

# From Consultation to Co-Creation: A UDL-Framed Showcase of Age-Friendly Innovation

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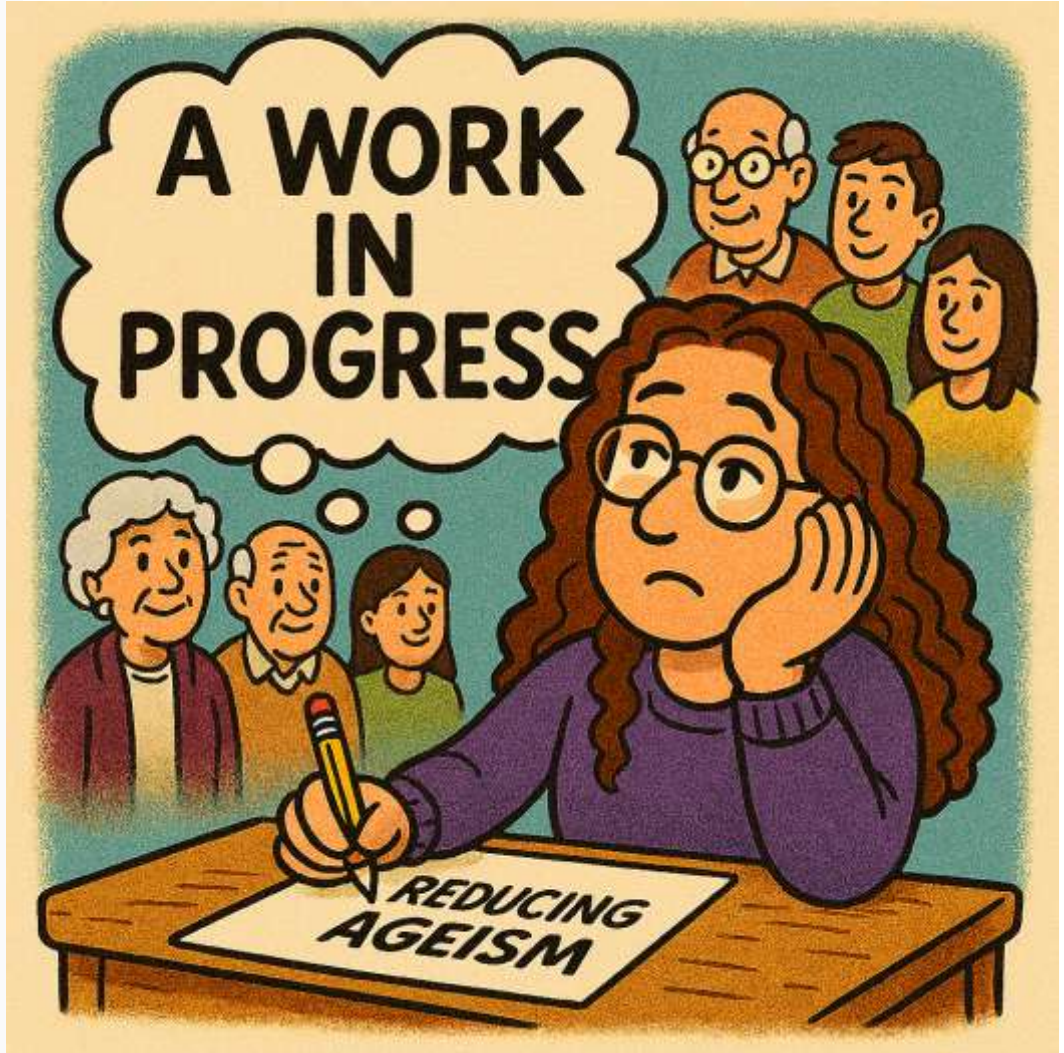


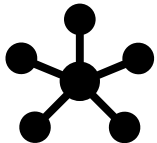
**Equality,  
Diversity  
and Inclusion**



