

Embedding cultural perspectives in co-production of research to address inequalities in healthy ageing for older African and Caribbean adults.

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Background: Older adults from Black African and Caribbean communities are currently underserved by research and interventions targeted at improving quality of life and independence in older age. There is a lack of co-produced approaches to the design and implementation of interventions that are relevant and culturally-tailored leading to limited inclusion and engagement with these communities in ageing research.

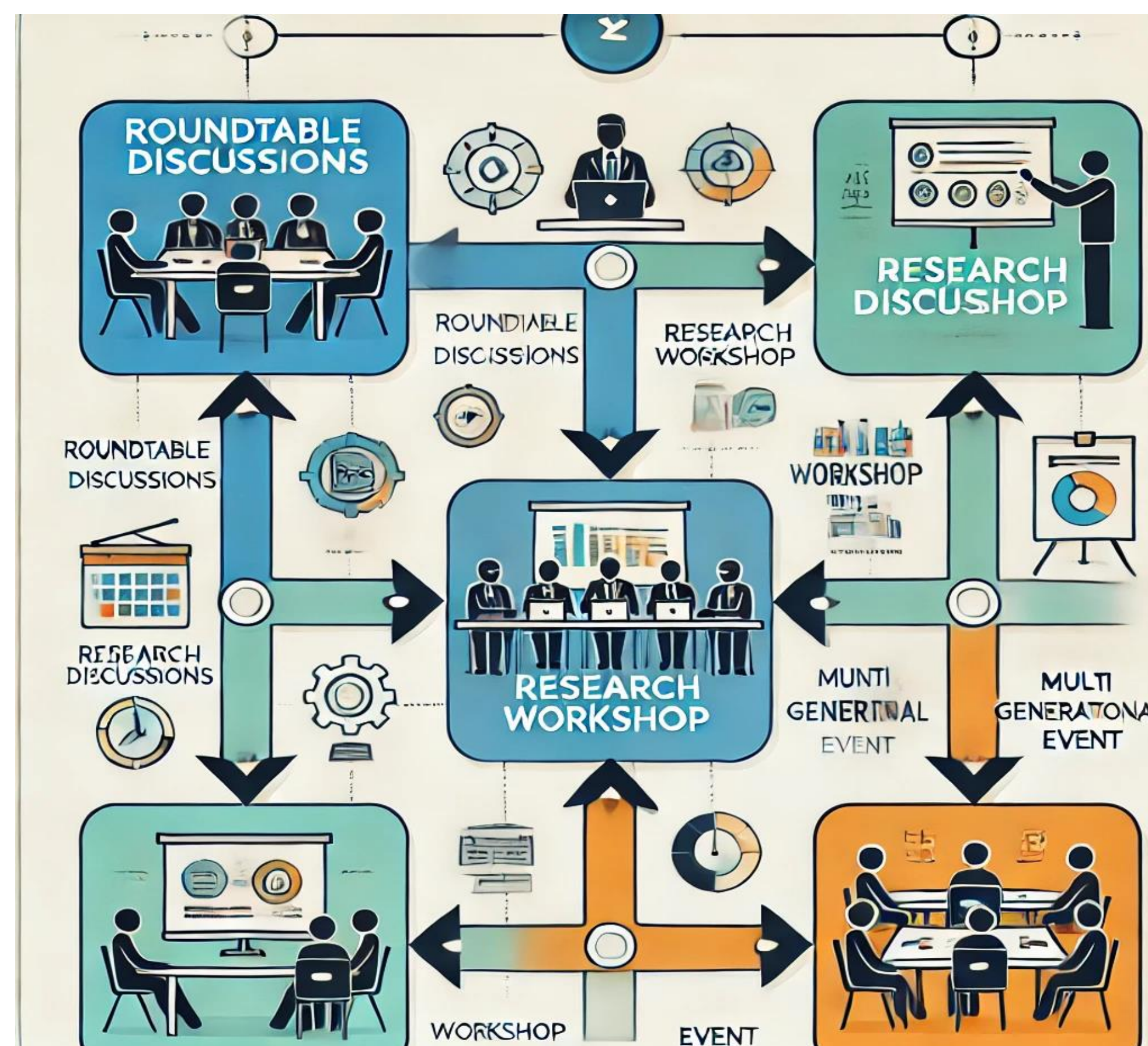


Objectives: This paper outlines the findings from a series of co-produced knowledge sharing and mobilisation activities with older adults from African and Caribbean communities to obtain insights and cultural perspectives on ageing within African and Caribbean communities.



