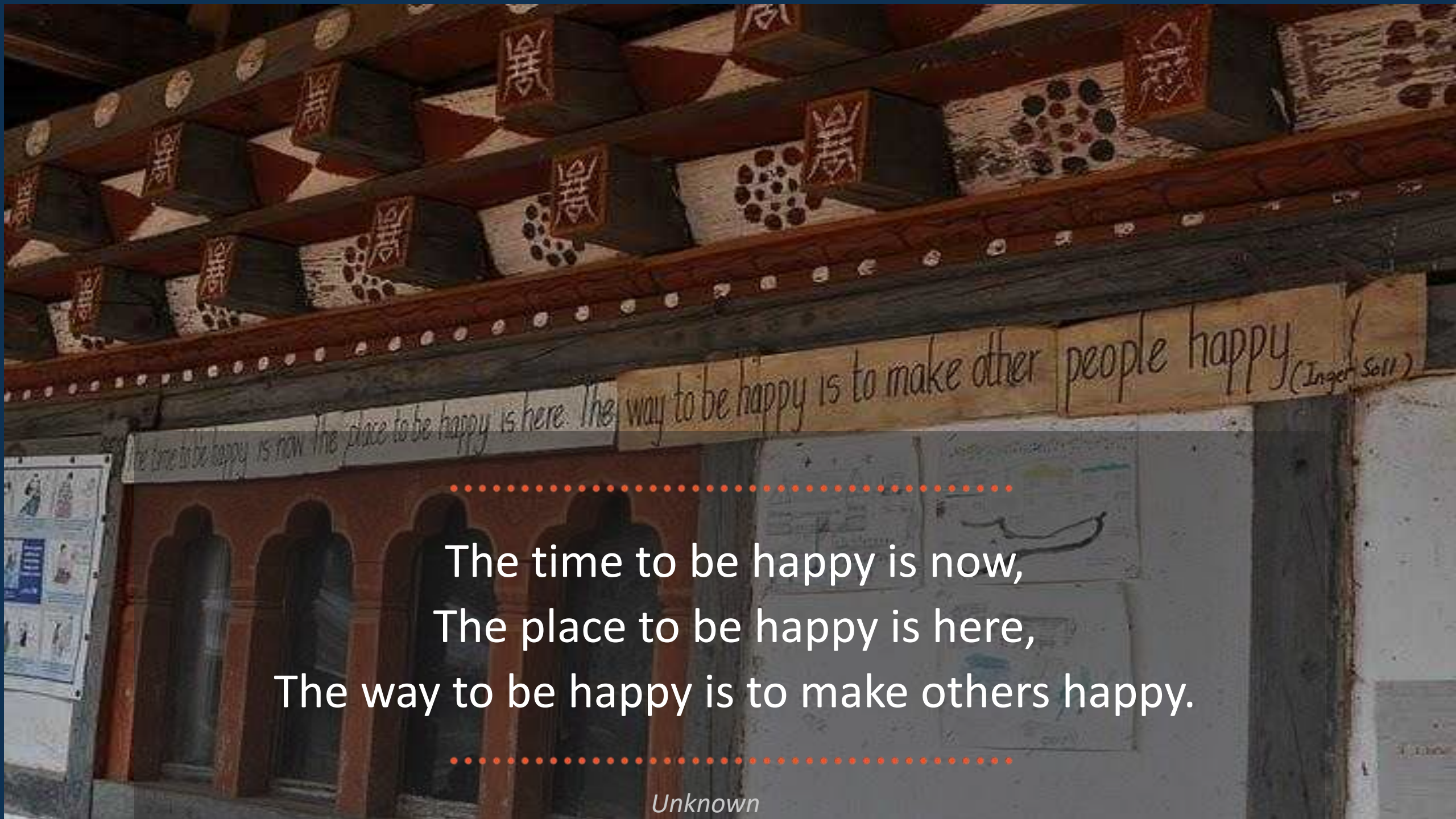Ibasho: Empowering Elders and Strengthening Communities through Design
Vision workshop with Faithaction
August 23rd, 2021

