

# 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 (5), Social Network Analysis (0), Organizational Interviews (0), 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](http://www.includeage.co.uk)**

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