to Basel

6 Collaborative Workspace
Spaces as neutral ground for work and co-creation between the wider community of experts in the region

COLLABORATIVE WORKSPACE

6 EVENTS

2

CATALYST PROJECTS

3

DayOne Network

1

FOREIGN DIRECT INVESTMENT

5

ACCELERATOR

4
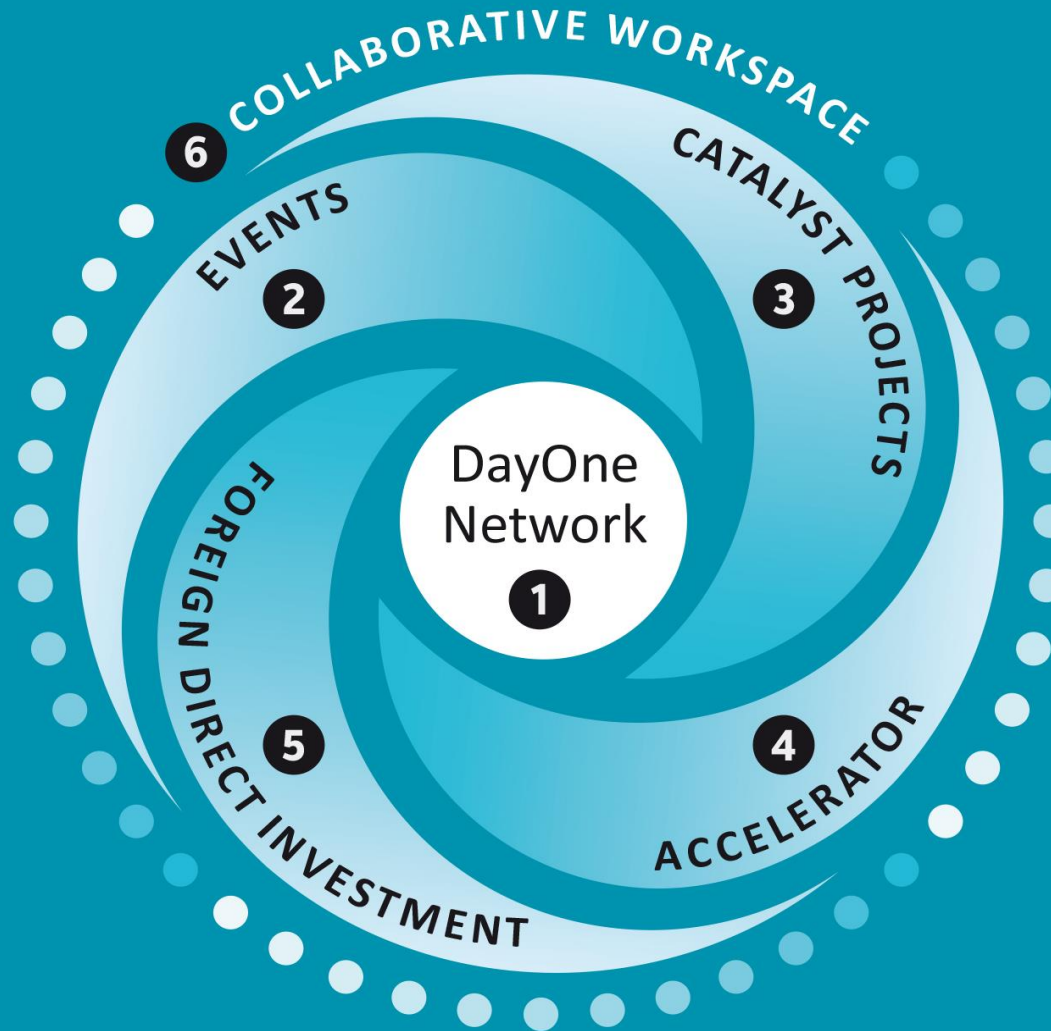
Our goals for the Aging Well project

Short term

1 — Identify needs of the aging population that can be addressed through innovative approaches

