

**senior**  
– **lab**<sup>ch</sup>

# **senior-lab**

## **Co-creating solutions for and with seniors**

2025, July 3

 **La Source.**  
Institut et Haute Ecole de la Santé

**HE**<sup>VD</sup>  
**IG**

**éc a l**



# Context

## Switzerland's aging population

Scenarios for Switzerland (SFSO)

SD forecasts a Swiss population of 10.5 million (RTS)

**2025**

**2055**

**65+ years** 1.81 mio (19.9%) ➡ 2.67 mio (25.5%)

**80+ years** 0.54 mio (6%) ➡ 1.03 mio (9.8%)

An elderly population with **diverse profiles**

The 65+ population **is heterogeneous** in terms of :

- Health status
- Level of education
- Socio-economic status
- Life course



# An active population

FSO statistics

Contrary to stereotypes, seniors represent a **very active** population and **involved** in society



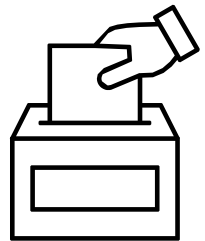
**76%** of 65-74 year-olds engage regular in **physical activity**



**42%** of 65+ year-olds are involved in **voluntary work**



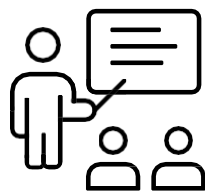
**75%** of 65-74 year-olds use **the Internet** several times a week



**77%** of Swiss aged 65+ frequently **vote in federal elections**



**63%** of 60-74 year-olds meet their regularly **friends**



**32%** of 65-75 year-olds took part in continuing during the year **education**



# Senior-lab

- **An inter-institutional and interdisciplinary** platform for innovation and applied research dedicated to the quality of life of seniors created in 2018
- **Objective:** develop solutions (products, services and technologies) that improve seniors' **quality of life**



European  
Network of  
Living Labs



# Interdisciplinary



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Institut et Haute  
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Health & gerontology

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Design

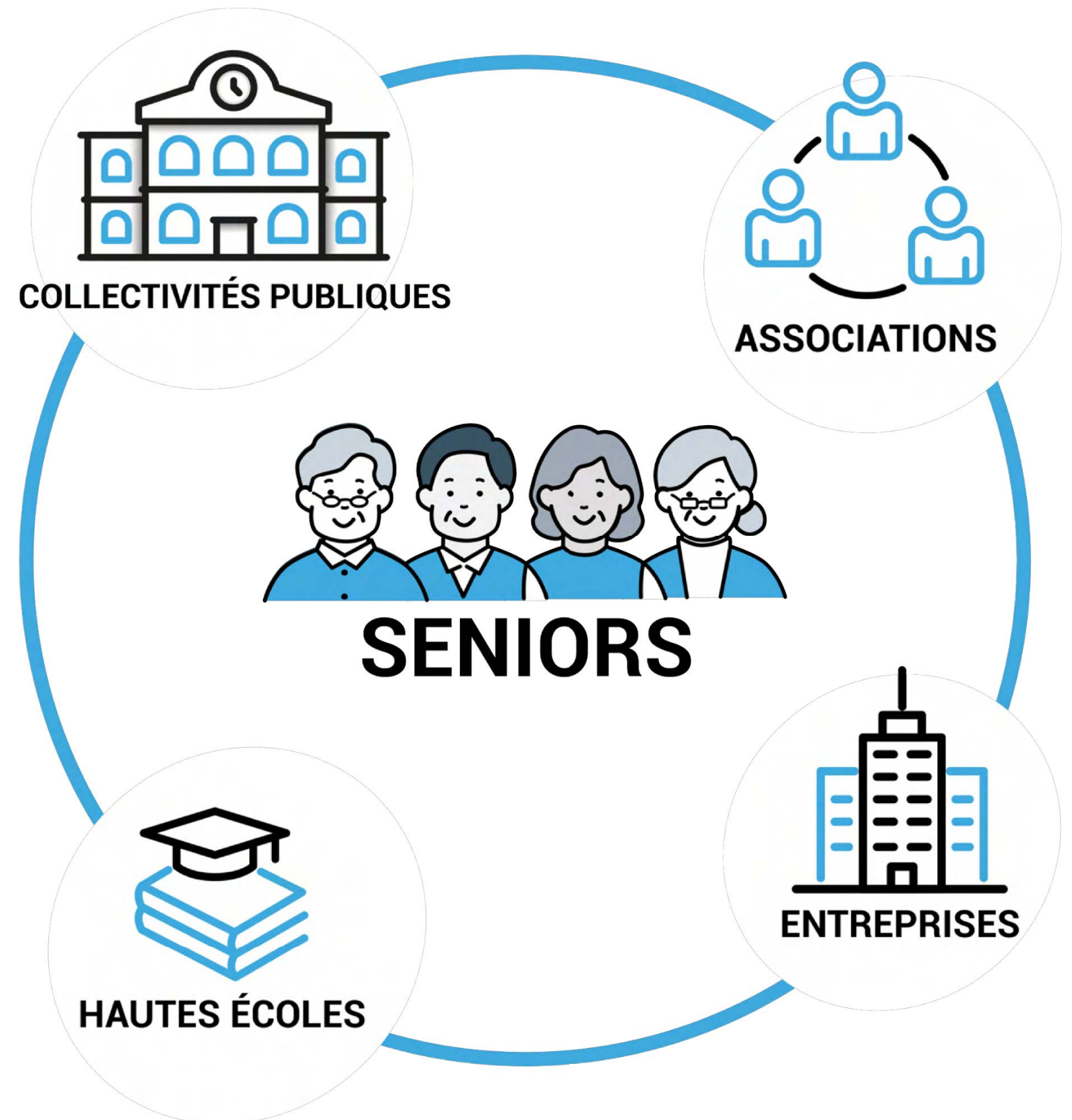
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Engineering & Business