**Age-Friendly University  
Global Network**  
SUPPORTING UNIVERSITIES TO PROMOTE POSITIVE  
AND ACTIVE AGING







# Age-Friendly University Global Network

SUPPORTING UNIVERSITIES TO PROMOTE POSITIVE  
AND ACTIVE AGING

June 2024

**Formation of Age  
Friendly University  
Working Group**

June to Nov  
2024

*Undertake staff survey AFU,  
Analyse Findings, Evidence  
Support, Compile Reports,  
complete AFU Application*

Dec 2024

**Submitted ATU's  
1st AFU  
Application to AFU  
Global Network**

Timeline  
Jan 2025

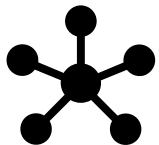
**ATU become an AFU  
for the first time**



Priority areas outlined which informed the development of this project and assessment for students were two key principles from the AFU Charter they were; Principle 4: To promote intergenerational learning and Principle 9: To engage actively with the university's own retired staff

# What is an Age Friendly University?

*“The Age-Friendly University Global Network is a consortium of higher education institutions committed to promoting positive and healthy aging and enhancing the lives of older members of the global community through innovative educational programs, research agendas, curriculum development, online education, health and wellness activities, arts and culture programs, and civic engagement opportunities”  
(AFU Global Network, 2026)*



Age-Friendly University Global Network

## Ten Principles of an Age-Friendly University

1. To encourage the participation of older adults in all the **core activities** of the University, including educational and research programs.
2. To promote personal and career development in the second half of life and to support those who wish to pursue **second careers**.
3. To recognize the **range of educational needs** of older adults (from those who were early school-leavers through to those who wish to pursue Master's or Ph.D. qualifications).
4. To promote **intergenerational learning** in order to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation.
6. To ensure that the university's **research agenda** is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that aging brings to our society.
8. To enhance access for older adults to the university's range of **health and wellness** programs and its arts and **cultural activities**.
9. To engage actively with the university's own **retired community**.
10. To ensure regular **dialogue** with organizations representing the interests of the aging population.

 AFUGN.org



**ASU** Edson College of  
Nursing and Health Innovation  
Arizona State University



Students were involved directly in all these phases of this UDL T&L Project

February 2025

Planning of Official Launch and World Cafe event with Older Adults

March 2025

Official launch of ATU as and Age Friendly University. Older adults n=46

March - May 2025

Reflective Practice and Analysis of WC Session with Priorities and Key Themes identified

August - October 2025

Individual retired staff interviews conducted (n=11) and thematic analysis completed

January 2026

Overall findings from this UDL T&L Project reported back to the AFUWG and priorities for action identified

Student trained in WC Methodology, Hosting Roles and Analysis Techniques including Harvesting by M.McLoone

Students assisted as co-hosts at WC with M.McLoone acting as WC Host

BSc Public Health & Health Promotion students completed Reflective Practice of their involvement and learning from the event planning and hosting

MSc Health Promotion Practice student conducted follow up interviews

Involvement from Students: BSc Public Health & Health Promotion and MSc Health Promotion Practice in the planning, co-hosting of the World Café event and post event reflections