2 — Co-create innovative solutions

3 — Create networking and business opportunities

4 — Motivate you and other to be part of the initiative

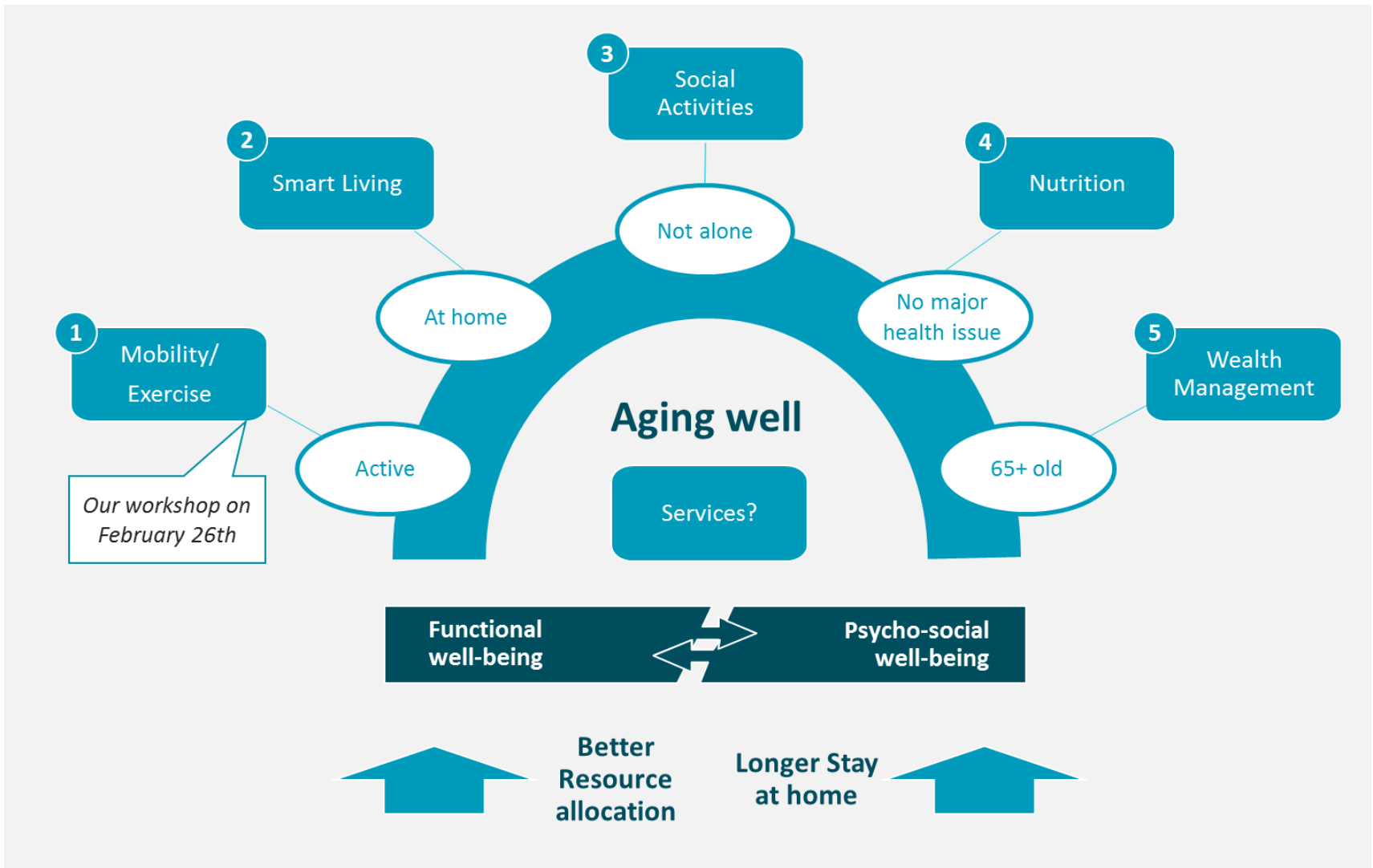**5** — Develop white papers to elevate the findings

