Use a Journal to Gain Deep Insights

Aging By Design Webinar by Overlap
November 17, 2016
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?
Journaling can be a great tool to understand someone’s experiences
Getting Started
Decide what you want to learn from participants
What goes in a journal?
<table>
<thead>
<tr>
<th>Your Day</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date:</td>
<td></td>
</tr>
<tr>
<td>What did you do today? Try to provide as much detail as you can.</td>
<td></td>
</tr>
<tr>
<td>Morning</td>
<td></td>
</tr>
<tr>
<td>What was good about today?</td>
<td></td>
</tr>
<tr>
<td>Afternoon</td>
<td></td>
</tr>
<tr>
<td>What sucked about today?</td>
<td></td>
</tr>
</tbody>
</table>
Look & Feel
Journals should feel personal, important, and interesting.
Questions?
Setting Up Participants
Make sure participants understand why they are journaling and what to do.

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 when you feel overwhelmed. Fill it out at the end of your day.

In Part Two, answer questions on the topics of interest. You can leave some questions blank.

You’re also welcome to use the blank space at the bottom of the page to write things that you want to discuss in our debrief meeting.

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

Debrief meeting on November 26 for a cupcake or pie!
Supporting Participants
Be available to participants throughout the process
Questions?
Debrief
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