# CoCreate Age Researcher Application

CoCreate Age addresses research questions that are informed by communities, cocreating innovative and robust research that delivers practical solutions that work in the real world, in the communities they were designed for and with.

University of Auckland Doctoral Scholarships	2
PhD Candidates	. 5

### **University of Auckland Doctoral Scholarships**

CoCreate Age is able to award two University of Auckland Doctoral Scholarships each year to support PhD candidates undertaking co-created ageing research. Their research must:

- Span more than one discipline
- Align to one or more CoCreate Age research themes
- Meet the self-identified needs and aspirations of older people, researchers, stakeholders and funders

HEALTH & WELLBEING: Ensuring healthy ageing and promoting wellbeing in later life Research changing health and long term care social systems to underpin equitable access to disease prevention, health promotion, treatment; maximising function, quality of life, and psychosocial outcomes for older people, and caregivers.

## PLACE: Age friendly and dementia supportive places

Research contributing to the creation of inclusive, safe, resilient human settlements and accommodation; understanding the complexities of place; respecting older people's decisions and lifestyle choices; protecting those who are most vulnerable; and promoting inclusion and contribution to community life.

## WORK, INCOME & RETIREMENT: Age-Friendly Workplaces, Policies & Practice

Research helping to prevent poverty by contributing to the development of equitable, flexible retirement and pension policies; promoting lifelong learning. Supporting older workers in acquiring or adapting skills and knowledge to continue to work or become olderpreneurs; recognising inequities associated with extending working lives.

**TECHNOLOGY, ENGINEERING & THE DIGITAL ECONOMY** Research on medical devices, assistive technologies, monitored mobility to provide solutions to match social, psychological and service needs and aspirations of older people, their families and whānau. Understanding the potential and limitations of digital technologies, including digital equity.

**ARCHITECTURE, CREATIVE ARTS & DESIGN** Research on design improving products and environments that impact the health and well-being of older people. Using arts-based research methods to generate research, to challenge assumptions (e.g. ageism), and share knowledge with communities.

**EQUITY, INCLUSION & FUTURE GENERATIONS** Research informed by Human Rights that acknowledges, values and responds to differences with regard to age, income, socio-economic class, health literacy, race, culture, ethnicity, gender, physical and mental abilities, sexual orientation and religion or spiritual practice; taking into account oppression, privilege, structural policies and institutions that perpetuate inequities. Intergenerational research and attitudes towards ageing of future generations.

#### Selection criteria

In addition to meeting the Doctoral Entry Requirements, potential Candidates will be selected based on the extent to which their statement of research intent describes:

- Co-created research: actively involving older people
- Transdisciplinary research: spanning more than one discipline and aligned to one or more research themes
- Research that embeds equity, diversity or inclusion

We aim to support at least one scholarship per year from Māori or Pacific applicants to reflect our strategic goal to encourage the growth of Indigenous knowledge and research capacity.

We will prioritise applicants who:

- Are already engaged with the communities that they propose to work with
- And/or have experience in co-creation or community-based work

The Strategic Management Team for CoCreate Age comprises representatives from all faculties in the University of Auckland (Medical & Health Sciences, Science, Engineering and Design, Arts and Education, Law, Business & Economics, Liggins Institute and Auckland Bioengineering Institute) and representatives of business and industry; government and public sector; and civil society.

When the Candidate has not already identified potential supervisors, we encourage contact with CoCreate Age so the Strategic Management Team can facilitate connection with a potential transdisciplinary supervisory team who can support preparation of a CoCreate Age Statement of Research Intent.

You can download the CoCreate Age Statement of Research Intent template here: [hyperlink]

The Strategic Management Team will rank Statements of Research Intent based on the quality of the applications and the criteria above.

Successful PhD scholars will:

- Join a vibrant community of co-creators
- Be supported in a safe and innovative place to learn
- Conduct research that will have an influential impact on health, environment, society and science

#### **Application process**

When you apply for your doctoral programme, you will have the opportunity to confirm whether or not you also wish to be considered for a University of Auckland Doctoral Scholarship. You do not need to apply separately.