Mid-term

Develop a funded multi-year initiative focused on innovation for Aging Well, with an event/think-tank track *and an acceleration programme*
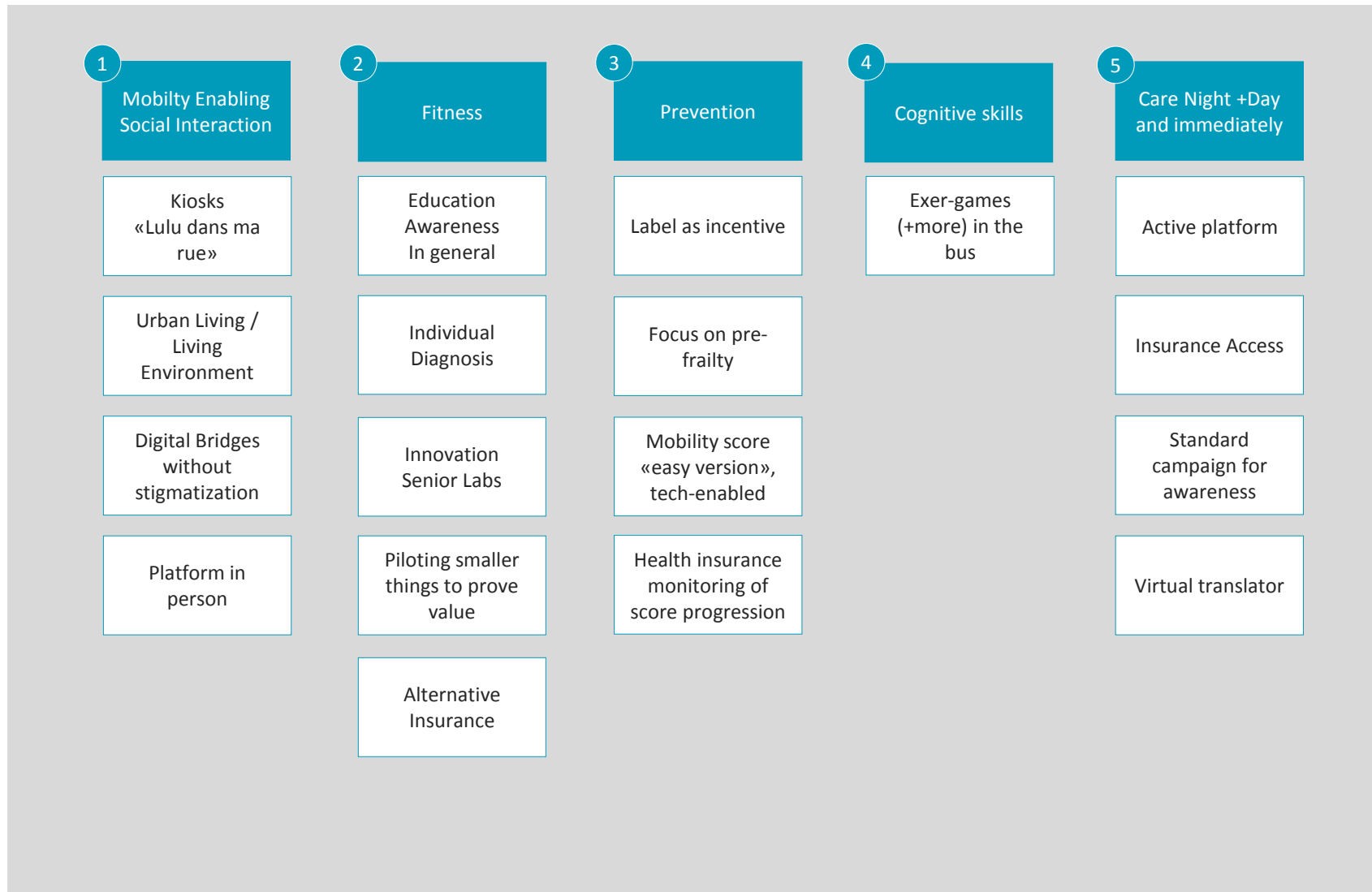
Long-term

Catalyzing innovation to enable the aspiration of the aging adults

The Aging Well workshops – five themes

Our First Workshop

Workshop

Identify needs

Mobility needs

Ideate solutions

Solution Identification

Design solutions

Solution Design

Learning

Framework

Innovation framework

White-paper

White paper structure

The workshop brought together 25+ innovators from different horizons (e.g. start-ups, academia, healthcare providers, tech, pharma, insurance, aging adults) to brainstorm on the mobility needs of the aging adults.

20 potential solutions to address these needs were ideated in teams. Three solutions were selected and developed further in a deep dive co-creation session.

This fast-paced exercise allowed us to co-design three solutions with potential to be further developed by the teams. Most importantly it allowed us to identify 9 themes as a starting point of a framework on what is important for innovation in the field of Mobility for the Aging adult- that we will develop further throughout the project.

The learning of the workshop will be distilled in a white paper to serve as a basis to engage further stakeholders in projects.

