

IncludeAge

Inclusion of **diverse older people** in community and public places and virtual spaces

The **IncludeAge project** is about understanding and helping to improve experiences of Inclusion in physical and online places and spaces. for and with middle and older aged people (40+) with Learning Disabilities and lesbian, gay, bisexual or transgender (LGBT+) people.

What We Are Doing:



Working Together and Community Engagement



Understanding Place Experiences of Inclusion and Exclusion



Learning from Stories



Listening For Directions & Co-Developing Solutions



Sharing Project Findings

Types of Data Generation:

Life Course Interviews (60 interviews - 18 with People with Learning Disabilities, 42 with LGBT+ People)
The Place Study (X), Social Network Analysis (X), Organizational Interviews (X), Workshops (3)

So Far - 18 months into 40 month project:

Insights from People with Learning Disabilities (LD)

- Resilience in Adversity
- Striving for Social Inclusion and Belonging
- Navigating Relationships and Intimacy
- Caregiving Responsibility
- Seeking Supportive Communities
- Reflection on Identity and Difference

Insights from LGBT+ People

- Navigating Social Spaces and Community Support
- Perception of Marginalization and Need for Support
- Challenges of Visibility and Acceptance
- Ageism in the LGBT+ Community
- Technology and Changing Social Dynamics
- Health and Fitness
- Commercialization of Pride
- Engagement with Public Spaces
- Belonging and Transitions

By the Numbers

- Team Members: 28
- Project Length: 40 months
- Community Advisory Groups: 2
- LGBT+ Advisory Group: 8
- LD Advisory Group: 8
- Co-Researchers: 9

England, Scotland, Wales

www.includeage.co.uk

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