From rocking horse to rocking chair in good health – research methods for intergenerational knowledge sharing in health promotion

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Abstract
The overall purpose of this presentation is to discuss research methods for data collection to give voice throughout the lifespan including children, adults and elderly. More specifically, the aim is to present research methods to capture intergenerational experiences of psychosocial well-being, and transformation of knowledge between age groups. Subjective well-being is people’s positive evaluation of their lives including pleasant emotions, fulfillment and satisfaction. The methods are based on the concept of salutogenese, focusing on empowerment combining written and oral, individual and group methods to access various forms of communication. The focus is on self-determination, ability to influence and participation as dimensions of empowerment, which lead us to an approach that is solution-focused with a starting point in the participants’ own experiences of psychosocial well-being. First reflective narratives – open letters – are offered to the children, adults and elderly as a way to share their experiences, thoughts and ideas on how to amplify health and well-being. Then participants meet in different constellations, focus groups, to share their health promoting experiences first with each homogeneous group; children, adults and elderly, then in mixed age groups. The purpose of the heterogeneous focus groups are to develop the open letters, with health promotion ideas the individual participants have written, in order to deepen the understanding of how health promotion activities can be designed in different contexts. The purpose of the homogeneous focus groups are to make knowledge transformation possible between different age groups, both as a way to enrich the discussion about the topic as well as to empower the participants. Based on research showing that psychosocial well-being increase when people are listened to, taken seriously and have the possibility to participate, these research methods may not only be ways to collect research data but promote health and well-being as well.