# An open community

- Public authorities
- Associations
- Companies
- Universities
- **and seniors at the heart of the process**





# A community of seniors

- approx. 300 members
- aged 58 to 93
- 65% women & 35% men
- Varied socio-economic status and levels of education
- Heterogeneous life paths





# Why are seniors taking part?

- **Find innovative solutions** for seniors and society in general
- **Exchange ideas** with people from all walks of life **in an intergenerational setting**
- **Co-construct projects** of all kinds and **learn from each other's experiences.**





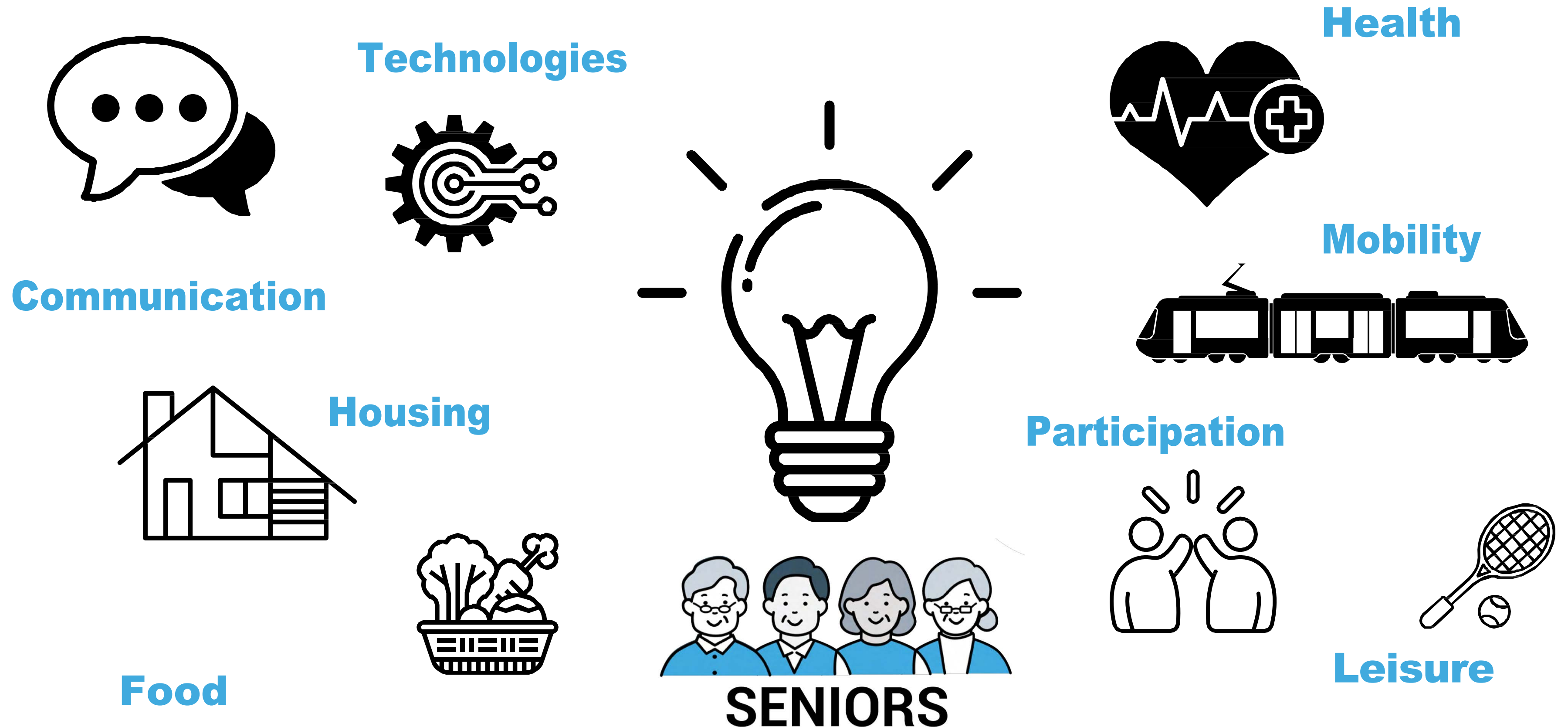
# Why do seniors participate?

