



Observations & Reflection on Project #2: Design a Simple Lifestyle Routine for an 85-Year-Old Elder Living in New York City, considering Various Health Issues.

As an older woman navigates the challenges of aging while living independently, her need for immediate, personalized, and compassionate assistance becomes increasingly important. When we first began our collaboration, she shared an extensive list of tasks she aimed to tackle over the coming months, encompassing everything from household chores to financial check-ins to ensure bills were paid on time, budgeting and bookkeeping. This list not only reflected her desire for autonomy but also her commitment to maintaining a sense of order in her life.

Additionally, she conveyed a strong interest in assessing how the new schedules, routines, and our overall approach to care could be integrated into her daily life knowing that her needs might shift as time went on. Our discussions centered around the importance of flexibility and adaptability, emphasizing our commitment to creating a supportive environment where she could thrive.

This reassurance was vital to her, as she sought to ensure that our assistance would align seamlessly with her evolving lifestyle and priorities.

We visited her once a week for a few months to address issues that needed in-person help. We created strategies to manage her checklist effectively. Some items required teamwork and back-and-forth communication due to her medical appointments and the availability of other professionals to discuss important matters. Currently, things are going well, and we are actively working to improve her quality of life.

Details of the Project Initiated could be found at the [Newsletter-December 2023 Issue](#)



In this newsletter you can expect:

Observation & Reflection on Project #2

Volunteer Participation Update

Project Update Request

Volunteer in a Professional Capacity

IGS team x



Volunteer Participation Update

We are excited to announce that we have updated our volunteer application process to make it more efficient. To learn more about the changes and how to apply, please visit our website, where you will learn more. We look forward to welcoming new volunteers to our team!

[Volunteer update](#) →



Project Update Request

We are excited to share updates about our new projects and initiatives! Our team has been working hard to bring these ideas to life, and we want you to be among the first to know. We encourage you to visit our website for more information.

[Project Updates](#) →



A Few Notes To Consider

- We have received multiple inquiries regarding the types of projects that qualify for applied research or idealized design. In a nutshell, applied research typically involves solving specific and real-world problems and improving processes and systems, while idealized design focuses on innovative concepts that push the boundaries of current practices.
- We plan to explore these distinctions in greater detail in our upcoming newsletters, where we will outline the criteria and examples for each type of project.
- We recognize that not all projects have strict deadlines. Some initiatives, especially those focused on improving well-being, are ongoing and naturally evolve over time. We encourage everyone involved to consider how their projects might align with these broader goals. We understand that each journey is unique and valuable.



Volunteer in a Professional Capacity

We are seeking dedicated volunteers who possess a background in Systems Thinking or Applied Research. Ideal candidates should have experience in analyzing complex systems, identifying interrelationships, and developing innovative solutions. Your expertise will make a significant contribution to our projects, which aim to address real-world challenges. If you are passionate about making a positive impact and have the relevant skills, we would love to hear from you!

Thank you for reading!