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Solution Identification

1 Mobilty Enabling Social Interaction	2 Fitness	3 Prevention	4 Cognitive skills	5 Care Night +Day and immediately
Kiosks «Lulu dans ma rue»	Education Awareness In general	Label as incentive	Exer-games (+more) in the bus	Active platform
Urban Living / Living Environment	Individual Diagnosis	Focus on pre-frailty		Insurance Access
Digital Bridges without stigmatization	Innovation Senior Labs	Mobility score «easy version», tech-enabled		Standard campaign for awareness
Platform in person	Piloting smaller things to prove value	Health insurance monitoring of score progression		Virtual translator
	Alternative Insurance			

Solution Design

1

AGITUDE!

A digital Platform to bring together knowledge and to support the needs of the aging adults and the communities around them.

2

HEALTH BUS!

A mobile „Exer-Gaming" (i.e. a combination of Exercising and Gaming) device + service platform bringing cognitive and physical exercise together.

3

KIOSK!

A neighborhood kiosk to create communities, enable social interaction and the exchange of services..

Our learnings in an innovation framework (draft)

Reduced Mobility as a combination of factors

Muscle loss and cognitive decline are interlinked factors leading to reduced mobility. They need to be considered as such in rehabilitation. Cognitive motor training can help achieve that

Mobility and social interaction

Mobility is a fundamental prerequisite for participation in social relations and activities. A reciprocal relation exists between both for rehabilitation. Urban design can help

Diagnosis and assessments

The risk of falls is not part of routines assessments. Pre-frailty diagnosis is also an underserved field. A lot can be learned from fields such as stroke where these diagnostics are routine

Awareness and education

There is little awareness of the importance to enable the mobility of aging adults and what solutions are available. Platforms, targeted education programs could help

Business models and reimbursement

Payment for products and services is of critical importance for the aging adult. Innovative business and insurance models could help reimburse for services and products

Senior Labs and innovation

Solutions and technologies for the aging adult are too often developed without the understanding of their needs and aspirations. "Senior labs" can enable human-centered design

Collaborative pilots and scalability

The ability to pilot initiatives, in collaboration with stakeholders can help prove the value of the intervention and its future scalability before large funds are committed
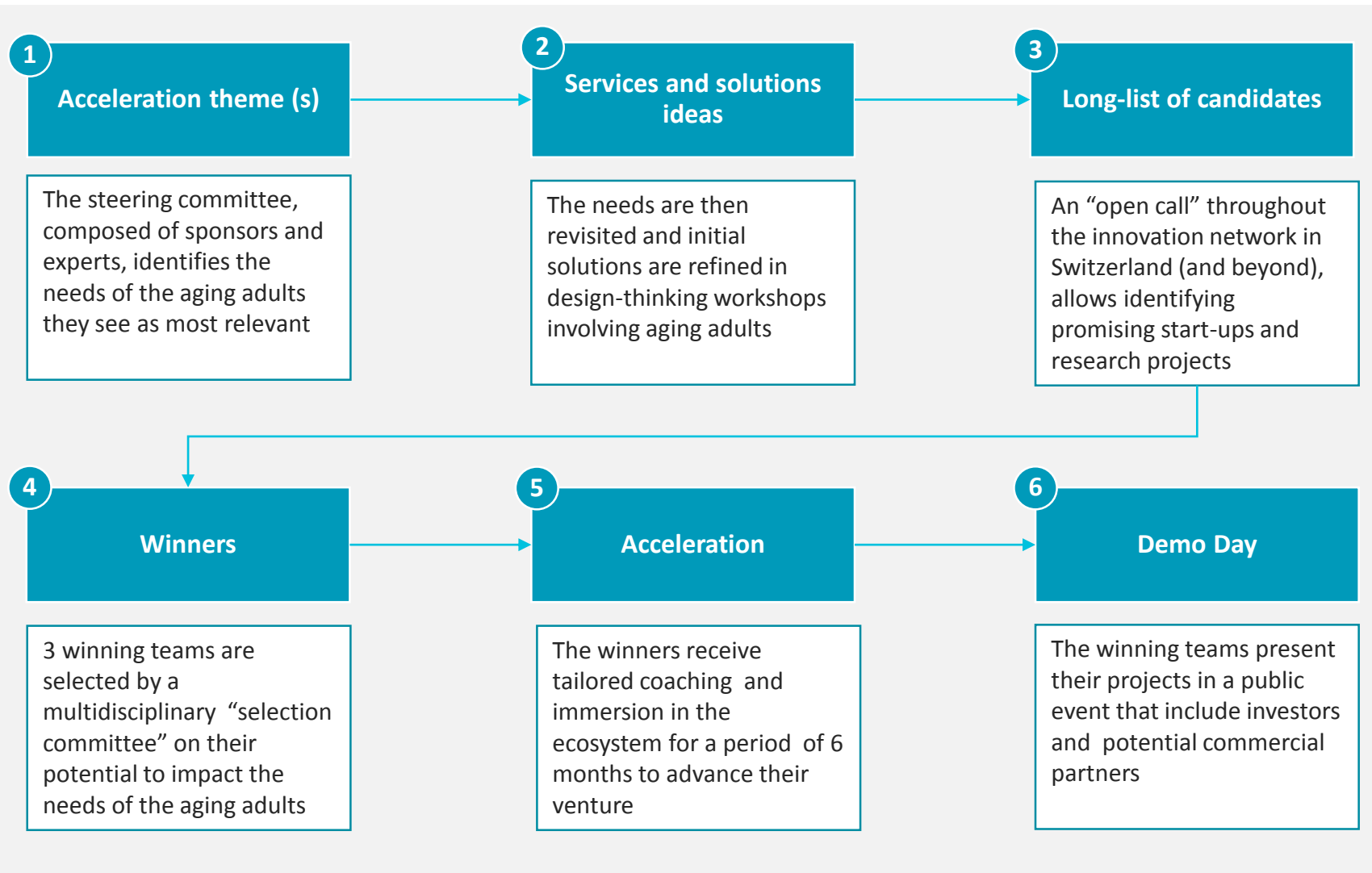
Cross-silo inspiration and learning

