

Use a Journal to Gain Deep Insights

Aging By Design Webinar by Overlap

November 17, 2016

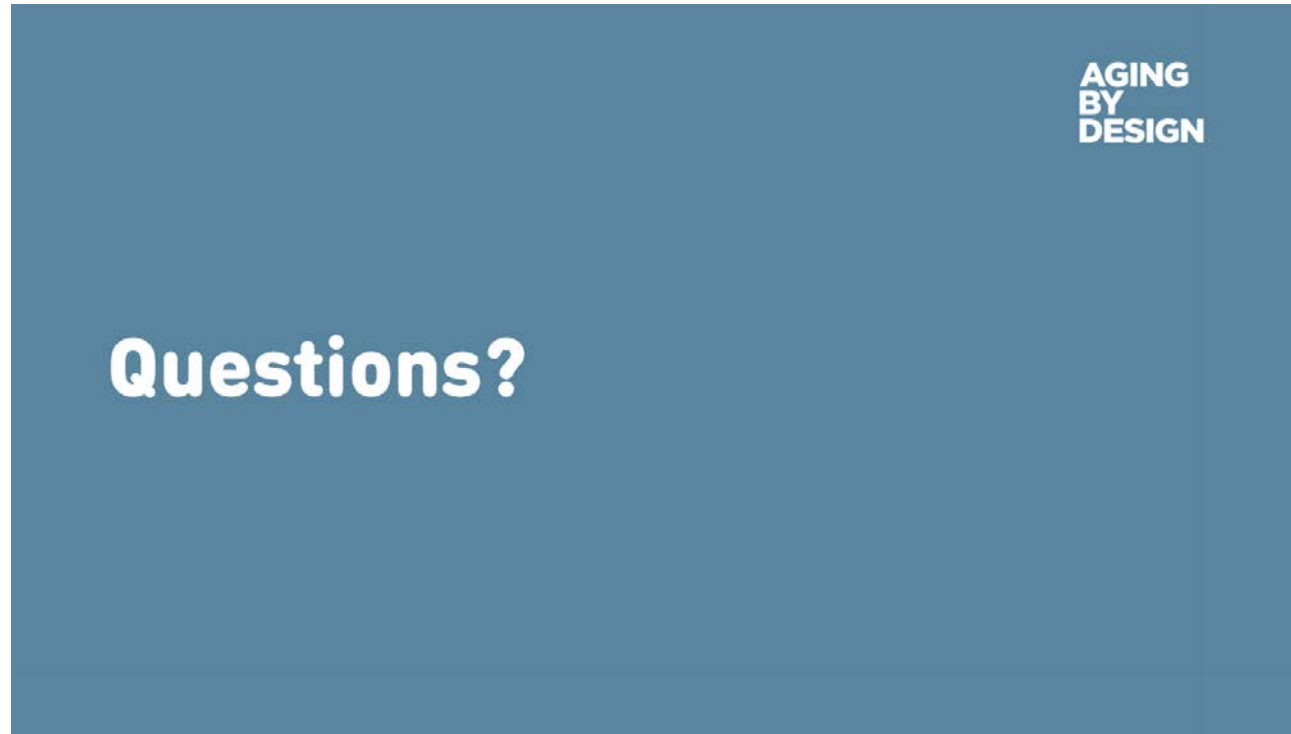
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Welcome!

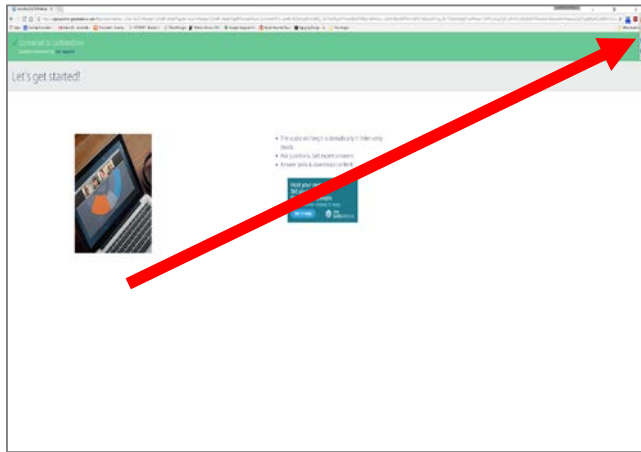
Today's Webinar will cover:

- Introduction
- Why use a journal?
- Getting started
- What goes in a journal?
- Look & Feel
- Setting Up Participants
- Supporting Participants
- Debriefing
- Supporting someone to fill out a journal

