

# Co-design training within the health & ageing sector.

At the Future Self and Design Living Lab we help business and government get to know their service users within a health and ageing context using co-design. We place openness as one of our core values, which is why we are thrilled to share our co-design approach with you through our new training program about co-design. We offer 1 or 2 day experience courses where we produce branded toolkits, plans and proposals for your organization and then train you to use and apply them in your organization, or individual units that run for 2-4 hours that you can mix and match to create your own desired co-design training program. Get in contact with us so we can help tailor your co-design project today.

## Individual units include

### An introduction to design:

This unit will introduce you to the design process and different design disciplines. You will leave with an understanding about the role of design in the health and ageing sectors.

3 hours

### Ethics and consent:

Ethics is an important component of co-design. This unit will focus on the non-designer and their involvement with a focus on ethics and consent in your co-design project.

2 hours

### Facilitation techniques:

Good facilitation is a skill that will get the most out of your workshops. At the end of this module, you will be familiar with techniques and tools to facilitate a co-design workshop.

2 hours

### Hello co-design:

Co-design principles and practices will be discussed with a focus on health and aged care case studies. You will be able to offer definitions of co-design and its multiple applications in your sector.

3 hours

### Roles and responsibility:

There are many stakeholders involved in co-design projects, and each bring their own unique contribution towards success. This module will introduce the varied and important stakeholder roles.

2 hours

### Extended methods of co-design:

This unit will introduce you to different approaches to making in a co-design project specific to health and ageing. Goal modelling, emotion led design, and living labs as innovation platforms will be explored.

2 hours

### Building the project:

This unit will discuss the resources required to manage and implement a successful co-design project. At the end of the unit, you will be able to identify the resources you will need for your project.

3 hours

### Methods of co-design making:

You will be introduced to a variety of co-design methods and how to make and apply them in your project. At the end of this module, you will be familiar with probes, toolkits and prototypes.

4 hours

### Evaluation in co-design:

How do you know if your co-design project is a success? This module will introduce you to evaluation techniques and methods to validate and evaluate your co-design project.

4 hours

## Experience courses include

### Design your own co-design project:

This two day training experience will equip you with the knowledge to design your own co-design project. This experience includes all the units we offer, and will finish with a plan unique to your situation that you can use to manage your project.

2 day

### Rigor and method: getting it right.

This training experience is dedicated to the methods you will use in your project, and the types of data you might need. At the end of the experience, you will take away your own branded co-design activities ready for implementation into your project.

2 day

### Your design process.

The design process can be tricky to navigate and is often filled with ambiguity. This experience will prepare you to apply design thinking to your situation and develop a design strategy for which you can use in your project.

1 day

### Service design 101

Co-design is a human-centered approach to developing health and ageing services. This two-day course will visualize your service delivery using service design principles and techniques, to help identify themes to build upon in your co-design project.

1/2 day

### Wrapping up the project together.

This experience is best suited to projects that are near completion. It will offer an intensive opportunity to develop an evaluation plan that you can take away, ready for implementation into your organisation.

1 day

### Human Centered Design and me.

Co-design is about designing services, technologies and products with people. Here, a focus on usability and the human is vital. This experience will equip you with tailored human-centered approaches to your situation.

1 day

# Co-design training within the health & ageing sector.

## Who are we?

At the Future Self and Design Living Lab we use co-design to help business and government get to know their service users within a health and ageing context . Our co-design approach includes older people, service users, and health care practitioners, leading to emotionally friendly technologies, better health environments, dementia friendly technology and communities, augmented reality mobile phone applications and a digital ensemble performance of Bach for older people.

## What is co-design?

Co-design is a process where non-designers and designers work together to produce designed outcomes. A non-designer can be a health care practitioner, care worker, or service user and has a wealth of knowledge about a problem the co-design project is seeking to solve. As a result, it is imperative that non-designers are involved as equals across the whole design process, including project planning, design, and evaluation. There are many factors to consider when using co-design.

## What is co-design training?

We place openness as one of our core values, which is why we are thrilled to share our co-design approach with you. We offer 1 or 2 day experience co-design training courses where together we produce branded toolkits, plans and proposals for your organization and then train you in its use and application. We also offer individual units that run for 2-4 hours that you can mix and match to create your own desired co-design training program. Get in contact with us so we can help tailor your co-design project today.

# Our co-design training program.

## Experience courses

### Design your own co-design project.

This two day training experience will equip you with the knowledge to design your own co-design project. The unit will finish with a plan and design activities unique to your situation that you can use to manage your project.

### Human Centered Design and me.

Co-design is about designing services, technologies and products with people. Here, a focus on usability and the human is vital. This experience will equip you with tailored human-centered approaches to your situation.

1 day | Units include   

### Your design process.

The design process can be tricky to navigate and is often filled with ambiguity. This experience will prepare you to apply design thinking to your situation and develop a design strategy for which you can use in your project.

1 day | Units include   

### Service and interaction design.

Co-design is a human-centered approach to developing health and ageing services. This two-day course will visualize your service delivery using service design principles and techniques, to help identify themes to build upon in your co-design project.

1/2 day | Units include

### Wrapping up the project together.

This experience is best suited to projects that are near completion. It will offer an intensive opportunity to develop an evaluation plan that you can take away, ready for implementation into your organisation.

1 day | Units include   

### Rigor and method: getting it right.

This training experience is dedicated to the methods you will use in your project, and the types of data you might need. At the end of the experience, you will take away your own branded co-design activities ready for implementation into your project.

2 days | Units include

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## Individual units

### An introduction to design.

This unit will introduce you to the design process and different design disciplines. You will leave with an understanding about the role of design in the health and ageing sectors.

2 hours |

### Hello co-design.

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2 hours |

### Building the project.

This unit will discuss the resources required to manage and implement a successful co-design project. At the end of the unit, you will be able to identify the resources you will need for your project.

2 hours |

### Ethics and consent.

Ethics is an important component of co-design. This unit will focus on the non-designer and their involvement with a focus on ethics and consent in your co-design project.

2 hours |

### Roles and responsibility.

There are many stakeholders involved in co-design projects, and each bring their own unique contribution towards success. This module will introduce the varied and important stakeholder roles.

2 hours |

### Methods of co-design making.

You will be introduced to a variety of co-design methods and how to make and apply them in your project. At the end of this module, you will be familiar with probes, toolkits and prototypes.

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### Facilitation techniques:

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### Evaluation in co-design:

How do you know if your co-design project is a success? This module will introduce you to evaluation techniques and methods to validate and evaluate your co-design project.

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## Experience courses

### Design your own co-design project.

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3 days | Units



### Human centered design.

Co-design is about designing services, technologies and products with people. Here, a focus on usability and the human is vital. This experience will equip you with tailored human-centered approaches to your situation.

1 day | Units



### Your design process.

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1 day | Units



### Service and interaction design.

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1 days | Units



### Wrapping up the project together.

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1 day | Units



### Rigor and method: getting it right.

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2 days | Units



## Individual units (2 hrs)

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