



Action Research: Turning Knowledge into Meaningful Change

Applied Research has always been dedicated to finding practical solutions that address the real-life challenges faced by organizations, schools, and communities. We understand that bridging the gap between theory and practice is crucial. Action Research takes this commitment even further by combining inquiry and action as situations unfold, ensuring that valuable insights are applied promptly, rather than waiting until a study is complete. This approach allows us to respond to needs as they arise, creating more immediate and meaningful impacts.

It is **cyclical in nature**: identify a challenge, design an action, implement it, study the results, and refine the approach. In short, applied research seeks practical solutions, and action research is one of its most hands-on, participatory approaches—turning research into a living, ongoing process of learning and improvement.

Collaborative Advancement: The Core of Action Research

Action research is more than just an applied research method;

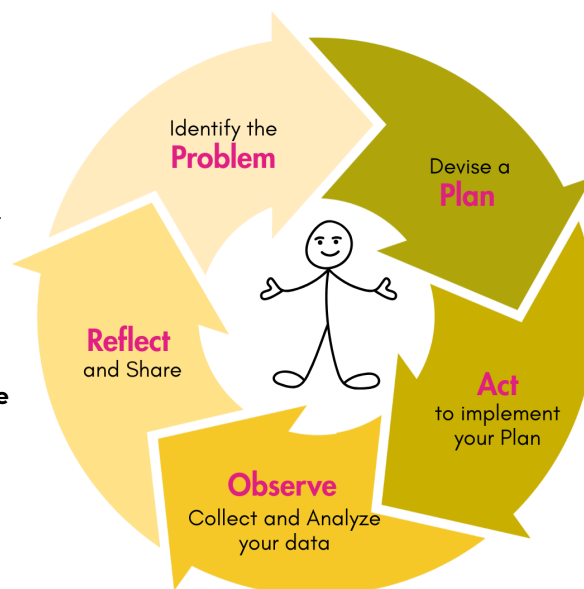
it is a journey of growth, learning, and discovery for all participants involved. At its core, collaboration encourages stakeholders to come together, share insights, and inspire positive change. This process allows individuals to explore challenges more deeply, brainstorm innovative ideas, and ensure everyone feels valued as part of the progress. Not only does this dynamic process enhance the understanding of a situation or challenge, but it also empowers to create a meaningful impact in our communities and contribute to the overall development from many perspectives.

In this newsletter you can expect:

Action Research

Collaborative Advancement: The Core of Action Research

Project Initiated-Design a simple lifestyle routine for an elder in NY



IGS team x



Project Initiated-Design a simple lifestyle routine for an 85-year-old elder living in New York City, considering various health issues.

Introduction

As individuals age, they face different daily challenges including health issues, frequent doctor visits, changes in mobility, and shifts in social connections which can make their everyday routine quite difficult and demotivating. In this context, applied research is essential for understanding the complexities of seniors' daily lives, which is often inconsistent and irregular due to various factors, including physical limitations, emotional well-being, financial dependence, technological proficiency and social isolation. By analyzing these elements, we can identify the specific challenges that older adults face and design personalized interventions.

Delving into the lifestyles of Edlers in the New York City

Applied research extends beyond theory; it examines the daily realities that elders face and asks important questions: What routines, practices, and supports can enhance their lives, making them easier, healthier, and more joyful? By studying how older adults respond to various activities, schedules, visitors in their homes, and different environments, we can suggest a new routine for a few weeks. By observing how they adapt to this proposed design and their coping mechanisms with the new schedule, we can then better understand the extent to which we can provide support.

“One-Size-Fits-All” approach doesnt Work in later life

Applied research emphasizes the importance of co-design, engaging elders, caregivers and financial professionals in creating routines that respect individual preferences while addressing health challenges. This approach ensures that daily living is empowering rather than restrictive. Grounded in evidence, these elements can reduce stress, promote independence, and enhance overall well-being. Involving caregivers in the decision-making process helps guide the design according to their priorities. Each adult has unique ways of doing things and may prefer to complete certain tasks earlier rather than later.



A Few Notes To Remember

- For any inquiries about our projects or to share your ideas for potential projects, please email us at info@igslearning.org.
- Our projects can be time-consuming and time-sensitive, as they involve extensive research, analysis, and careful design to ensure they are meaningful for the communities we serve. We appreciate your patience and understanding during this process.

Thank you for reading!