We'll stop along the way to answer questions



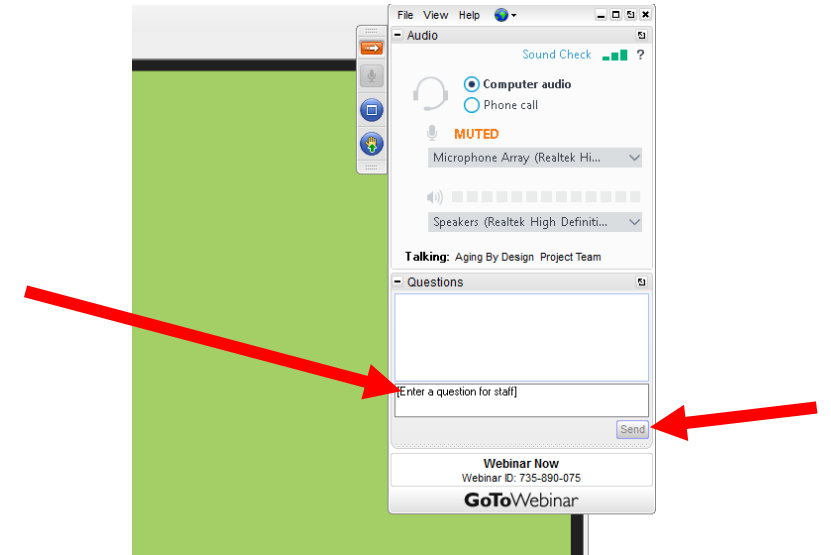
How to ask questions during the webinar?



1. Find the webinar control panel in the top right hand corner of your screen



2. Click the red arrow at the top of the control panel



3. Type your question and click on Send.

Why use a journal?

A top-down view of various vintage tools and objects arranged on a dark, vertically-grained wooden surface. The items include two axes with wooden handles and metal heads, a hammer with a wooden handle and metal head, a hand saw with a curved blade and wooden handle, a pair of worn, tan leather work gloves, a metal mug filled with dark liquid, a circular metal object with a logo that says "CRAFTSMAN" and "NICKEL PLATED", a pair of large, curved metal tongs, a utility knife, and a small metal bell. The lighting is dramatic, with strong shadows and highlights, creating a rustic and historical atmosphere.

Journaling can be a great tool to understand someone's experiences

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Getting Started



Decide what you want to learn from participants

"Open Streets" is recognized outside Uptown

WELL KNOWN THROUGHOUT THE CITY.

local inspiration + action. initiative

local media coverage

LESS STRESS, MORE FUN

The region is changing too fast to have an identity

Doubting voices dimmed

MASS EMAIL (RETURNING PEOPLE) REPEAT

Developing new and/or unfamiliar planning

REACH - MAXIMIZE COMMUNITY PARTICIPATION

"Open Streets" triggers positive associations, or negative ones

social media engagement

Kickstarting passionate

FUN EXPERIENCE

Placemaking

IMPROVE URBAN SPACE IN CORE.

Cause we can!

Dedication to FUN EXPERIENCE (artists, brands, etc.)

Unaligned pressures to fit a space

Community building

INCREASE PED. TRAFFIC - HANG OUT SPACE.

to set the stage for future work.

Economic development

Bring new & diverse voices & animations

BRING PEOPLE IN FROM OTHER PARTS OF CITY.

Culture

Fun!!!

paved park

Engage all perspectives

SUPPORT THE LITTLE GUY

Get out of your CAR

Shifts the core

Space of place

open the street open to everyone (as long as...

Engage all perspectives

open the street open to everyone (as long as...

Engage all perspectives

SUPPORT THE LITTLE GUY

music

What goes in a journal?

Your Day

Date:

What did you do today? Try to provide as much detail as you can.

Morning

Afternoon

Evening

What was good about today?