# World Café Methodology – Creating conversations that matter





**AFU World Café – Age Friendly Festival, Sligo**

# Project Reconnect Retirement Project - Retired ATU Staff Interviews

## Key Finding

Communication gaps and website

Inclusive, flexible learning needs

Sudden loss of access post-retirement

Over reliance on single HR contact

Lack of holistic retirement preparation

Accessible campus environment

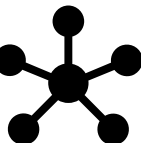
Valuing older adults' contributions

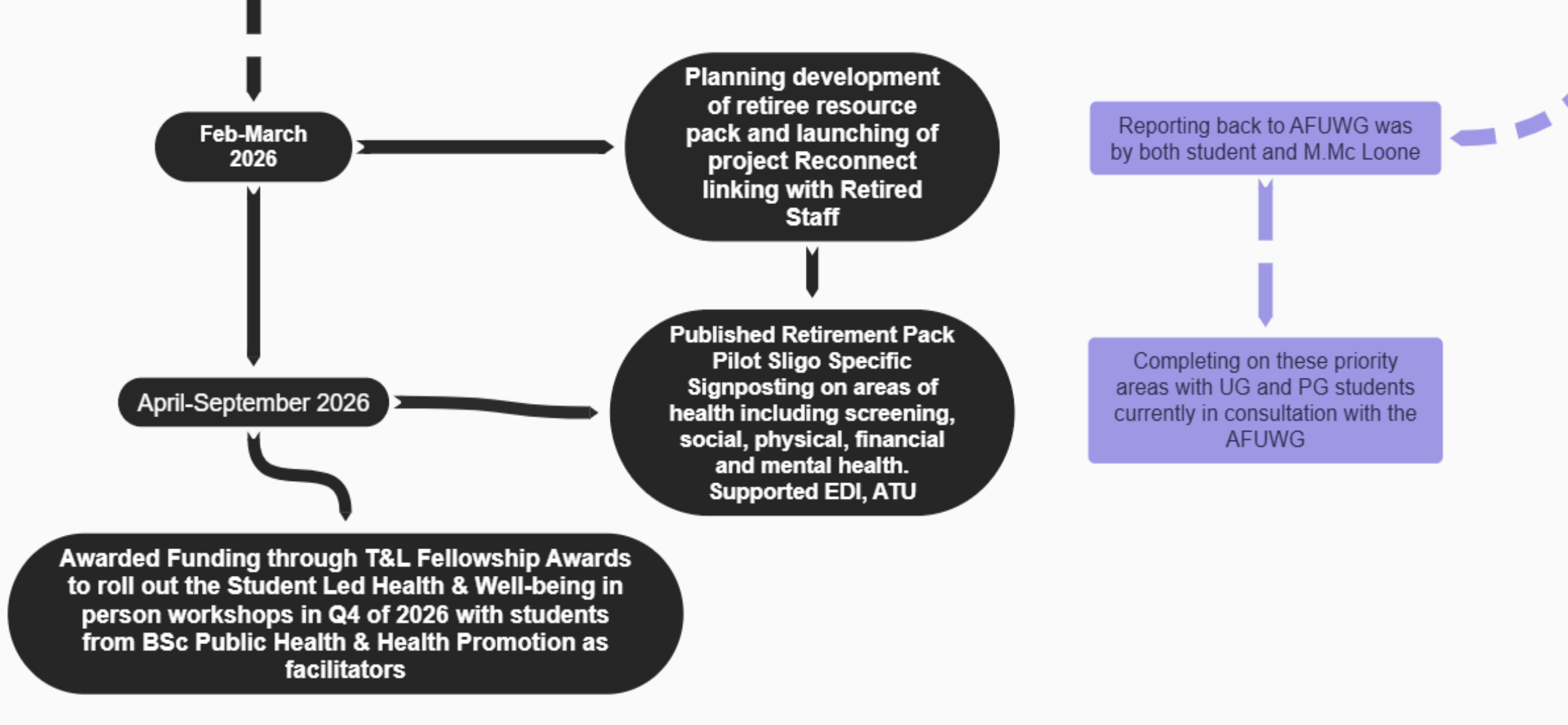
Culture of respect & belonging



*“What really stood out to me was a significant scope for improving the transition from working life to retirement. As several participants expressed, they wanted to be treated ‘the same the day after retirement as the day before’ particularly in terms of respect, social connection, being valued as part of the university community.”*