The time to be happy is now,
The place to be happy is here,
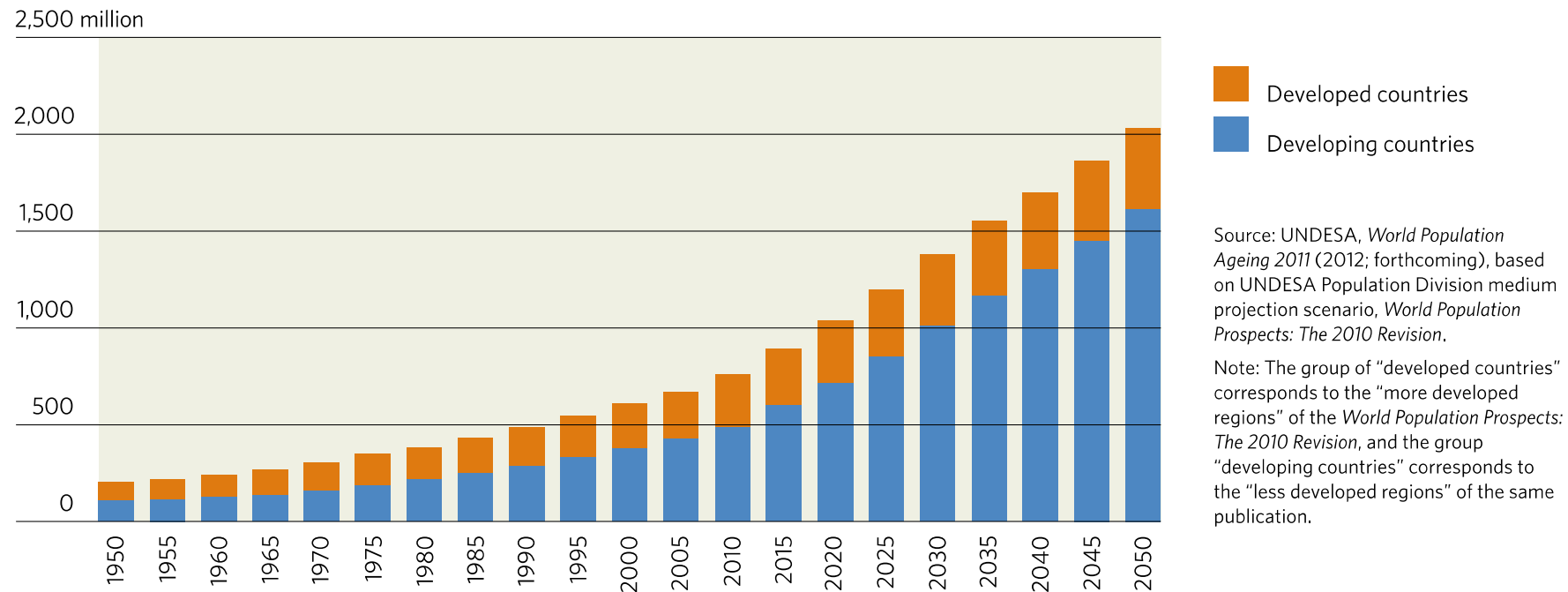The way to be happy is to make others happy.

Unknown

The fear of getting old[35] originates from the rejection of the natural life span leading up to death, which empha- sizes the losses while neglecting the gains acquired in late life. These losses relate to health, economic capacity, status, and power, implying impotence and helplessness.

Global Aging

- By 2050 **1 in 5** people will be **over 60**
- Over 60 population will be larger than the under-15 population in 2050
- **80%** of world's older people will live in developing countries by 2050
- More than **180 million** older people live in poverty
- Aging population **9.3% (2020**) increases to **16.0%(2050)**

Number of people aged 60 or over:
World, developed and developing countries, 1950-2050

Developed countries
Developing countries

Source: UNDESA, *World Population Ageing 2011* (2012; forthcoming), based on UNDESA Population Division medium projection scenario, *World Population Prospects: The 2010 Revision*.

Note: The group of "developed countries" corresponds to the "more developed regions" of the *World Population Prospects: The 2010 Revision*, and the group "developing countries" corresponds to the "less developed regions" of the same publication.

