

The Importance of Co-creation in Promoting Mental Well-being of Older Adults

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AIM

To co-design mental well-being tools with older adults in order to create a product (Senior Mind Pack) that promotes mental well-being among older adults.

BACKGROUND AND FOCUS

Positive psychology, solution-focused approach and meaning-centered perspective to mental well-being in later life.

SENIOR MIND PACK

- 52 cards for mental well-being
- Based on scientific and experiential knowledge
- Easy to use
- Offers a day-to-day perspective to mental well-being in later life
- Evokes thoughts and ideas
- Accessible and interesting to older adults



CO-CREATION PROCESS

SUGGESTIONS
FOR THEMES:
informants,
project team

TESTING:
informants,
pilot groups

COMPILING THE
TESTPACK:
project team

FEEDBACK:
professionals,
peer groups

FINALIZING THE
SENIOR MIND PACK:
project team



”The cards inspired me to think about good and important issues.”

”Things that you otherwise wouldn’t necessarily think about.”