There is a lot to learn at the interface between start-ups, academia, healthcare providers and industry. Common initiatives and platforms can help bring this knowledge together
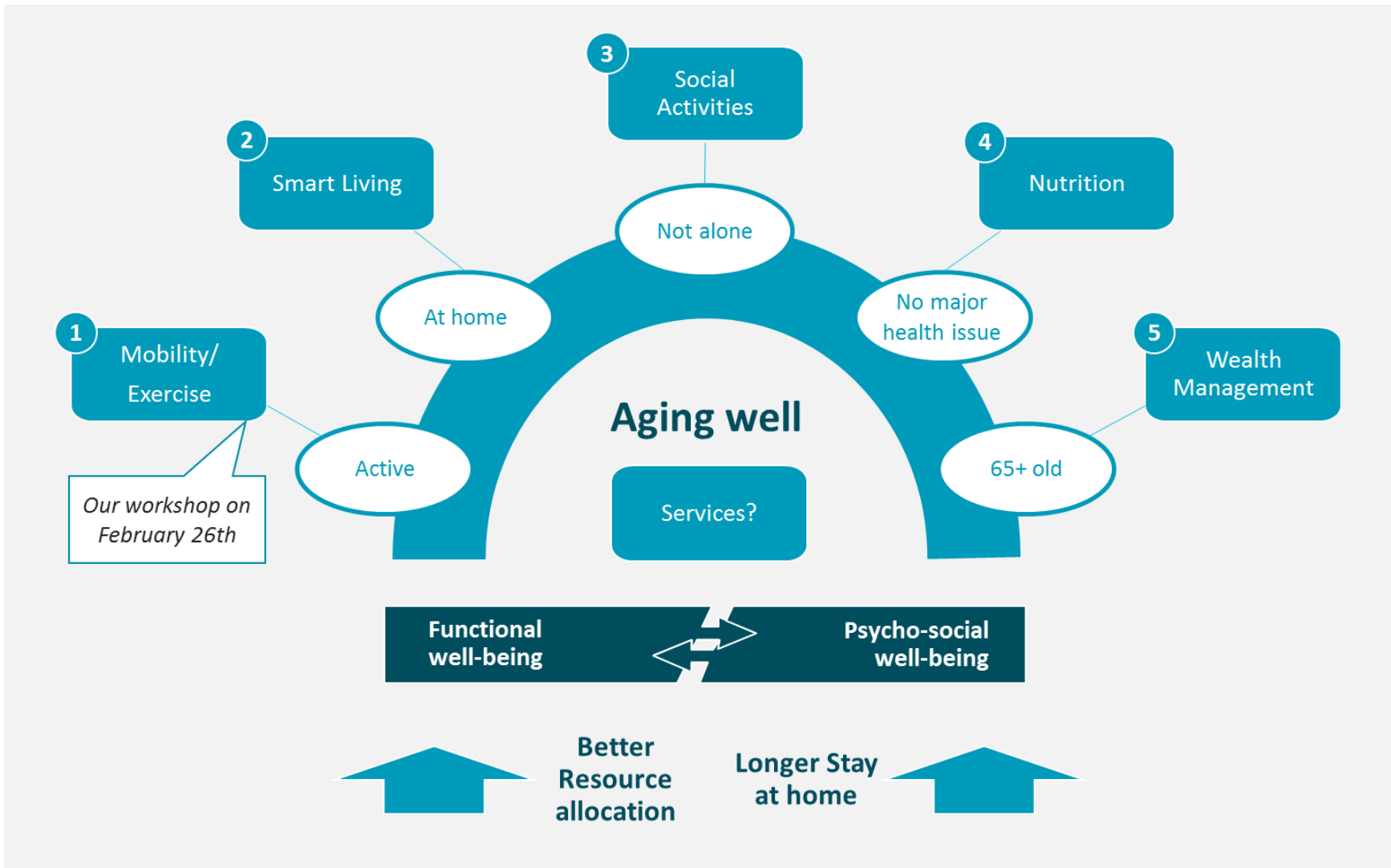
Changing the narrative and perspective