The Speed of Aging

(Time required or expected for population aged 65 or older to increase from 7% to 14%)
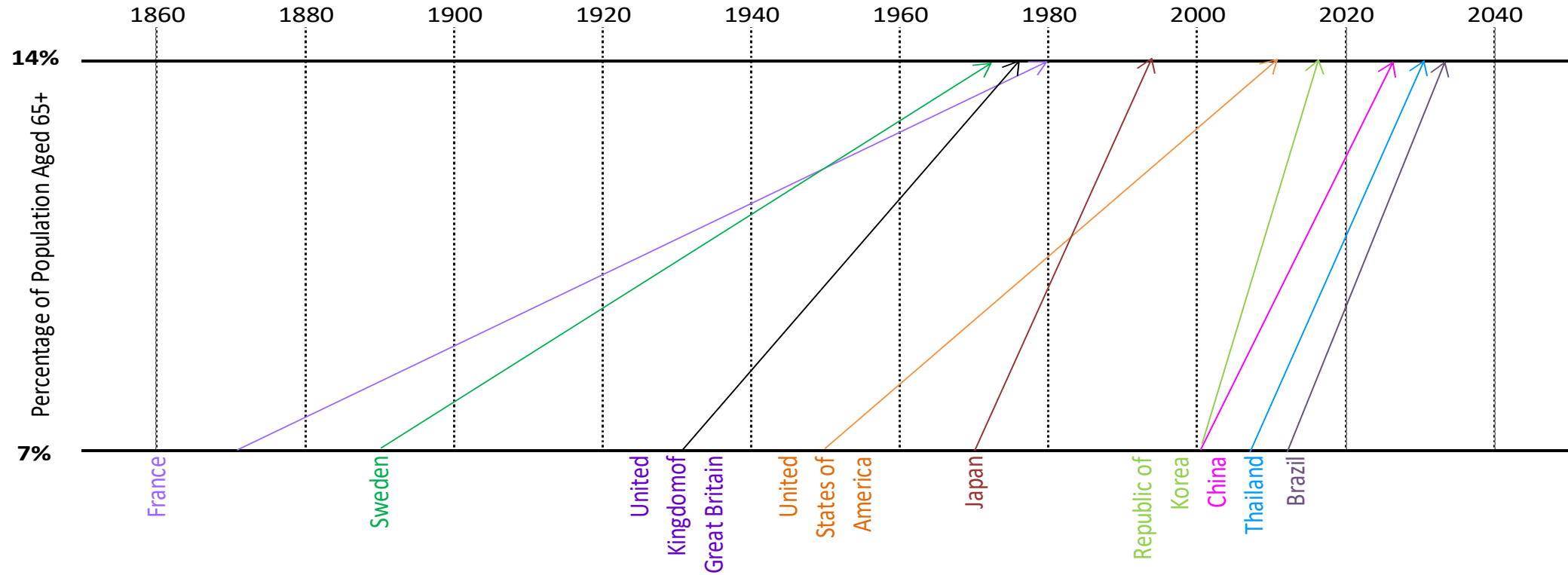
Traditional view

Elders are vulnerable populations who need to be cared for by younger generations.

Aging society = Elders as burden to our society

Ibasho: a place you can feel at home, being yourself

Lasho s view of aging

- Elders are the valuable asset of our communities.
- Life experiences and wisdom benefit younger generations, and help strengthen the resiliency of their communities .
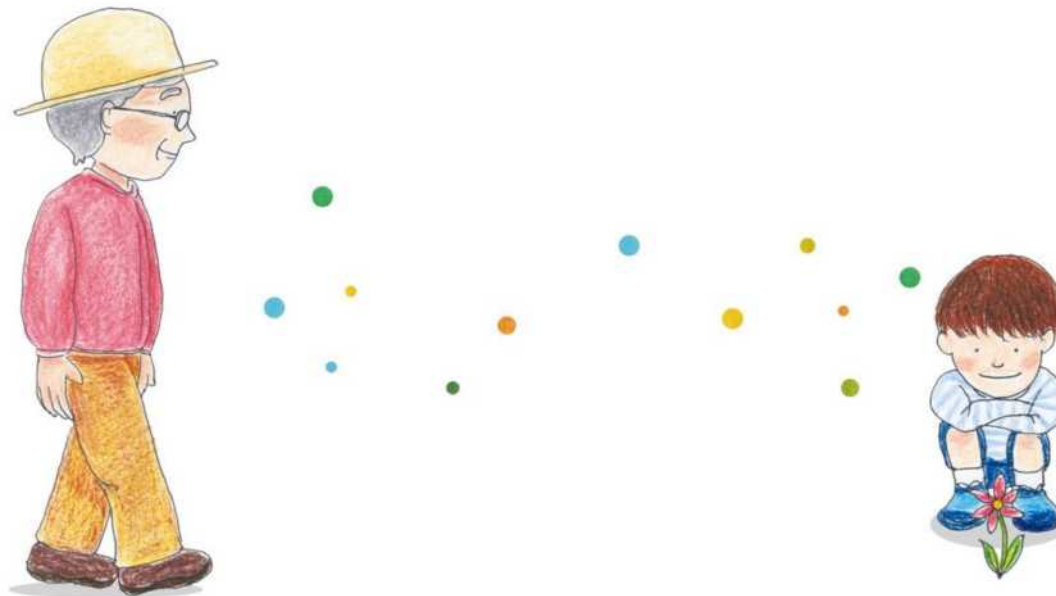
Housing
a building in which a family lives

Home
the place (such as a house or apartment) where a person lives

Living
having life

What does " Good Living in old age" mean?