PG Student MSc Health Promotion Practice Sinéad Griffin



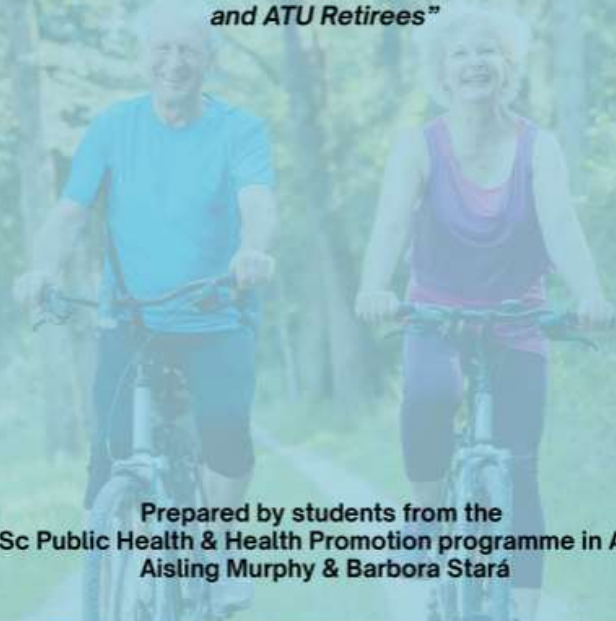




# Caring for You in Retirement

*"Healthy Ageing Resource Pack*

*for ATU Staff Transitioning to Retirement  
and ATU Retirees"*



Prepared by students from the  
BSc Public Health & Health Promotion programme in ATU:  
Aisling Murphy & Barbora Stará

# Contact Details

Healthy Ageing Resource Pack for ATU Staff  
Transitioning to Retirement and ATU Retirees  
kindly supported by the EDI Team at ATU

This resource pack was developed by ATU students:

**Aisling Murphy & Barbora Stará**

supported by Margaret McLoone,  
Age Friendly University Champion, ATU

 [margaret.mcloone@atu.ie](mailto:margaret.mcloone@atu.ie)



Cite this pack as:

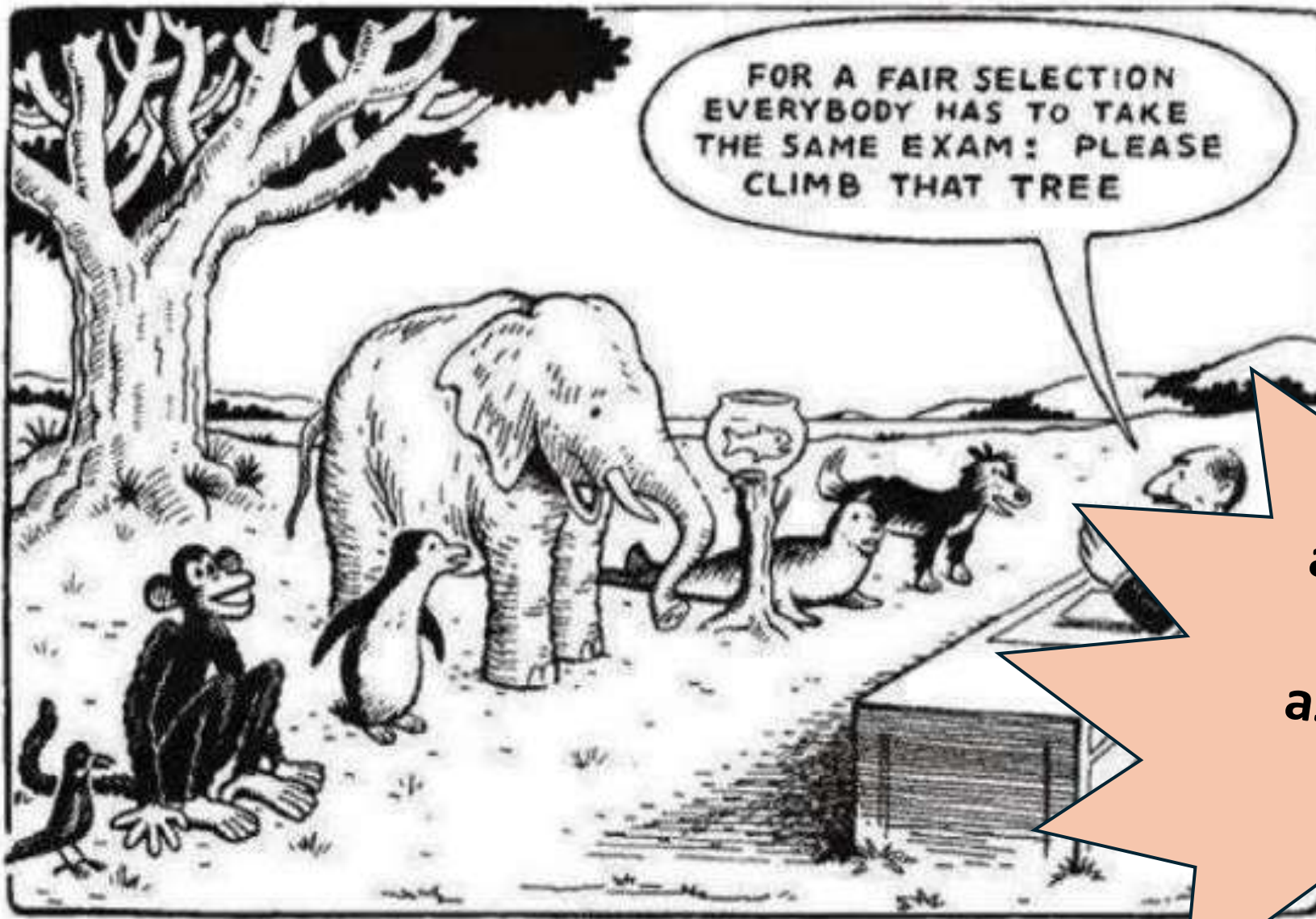
Murphy, A., Stará, B., & McLoone, M. (2026) Caring for you in retirement: Healthy ageing resource pack for ATU staff transitioning to retirement and ATU retirees. Department of Health & Nutritional Sciences, Atlantic Technological University. Published by the Equality, Diversity and Inclusion Team, ATU.