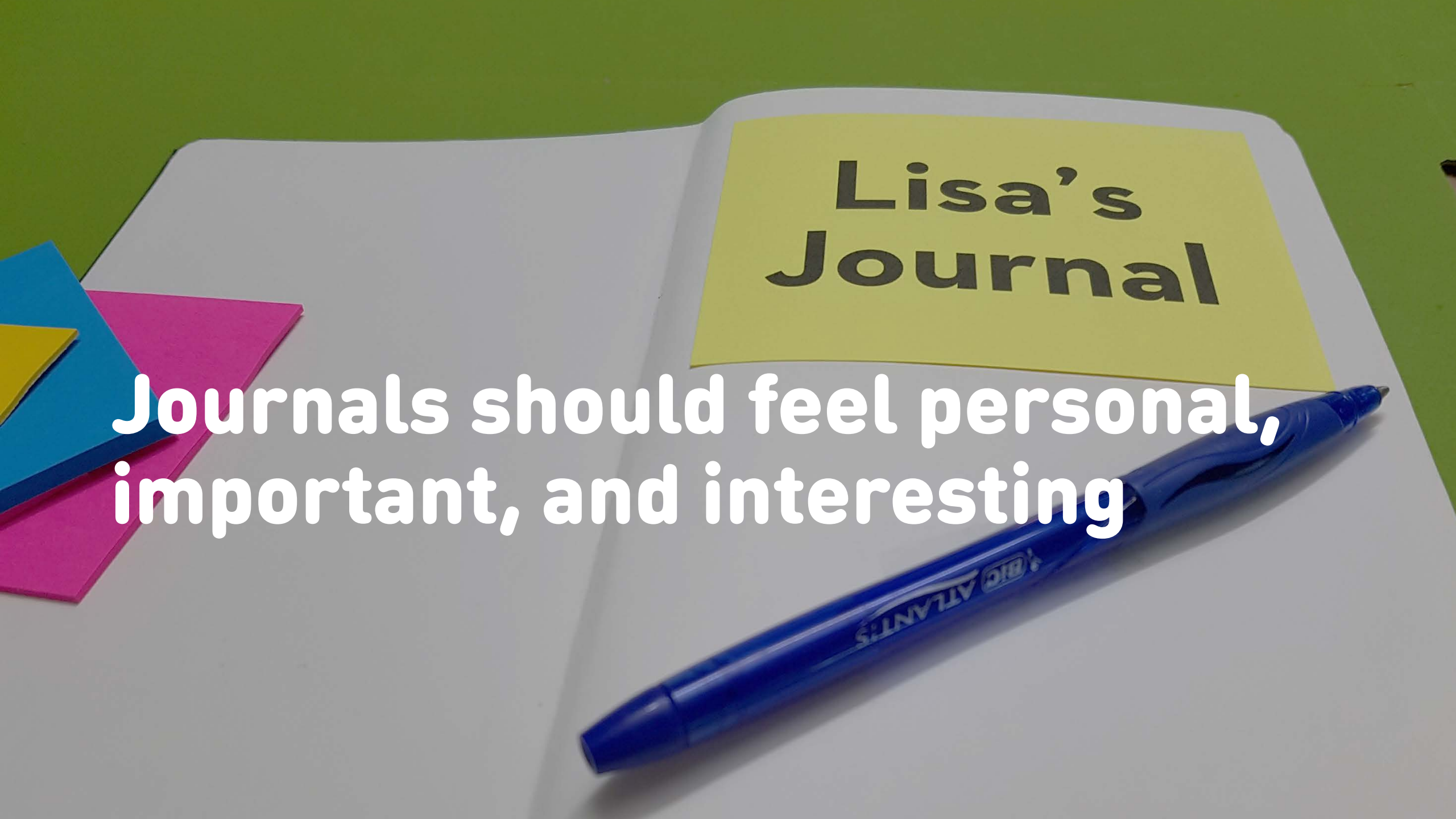
What sucked about today?

Get creative with content



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Look & Feel



**Lisa's
Journal**

**Journals should feel personal,
important, and interesting**

Questions?

Setting Up Participants

If you have questions about this journal, text Delaney at [REDACTED]

Make sure participants understand why they are journaling and what to do.

If you're ever feeling overwhelmed and want to talk to someone right away, call Here 24/7: 1-844-437-3247

Use this journal to capture your experience.

This journal has two parts. Part One is for telling us about your day. Part Two is for answering questions on specific topics.

Fill out Part One 3 times. Fill it out on the days between now and Nov. 16.

In Part Two, answer questions on the topics that interest you. You can leave space to write on a blank.

You're also welcome to use the blank pages in this journal to record things that don't fit into the questions provided.

We will text you Wed. Nov. 18
between 9am and 4pm.

Debrief meeting on November 26
for a cupcake! or pie!

Supporting Participants



**Be available to participants
throughout the process**

Questions?

Debrief

A stack of papers with several sections highlighted in green. The papers are slightly blurred, suggesting a shallow depth of field. The text on the papers is illegible due to the blur.

Do a debrief interview

Supporting someone to fill out a journal



Listen and record...that's it

Questions?

Feedback on this webinar

http://surveymonkey.com/r/ABD_Webinar

www.agingbydesign.info

- Slide deck
- Recording of webinar
- Info on Aging By Design Journaling