Aging in Place with meaning and purpose

Community Capacity building

Resilience hub

Multi-generational network

Social inclusion

Empower elders by situating them as decision makers in the process of creating and operating programs and places that best suit their needs.

Elders are:
- **Resources** rather than liabilities

- **Caring for**, rather than being cared for

- **Change agents** in Aging Society

- Catalyst to strengthen **social capital**

Co-create
- **Community owned** resource hub

- **Self sustainable operation** and governance

- Space with **meaning/purpose**

Unlocking the potential of elders

Ibasho's Solutions:
Three Societal Challenges

1) Reduce Economic Burden

- Self-sustainable operation by community members
- Opportunity for elders to generate income
- Minimum subsidies from government

2) Reduce Social Isolation

- Elders get to be connected to others through meaningful engagements/activities engagements/activities
- Elders as catalyst for connecting community members
- Community support network; For the elders by the elders elders

3) Improve Resiliency

- Develop stronger social capital among people of all ages
- Elders contribute useful knowledge and experience
- Develop disaster risk management

Ibasho 8 Principles

Both programed and un programed activities

Principle 8: **Embracing Imperfection Imperfection**

Growth of the community is organic and embraces embraces imperfection gracefully

Principle 7: **Resilience**

Communities are environmentally, economically, and socially sustainable sustainable

