

What is the Senior Lab?

The Senior Lab (SL) is an **interinstitutional and interdisciplinary applied research and development platform** dedicated to the topics of **quality of life and autonomy** of seniors.



Launched in June 2018 by La Source School of Nursing Sciences, the School of Management and Engineering Vaud (HEIG-VD) and ECAL, the Senior Lab's mission is to develop **concrete and innovative solutions** - products, technologies and services - in the field of healthy ageing, **with and for senior citizens**.

They play an expert role by sharing their experiences on ageing, but also their concerns and aspirations. Their involvement within the SL ensures that the offers, services and products created or adapted meet the needs and correspond to the daily reality of the elderly.

Structure and organization

The SL is based on a collegial and joint interinstitutional management, ensured by the three Universities of Applied Sciences under a three-tiered organization:

- The Strategic board composed of the Directors of the Universities
- The SL Steering Group, composed of one representative appointed by each partner University. It manages the strategic aspects of the Senior Lab and supervises the staff.
- The Senior Lab coordinator in charge of the management, development, implementation, coordination and valorization of the activities of the Senior Lab. This person represents the Senior Lab to external partners.

Approach

The projects of the Senior Lab are conducted from an interdisciplinary perspective, **involving health specialists, designers, economists and engineers from the three Universities of Applied Sciences and, of course, senior citizens**.

The sharing of points of view and the cross-fertilization of skills **allow a global approach to the issues related to ageing** in the context of an ageing society.

The Senior Lab has a code of conduct and values that guarantee a respectful approach to seniors and the various stakeholders.

Emergence of SL

The Senior Lab **is the result of an applied research project** funded by the Gebert Rűf Stiftung (2014-2017). It has given rise to collaborations with associations, municipalities and companies in the fields of food, mobility and communication. The seniors' community, involved through knowledge cafés, workshops, brainstorming sessions and individual interviews, has contributed to the emergence of many ideas to better take into account the needs of seniors.



The methodology and tools developed have been refined and completed within the framework of the Interreg France-Switzerland project "Autonomie 2020". This research project aims to provide innovative and adapted solutions to seniors to support their ability to stay at home and quality of life, while developing and structuring the technology sector to serve the elderly.

Location

The SL will eventually have two branches: one in Lausanne, in the new premises of La Source in Beaulieu, the other in Yverdon-les-Bains near the HEIG-VD.

Responsible for the Senior Lab

Prof. Dr. Delphine Roulet Schwab – La Source : d.rouletschwab@ecolelasource.ch

Prof. Nathalie Nyffeler – HEIG-VD : nathalie.nyffeler@heig-vd.ch

Prof. Luc Bergeron – ECAL : luc.bergeron@ecal.ch

More information

www.senior-lab.ch

Tél : +41 24 557 75 96