Methods: The events included a series of co-produced activities using robust community engagement and community-based participatory methods. The events comprised three co-produced activities:

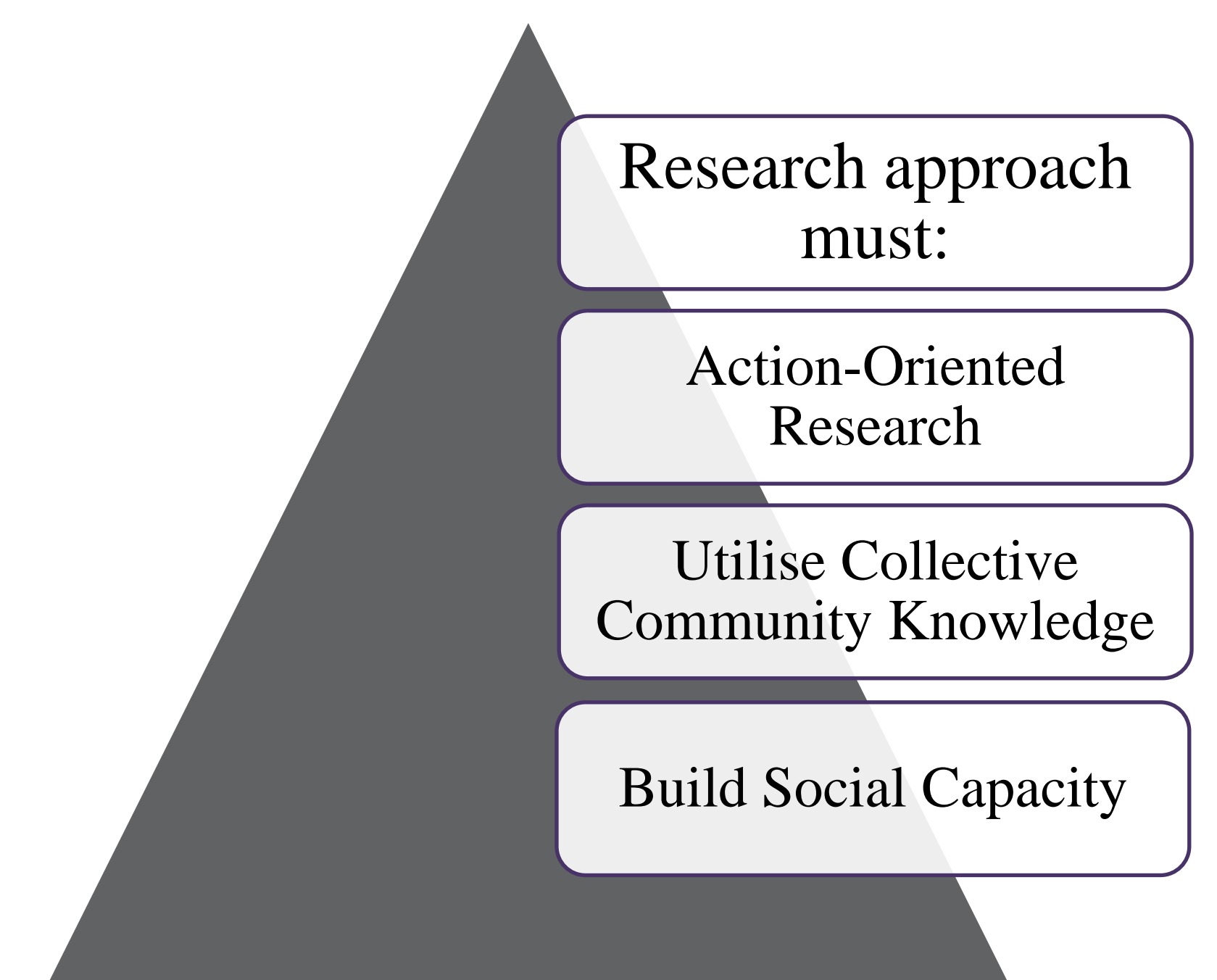
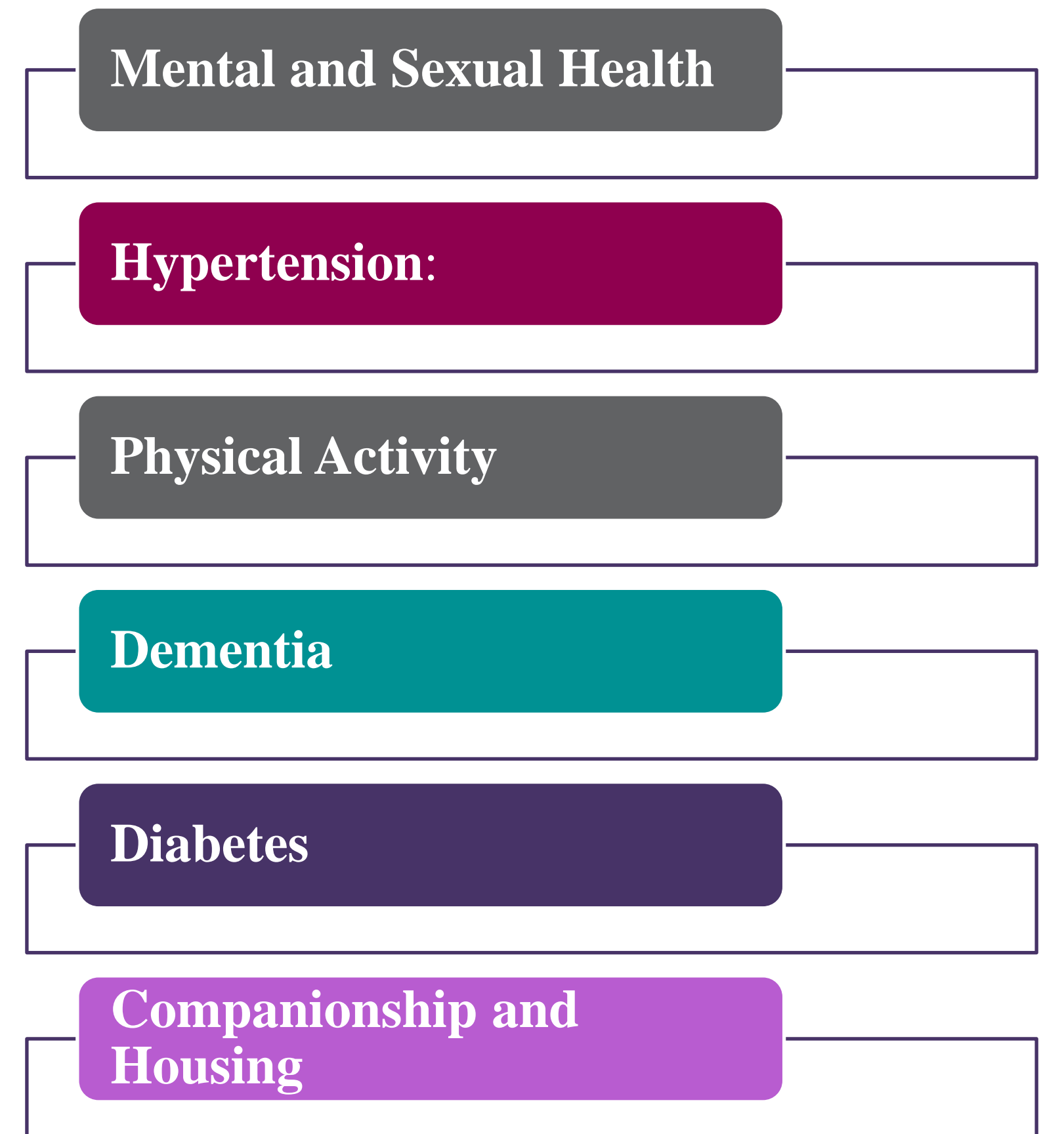
- Roundtable Discussions: Identified challenges and solutions for ageing with community leaders and older adults.
- Research Workshop: Shared findings and set research priorities.
- Multigenerational Event: Fostered trust and engagement through poetry, food, music, and dance.



Key findings: Over 120 participants from African and Caribbean community across the UK (Manchester, Leicester, Bournemouth, Fareham, Hertfordshire) were included in the co-produced activities. The activities were held from October 2023 to October 2024.



Research Topics Highlighted by Participants



Conclusions: This study provides an example of best practice on co-production of ageing research with adults from the African and Caribbean community. The findings are timely and respond to initiatives for inclusion, ethical and co-produced research with underserved communities. It highlights the need for support outside of grant funding to enable researchers and communities collaborate and build their capabilities for future ageing research.

Keywords: Co-production, older adults, African, Caribbean,

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1. Loughborough University. CLIMB News: 2024 Updates. Available at: <https://www.lboro.ac.uk/research/climb/news/2024/>. Accessed January 2025.

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