*Please note: This pack offers general information and guidance on health and well-being. It is not a substitute for professional medical advice. Always consult your GP or another qualified healthcare professional regarding any personal health concerns or decisions.*



**Project Reconnect –  
Pilot Retirement Project**





Assessments  
are rewarding  
.....  
assessment as  
learning

*Adapted from:* Traxler, H. (1976). Chancengleichheit [Cartoon].

In M. Klant (Ed.), Schul Spott: Karikaturen aus 2500 Jahren Pädagogik (p. 25). Hannover, Germany: Fackelträger.

**Acknowledge support of many in my dream.....**

**To create a university that makes the *vision of age-friendliness a reality***



**Equality,  
Diversity  
and Inclusion**



- **Older adults** themselves for contributing to many phases of this project with such genuine interest
- **Age Friendly University Working Group**
- **BSc Public Health & Health Promotion** student cohort 2024/5
- **MSc Health Promotion Practice** student **Sinéad Griffin**
- BSc Public Health & Health Promotion students **Aisling Murphy & Barbora Stará** cohort 2025/6
- **Sinead Donnellan & Paula Cannon** – Human Resources ATU
- **Retired ATU Staff**

*“There is hunger & willingness in older people to be part of this community, please make it happen & communicate to cohort”*

# Want to find out more...



[margaret.mcloone@atu.ie](mailto:margaret.mcloone@atu.ie)

ATLANTIC TECHNOLOGICAL UNIVERSITY MAGAZINE

## Age-Friendly University

At the Health and Wellbeing Festival, the University also celebrated its recent achievement in its designation as an Age-Friendly University and newest member of the [Global Network of Age-Friendly Higher Education Institutions](#). The Age-Friendly University Global Network is a movement that aims to shape how people live and work by increasing educational opportunities across the life span. The University is committed to continue to create an inclusive and supportive environment for individuals of all ages within its community.

Margaret Mc Loone, one of ATU's Age Friendly Champions, and students from the BSc Public Health and Health Promotion, and the MSc in Health Promotion Practice hosted the celebratory event. They facilitated a World Café with over 50 attendees from Roscommon, Mayo, Leitrim, Sligo and Donegal including retired and current ATU staff who shared what they want from their age-friendly university and ways they would like to contribute to ATU's ever-growing university community across the west and north-west regions.



Two of the ten age-friendly university principles that ATU is endorsing over the next five years are to encourage the participation of older adults in all the core activities of the University, including educational and research programs, and to promote intergenerational learning in order to facilitate the reciprocal sharing of expertise between learners of all ages.



**Age-Friendly University**  
Global Network

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Technological  
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Diversity  
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Age Friendly  
IRELAND

**Teaching  
& Learning  
Centre**