Principle 6: **Culturally appropriate appropriate**

Local culture and traditions are respected

Principle 5: **Multi-generational generational**

All generations are involved in the community community

ibasho

8 principles

Principle 1: Elder Wisdom

Older people are a valuable asset to the community

Principle 2: **Normalcy**

Informal gathering places are needed to foster relationships

Principle 3: **De-marginalization**

All residents participate in normal community life

Principle 4: **Community Ownership**

Community members drive development and implementation

Theory of Change

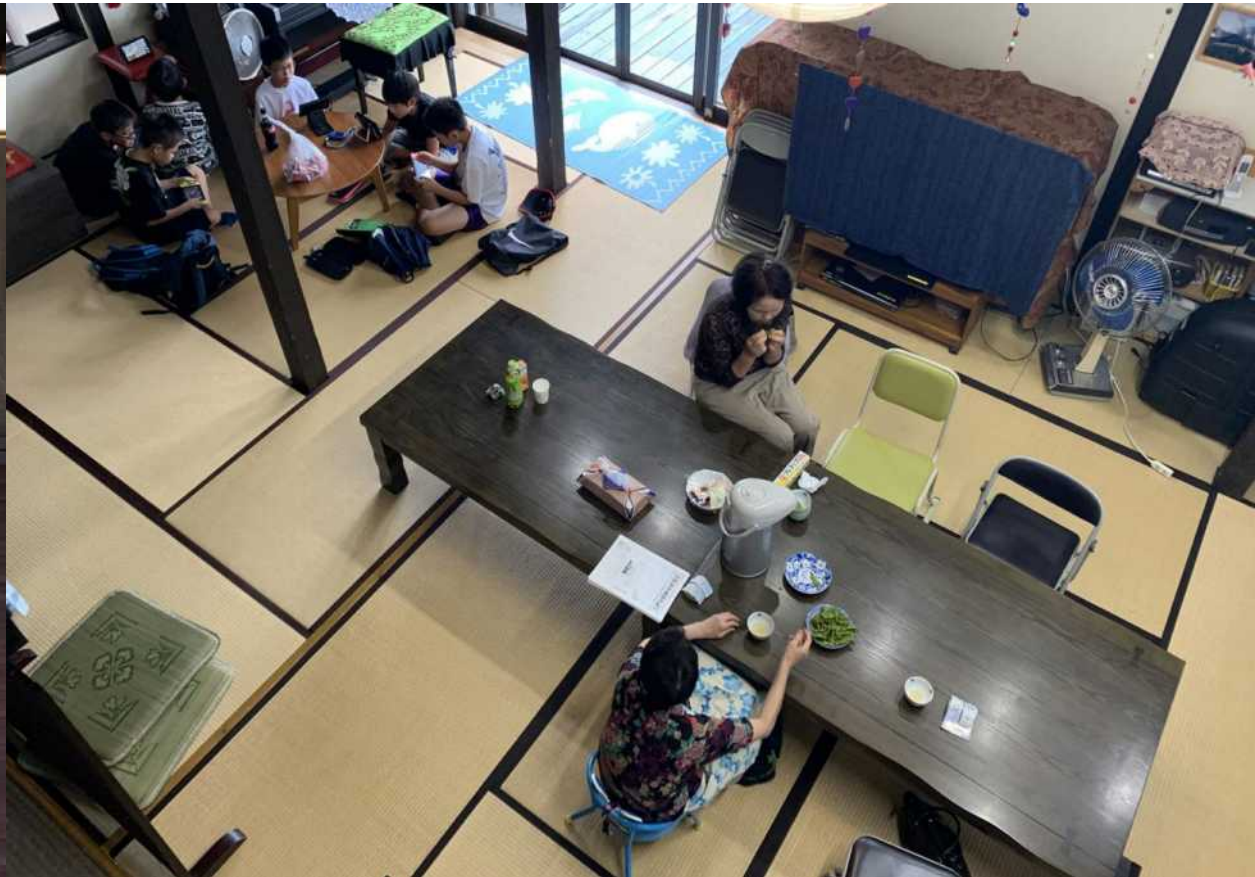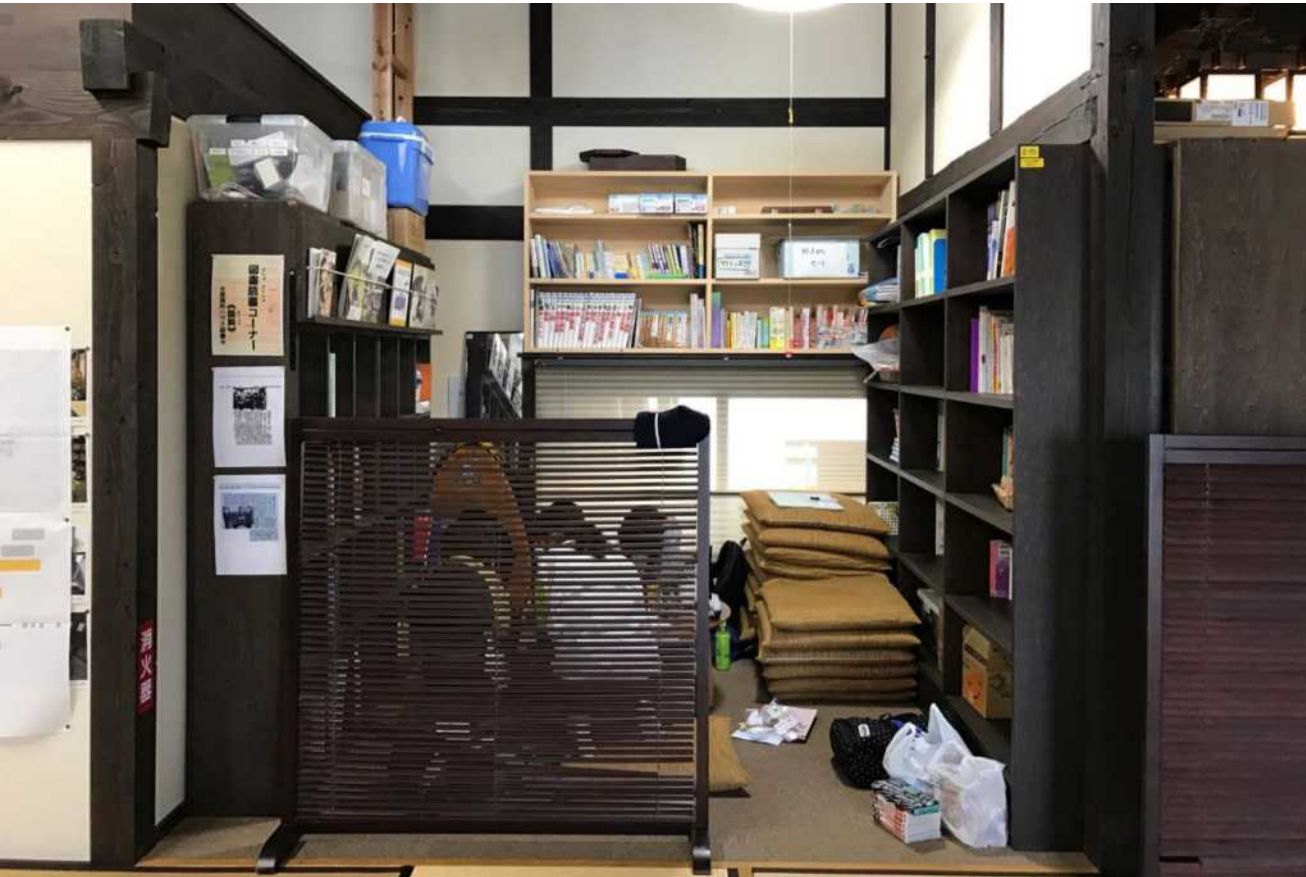| Engaging elders	Ibasho project	Connected to others	Social capital/ network	Resilience
• Challenging social perception about aging • Changing mindset	• Elders as community resources • Place where people gather informally	• Multigenerational connections • Various levels of relationships/ connections are informally developed	• Create interdependency • Create informal support network	• Global aging • Climate change • Natural disaster • Conflicts

