



# Elder play for supporting Active Ageing

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## Background

Promoting **quality of life** through engagement in play experiences in the life course perspective (Giele & Elder, 1998) can be connoted by:

1. Integration of sociality, identification processes and **physical activity**;
2. Stimulation of **sensory experience**;
3. Enhancement of social involvement and **community participation**.

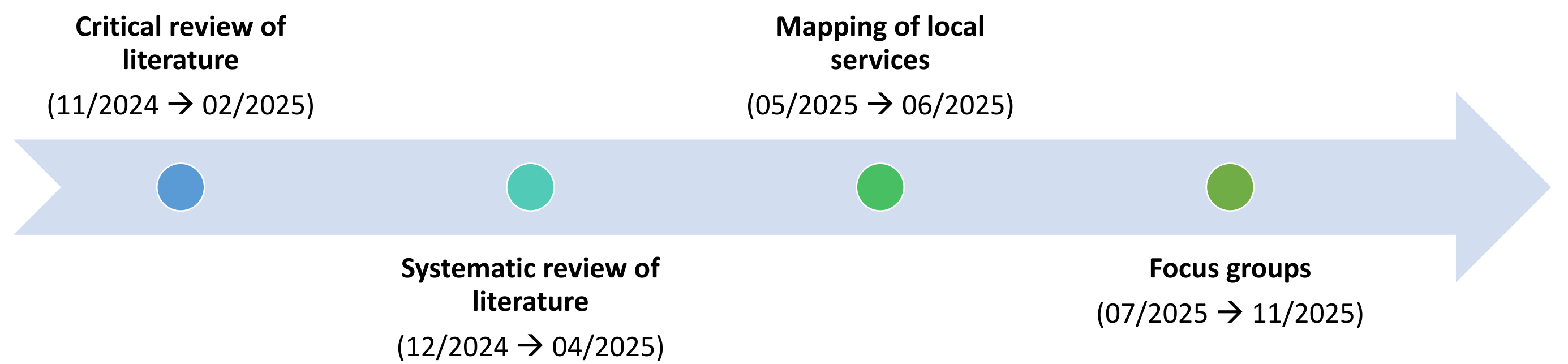


(Image source: unsplash.com / Vitaly Gariev)

Several studies have delved play activity within different disciplinary areas.

An interesting perspective occurs in research on **Active and Healthy Aging (AHA)**, which explores effective strategies to preserve and improve the physical and mental functioning of elderly populations (WHO, 2002).

## Workflow



## Methods

The study was conducted combining the following research methods.

### Documental analysis:

- Critical review of literature (Grant & Booth, 2009) on key concepts (**play**, **older age**, **ageing**) for unwinding their conceptualization and identifying theoretical backgrounds;
- Systematic review of literature, according to the **PRISMA guidelines** (Page et al., 2021), on the interconnections between AHA and playing in older age.

### Exploratory study:

- Mapping of local services for elderly population that provide play or playful activities for their users, carried out through an analysis of **institutional web sites** and **regional platforms**;
- **Focus groups** with stakeholders (Acocella, 2008; Corrao, 2000), during which several opinions, ideas and perceptions regarding play experience in older age emerged, as well as their implications for AHA.

## Research aims

### Documental analysis:

1. To build up a theoretical background upon systematic and rigorous approaches to existing literature;
2. To achieve a better understanding of the research topic from an interdisciplinary perspective.

### Exploratory study:

1. To delve contextual factors that can influence play experience in older age;
2. To gain an insight on stakeholders' perception of the research topic.

## Future directions

Re-focusing research about play experience for supporting AHA on the **current feasibility** of its application and on what is already spread in **social contexts** leads to a need for deeper understanding of the phenomenon from the point of view of older players themselves, i.e. the so-called *emic* perspective (Olivier de Sardan, 1998).

Further research is needed for achieving through **phenomenological lenses** what play experience means in older age.

## References

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