Please be sure to indicate that you wish to be considered for a University of Auckland Doctoral Scholarship (UoADS). Otherwise, your application cannot be considered for the Co-Created Ageing Centre Scholarship, as it is administered through UoADS.

If you meet the Doctoral Entry Requirements and are wanting to be considered under CoCreate Age, please also let us know by emailing [insert email address].

#### PhD Candidates

As CoCreate Age is a research centre, we are focused on building a community that explores topics related to ageing at different academic levels that can ideally have practical applications in older people's everyday lives. So, PhDs are an excellent opportunity to contribute to this research community, the broader society, and the individual students themselves, helping them further their careers.

Here are a few reasons why having PhD students at the centre is so valuable and why considering applying to a PhD scholarship yourself can be a great opportunity:

- This will allow you, as a PhD student, to have funding to focus on and develop your own topic of interest that relates to ageing and include older people from the public as active collaborators to make a real impact on their lives and society.
- A PhD contributes to creating new knowledge that can improve how ageing is understood and how theories, products, services, policies, spaces, and general culture can better support older people's and families' needs.
- You will join a well-connected research community at the academic, industry, government and public levels. This provides a platform for networking and finding ways to collaborate around common areas of interest.
- PhD candidates will share spaces of mutual learning with academics in more senior roles, including Early Career Researchers, Senior Lecturers, Associate Professors and Professors, who are all well-known in research areas related to critical ageing themes. This fosters a community where research mentorship between all members allows the centre to practice its co-creating ethos, which extends to the public, who, as co-creators, can be invited to join these spaces for future research development.

The current round of applications closes on the 1st of June for PhD candidates awarded the scholarship to be able to start their studies on the 1st of September 2024.



#### **Introducing Melanie Stowell**

Key aspects to consider when applying for a PhD scholarship at CoCreate Age include:

- Co-created research: actively involving older people
- Transdisciplinary research: spanning more than one discipline and aligned to one or more research themes
- Research that embeds equity, diversity, or inclusion

There are guaranteed scholarships for:

- Māori applicants with a New Zealand university qualifying programme GPA of 7.0 or above who are offered a place in a doctoral programme
- Pacific applicants with a New Zealand university qualifying programme GPA of 7.0 or above who are offered a place in a doctoral programme

Melanie Stowell is the first recipient of a CoCreate Age PhD scholarship.

Learn more about Melanie's current research questions and topics of interest in her own words:

#### My research question

The aim of this PhD is to co-create a digital intervention to support older adults' mental wellbeing and healthy coping behaviours in Aotearoa New Zealand. The research will seek to address the following questions:

- What do older adults feel they need the most support with to promote mental wellbeing and healthy ways of coping?
- What are the enabling factors and barriers to older adults' engagement with digital health tools?
- What are the key components of a person-centred and culturally appropriate digital intervention to support older adults with their mental wellbeing?

#### Why I applied

I've been working in health services research for nearly 8 years in the US, UK, and, more recently, New Zealand. For much of that time, my colleagues and mentors have encouraged me to look into pursuing a PhD. It had been on my mind for several years, but I was struggling to find the right opportunity and topic. I've always had a strong interest in mental health and ageing research, so I feel very fortunate to have met the CoCreate Age team at a time when I was preparing to apply to the University of Auckland. The stars aligned and I couldn't be more thankful for this opportunity.

#### What I'm appreciating now

I've just returned from a trip to visit my family in Colorado, and while saying goodbye was bittersweet, it's so comforting to return to Auckland with the sense that I'm coming home. I'm excited to continue learning about and exploring New Zealand over the next few years, assuming there's time for small breaks away from my studies!"

We welcome Melanie and new applicants to join the growing cohort of CoCreate Age PhD candidates, who will lead groundbreaking research to advance the future of ageing wellbeing.

Click here for more information. And please get in touch with us if you have any questions:

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