- **Participate** in convivial events
- **Forge ties and network** with people from different backgrounds
- **Choose your level of involvement**



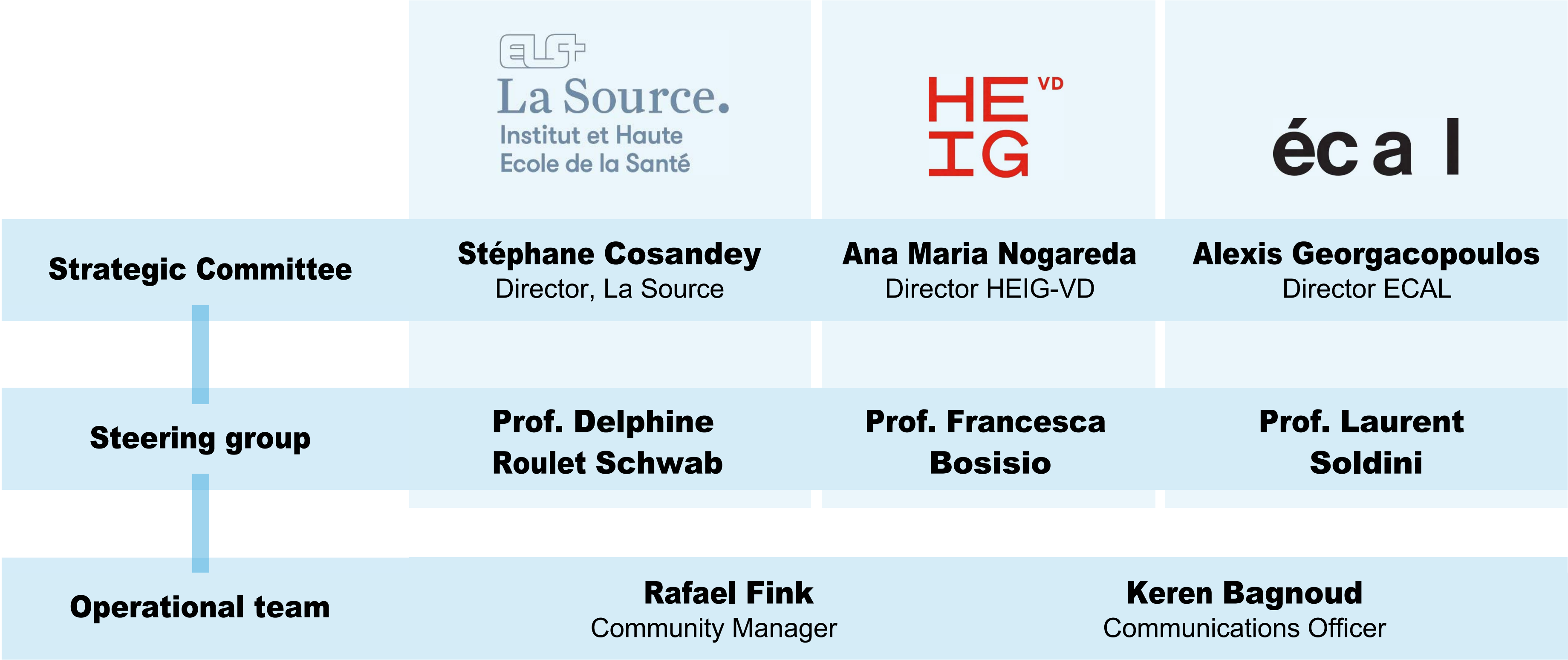


# A variety of themes





# Structure





# The team



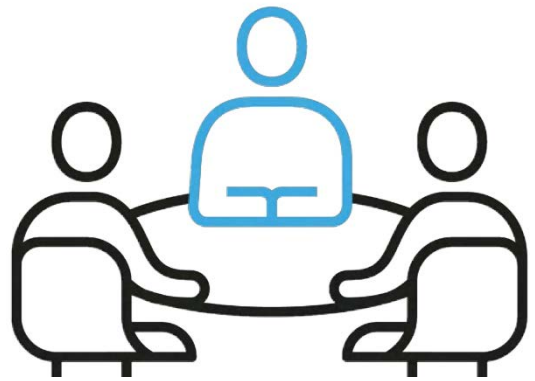


# Types of projects



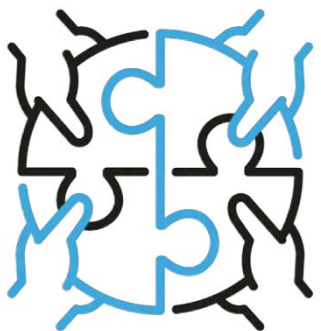
## **Applied research projects**

Financed by public funds, HES-SO funds, foundations, umbrella organizations, etc.



## **Services**

Financed by public authorities, private companies private companies, umbrella organizations, etc.



## ***Bottom-up community projects***



**Any questions?**





# Thank you for your attention!

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