Elder
Wisdom

Normalcy

De-marginalization

Community
Ownership

Multigenerational

Multigenerational

De-marginalization

Culturally
Appropriate

Culturally
Appropriate

Resilience

Embracing imperfection

COVID respons

COVID response

Response to COVID-19

Mend damaged social fabric affected by the COVID-19 through empowering and including elders.

Technology Integration

Integrate technologies as addition for participants to connect with others

localized projects with global mission

Develop localized projects with global mission through strong collaborations with local organizations.

Create safe socializing place

Reach out to educated and healthy middle income elders to Co-create design strategies for safe socializing space, and implement those ideas with a multi-generational team.

Impacts: findings from the Impact evaluations

1. People who were part of Ibasho believe they have **more control over** their environment than those who were not, an outcome social scientists call increased efficacy.

2. People regularly participating in Ibasho programs reported having **more friends** than similar people who did not participate.

3. Individuals who regularly attended Ibasho events had a **deeper sense of belonging** to their neighborhood than similar individuals who did not participate in Ibasho.

Daniel P Aldrich and Emi Kiyota. (2017). "Creating Community Resilience Through Elder-Led Physical and Social Infrastructure" Disaster Medicine Public Health Preparedness

Kiyota, E, Tanaka, Y., Arnold, M,. Aldrich, D. (2015) Elders Leading the Way to Resilience, The World Bank Press.

Aldrich (2012), building resilience. World bank report: https://www.gfdrr.org/sites/gfdrr/files/publication/Elders-Leading-the-Way-to-Resilience.pdf

Poll 4

Which Ibasho principles do you resonate the most?

1. Elder Wisdom
2. Normalcy
3. De-marginalization
4. Community Ownership
5. Multi-generational
6. Culturally appropriate
7. Resilience
8. Embracing Imperfection

Adapting Ibasho principles

Process

The Ibasho Process

Whether you're envisioning an Ibasho projects in your community, long term care, senior center, church, library, or other community-based program, you'll gain a team of experts and network of elders with experience you can trust. Using a 6-step process developed based on the past projects, expert consultants will build a bridge between your vision and a Ibasho hub where elders are empowered.

1

Exploration phase

- Watch informational video of the introducing Ibasho
- Review suggested materials and website including 8 Principles
- Leadership and elders to discuss unmet needs among organization
- Complete readiness assessment with 1) demonstrate buy-in to philosophy and principles, and 2) statement of unmet needs

2

Pre-project phase

- Exploratory meetings with local group
- Establish MOU on: a) duration and scope of support from Ibasho and local coordinator, b) project procedure and responsibilities
- Develop estimated budget for project
- Initial training/education workshop
- Select and educate local coordinator
- Support for proposal writing and fundraising (optional)
- Public lecture for local community and organization's board members (optional)

3

Develop shared vision/Education

- Vision workshop for community members to develop project plan
- Help to establish shared vision among elders for their vision for Ibasho program
- Develop local coalition
- Establish relationship to local government

4

Co-create Ibasho program

- Operation/program workshop to develop elder-led self sustainable programs
- Organize pilot projects with elders
- Begins to establish operation entity (COOP, non profit, social enterprise, or group within oragnization)

5
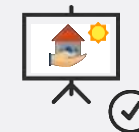
Co-design Ibasho hub

- Place making workshops to co-design Ibasho hub with community members
- Develop design/construction team
- Develop a Ibasho hub design which addresses "a space facilitate safe interactions" among elders
- Obtain permits
- Construction

6

Sustainable operation

- Provide support for elders to continue self-sustainable operation through local coordinator
- Training and education needed to to enhance skills and knowledge of elders
- Ibasho's annual follow-up training
- Ibasho's monthly global gathering
- Peer to peer support network