We must change the narrative of aging through a holistic understanding of well-being: supporting older adults in living well across all aspects of life, in their own terms
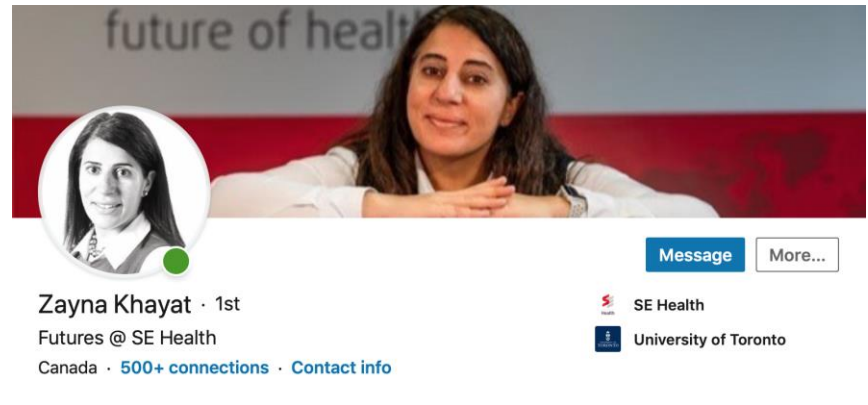
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The Aging Well Accelerator – a plan

1 Acceleration theme (s)

The steering committee, composed of sponsors and experts, identifies the needs of the aging adults they see as most relevant

2 Services and solutions ideas

The needs are then revisited and initial solutions are refined in design-thinking workshops involving aging adults

3 Long-list of candidates

An "open call" throughout the innovation network in Switzerland (and beyond), allows identifying promising start-ups and research projects

4 Winners

3 winning teams are selected by a multidisciplinary "selection committee" on their potential to impact the needs of the aging adults

5 Acceleration

The winners receive tailored coaching and immersion in the ecosystem for a period of 6 months to advance their venture

6 Demo Day

The winning teams present their projects in a public event that include investors and potential commercial partners

The Aging Well workshops – five themes

Save the date: event on June 22nd!

Dive into the future of aging with Dr. Zayna Khayat, Future Strategist with SE Health.

About this Event

Explore ideas for healthy living and aging in our community. Join Dr. Zayna Khayat, Canada's only health-focused futurist, as she shares how we can begin to reimagine social systems and infrastructure, to implement training for skills and capabilities, and to create products, services, and technologies that will improve the lives of people as they age.

The Aging Well and Workshop Team

Aging well team

Mieke Deschodt

Cecile Tardy
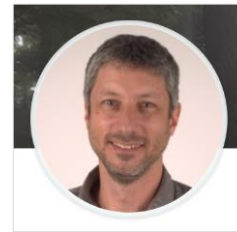
Safia Ageni

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An initiative managed by BaselArea.swiss
in close collaboration with
the Canton of Basel-Stadt.