



UNIVERSITY OF LEEDS



Life Transitions App – call for volunteers

We have an exciting opportunity to help develop and test a new Life Transitions App (described below). We are looking for people to be a part of this exciting new development that aims to improve the lives of older people. You don't need to be an expert on any 'life transition' or in using health apps – you just need to be keen to be part of a new project and be someone who wants to play a part in improving people's lives. Come and get involved, meet new people, share your experience and thoughts about life transitions, and help make a positive difference to people's lives now and in the future.

A new 'Life Transitions App'

Funded by UK Research and Innovation (UKRI), we are developing a new app to help people prepare for and manage significant changes in later life, such as retiring, moving home, experiencing changes in health and mobility, becoming a carer, and experiencing a bereavement. We call these events 'life transitions'.

The Life Transitions Health App will help people think about, find, and use the knowledge, skills, connections and other resources they need to help them prepare for and manage big life changes.

Get involved – call for participants, 25th May 10am-12pm [Online]

We have an exciting opportunity to help develop the new Life Transitions App. Come to our online workshop on 25 May at 10am to:

- discuss how local people think about and prepare for life transitions;
- tell us what you think helps people prepare and manage big changes in later life;
- find out how people in different parts of the country prepare for and manage life transitions;
- contribute to the design of a new Life Transitions App.

Who should come?

We welcome people from all different types of backgrounds – life transitions affect us all and we are interested in hearing about different kinds of attitudes, cultures and responses. You might be someone who plans ahead and is well prepared for changes, or you might be someone who tends not to think about or make plans for these kinds of life events – all approaches are welcome. We are asking people to come if they have the following things:

- **Recent or past experience** of life transitions (as described above) **OR no experience** yet of major life transitions, but you anticipate one or more in the next ten years or so.
- Willingness and ability to think and talk about life transitions and how you (might) approach them, and ability to listen sensitively to others' experiences.
- Experience of using digital apps (health apps, or any other kinds of apps) **OR** interest and curiosity in using apps.

Interested? We hope so! Register [here](#) or contact one of our project team members to find out more:

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