Process

1 >>>>>>>>> **2** >>>>>>>>> **3** >>>>>>>>> **4** >>>>>>>>> **5**

Pre-project exploration by the Ibasho project team

- Identify potentional community partners
- Field inquiries from communities to Ibasho
- Discuss goals and how to proceed on creating a project

Creating a shared understanding between Ibasho and the community

- Select local coordinator
- Agree on project procedures and responsibilities
- Agree on duration and scope of support from Ibasho and the local coordinator

Providing technical support to the elders Help elders

- Develop project
- Conduct vision, education, operation, and program workshops
- Train local coordinators
- Build community capacity through local coordinator
- Conduct field research

Assisting the elders in placemaking

- Co-design project
- Obtain permits
- Renovation/Construction
- Obtain permits and oversee construction

Phasing out the project team's input as the community takes ownership

- Provide support through local coordinator
- Conduct education/ training
- Improve and maintain the project
- Conduct and disseminate research

RELATIONSHIP BETWEEN IBASHO,
THE IBASHO PROJECT,
AND OTHER STAKEHOLDERS

ORGANIZATIONS AND INDIVIDUALS WITH TECHNICAL SKILLS

ARCHITECTURE/DESIGN

LOCAL COORDINATION/
PROJECT MANAGEMENT

CONSTRUCTION/
RETROFITTING

EVACUATION MAPPING

LOCAL
MUNICIPALITIES

IBASHO

**IBASHO PROJECT
ESTABLISHED BY
COMMUNITY**

**LOCAL
PARTNER**

LOCAL COMMUNITY GROUPS AND ORGANIZATIONS

WOMEN'S GROUPS/
YOUTH GROUPS

SERVICE ORGANIZATIONS
FOR ELDERLY

SCHOOLS

LOCAL NGOs

RESEARCH

**FUNDING
SOURCES**

Example of fluid coalition model in the Ibasho approach. The model can be adjusted
depending on context and community to address identified goals.

Suggested plan of this work

Capacity building through co-design with local organizations

Co-develop solid project protocols

Empower local residents to enhance sense of ownership

Self-sustainable operation

Train local leaders

Phasing projects

大船渡市末崎町逃げ地図

WHAT MAKES IT IBASHO?

Elders are not treated as people for whom we have to care, but are valuable assets to their community
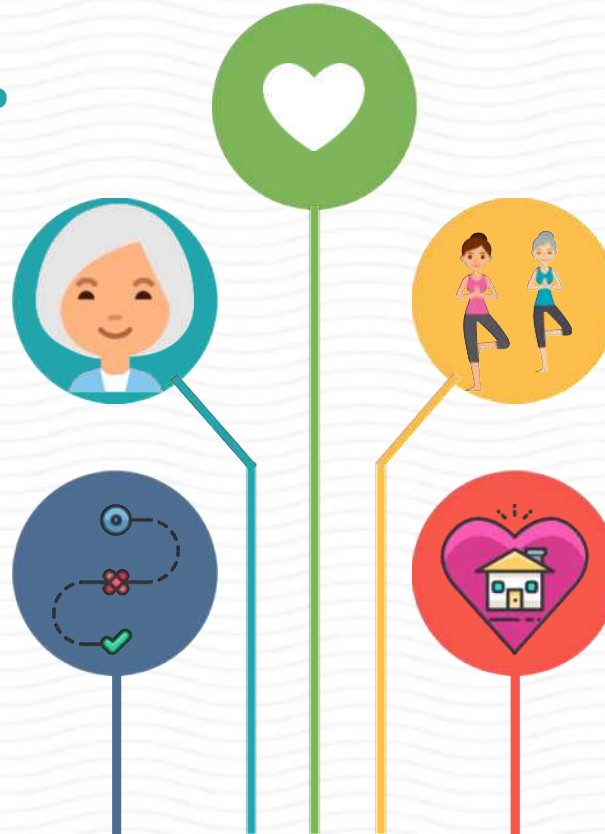
IBASHO 8 PRINCIPLES

Ibasho's core principles provide the moral and philosophical foundation on which each project is built.
project is built.

ELDERS' LEADERSHIP

• The Ibasho project is governed, operated, and maintained by a group of local elders.

• All the decision from planning and development to to operation are made by elders, not Ibasho team or or other supporting organizations

ACTIVITIES

• Programs are community-driven and multigenerational and improve the lives of community community members of all ages

• Activities are designed not to care for elders, but to but to allow elders to offer services that meet the the needs of community members of all ages

PROCESS

• Elders decide the types of services, activities, programs, and places they want to have in their community

PLACE

• Elder's engagement for development and maintenance

• Close proximity to community services

• Non-institutional environment

• Embrace imperfection gracefully
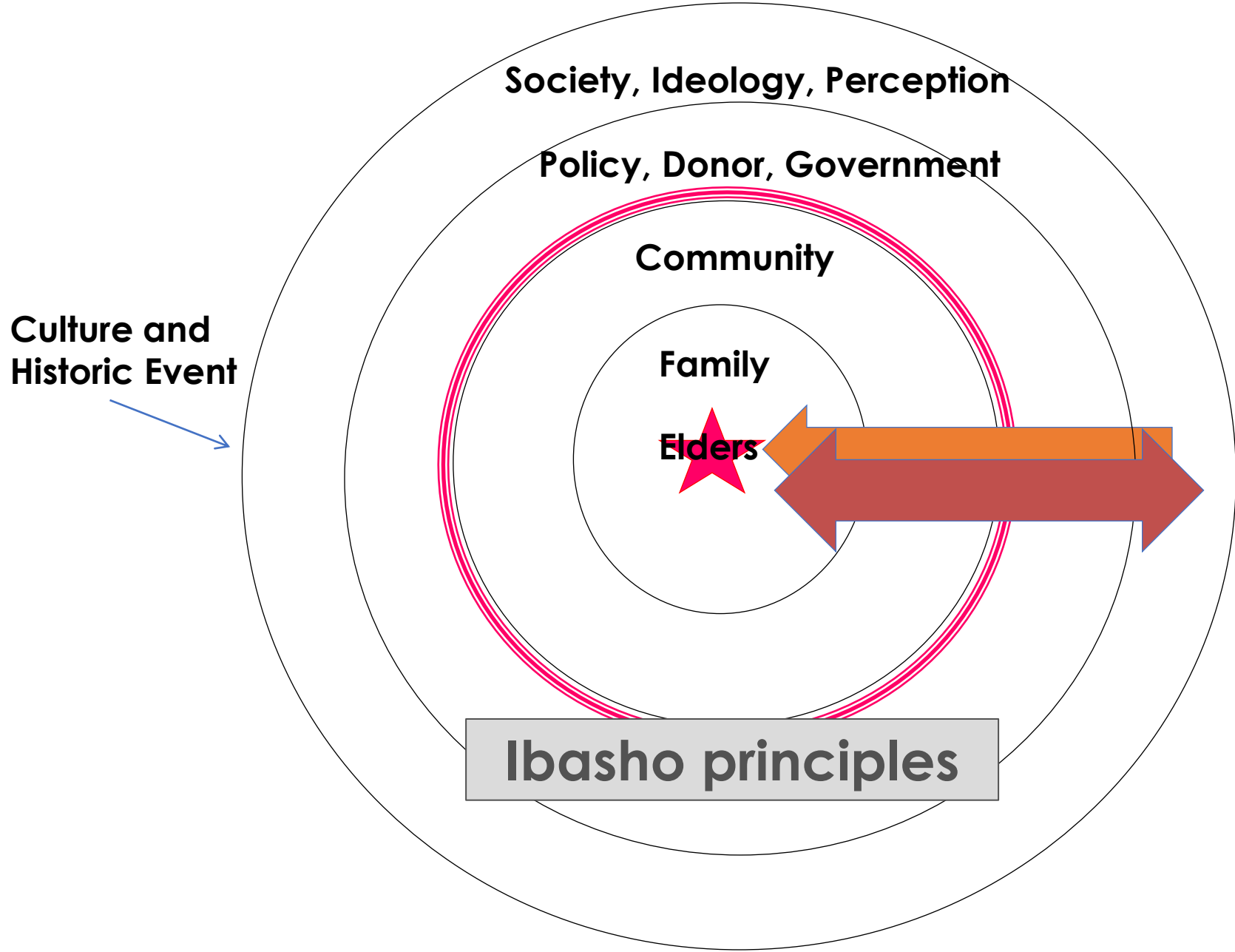
Design impacts

- Protecting elders   Dependency
- Safety first designs   compromising dignity
- Provide special services for elders - Ageism
- Specially designed service/built environment - Stigma
- Age specific design   Segregation
- Excessive convenience/Technologies   Social isolation/lack of human interaction

Developing a common language

We tend to think in buildings, budgets and traditional professional boundaries rather than creating Meaningful activities and Relationships for elders.

Community is something that we have to negotiate and create with others, not something that we can passively receive.