

The Art & Science of Looking at the Future



Bay Area Community Council
Foresight Training

Facilitator
Garry Golden

Webinar #2: May 9, 2018

Imagining the Futures of BACC

April 11th

Foresight Foundations
& Scanning for Signals

May 9th

Turning Signals
into Stories
(Futures Wheel)

June 13th

Exploring
Future Worlds
(Scenarios)

July 11th

Arriving at our
Preferred Future
for BACC



Resources

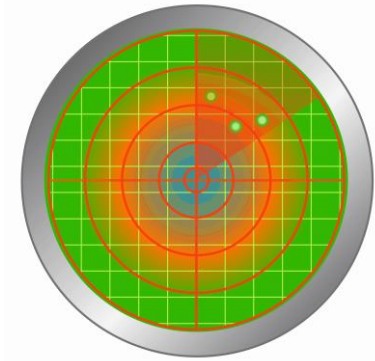
<http://www.garrygolden.com/baccforesight/>



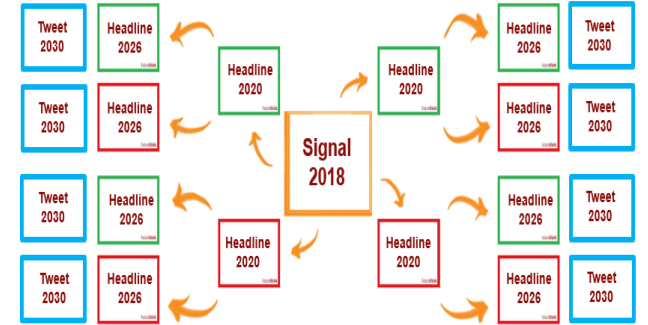
Recap Foresight



**Warm up
Creative Mindset**



Scanning for Signals



Futures Wheel

Foresight ... the ability to anticipate and lead change

Foresight Stages + Activities

Investigate

Identifying
& Monitoring Change

- Horizon Scanning
- Emerging Issues Analysis
- Indicator Analysis
(Leading vs Lagging)



Imagine

Exploring Implications

- Forecasts
(Trend Extrapolation)
- Scenarios
(Alternative Assumptions)



Inspire

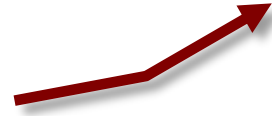
Communicating the
Need for Change

- Visioning & Backcasting
- Planning, Goal Setting & Roadmapping
- Transformation Management



Foresight 101: Mechanisms of Change

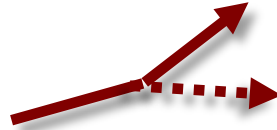
Trends
(Continuities)



Plausible
Future

Forecasts

Events
(Discontinuities)



Possible
Futures

Scenarios

Choices
(Discontinuities)

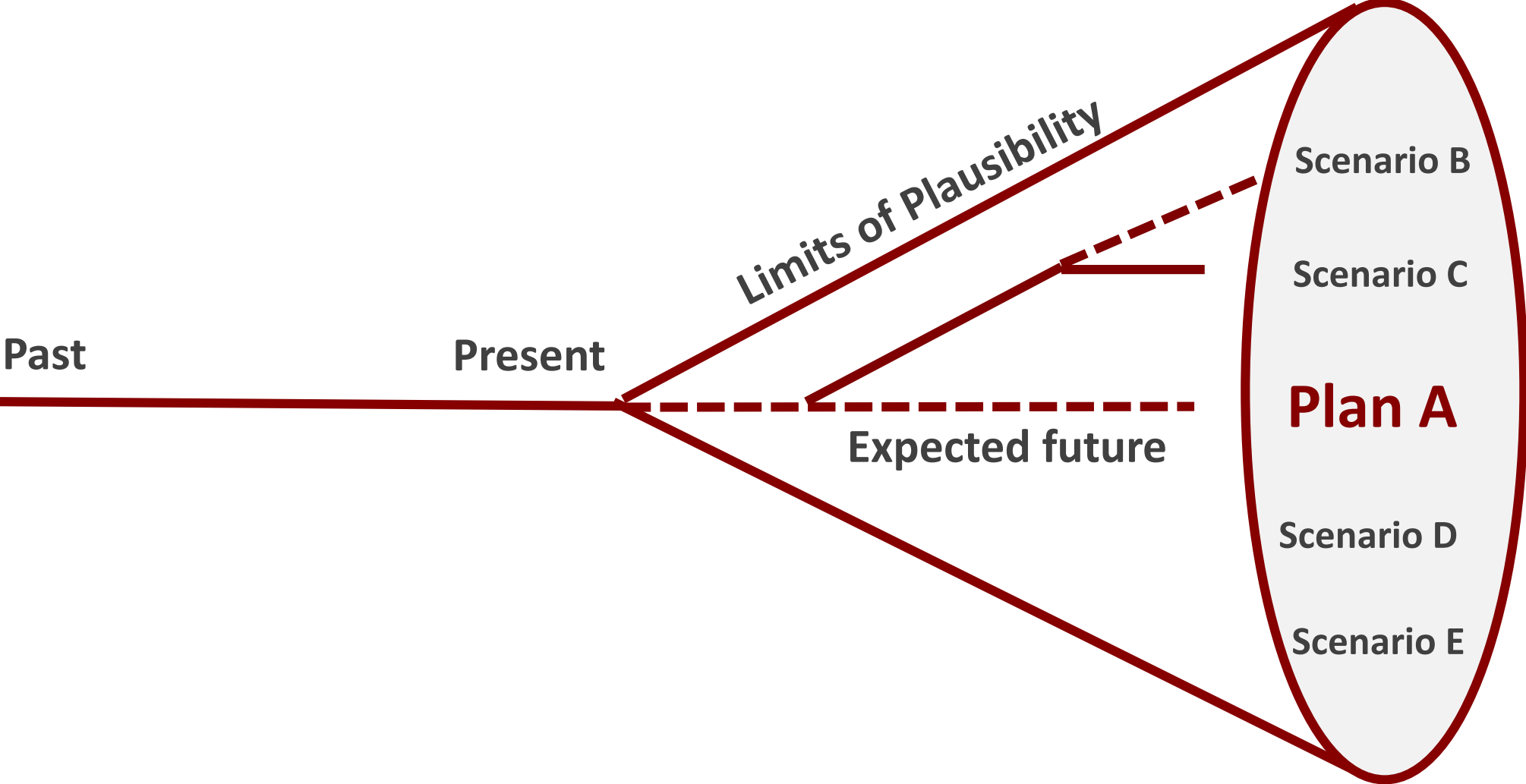


Preferred
Future

Visions

Foresight 101: Cone of Plausibility

Multiple Outcomes, Multiple Time Horizons



What value might BACC's Foresight bring to region?

Value of Process

(Tools, Techniques, Behaviors)

Value of Content

(Domain expertise; Knowledge)



**The Foundation is
Scanning for Signals of Change**

**Identifying S.T.E.E.P.
Dynamics of Change
Shaping the Future of BACC**



Strengthening Signals on Mental Health

Criteria

- Source Credibility
- Newness
- Uncertainty*
- Impact*
- Momentum*
- Applied to Scenario-X*

The New York Times

A Top Scorer Changes the Definition of the Complete Player

“A lot of people in my position wouldn’t want to say anything,” Marquette guard Markus Howard, the Big East player of the year, said of going public about seeking mental health counseling.



By **Amanda Nelson** Feb. 28, 2019

NCAA Awards Grant for UK College of Education Mental Health Research

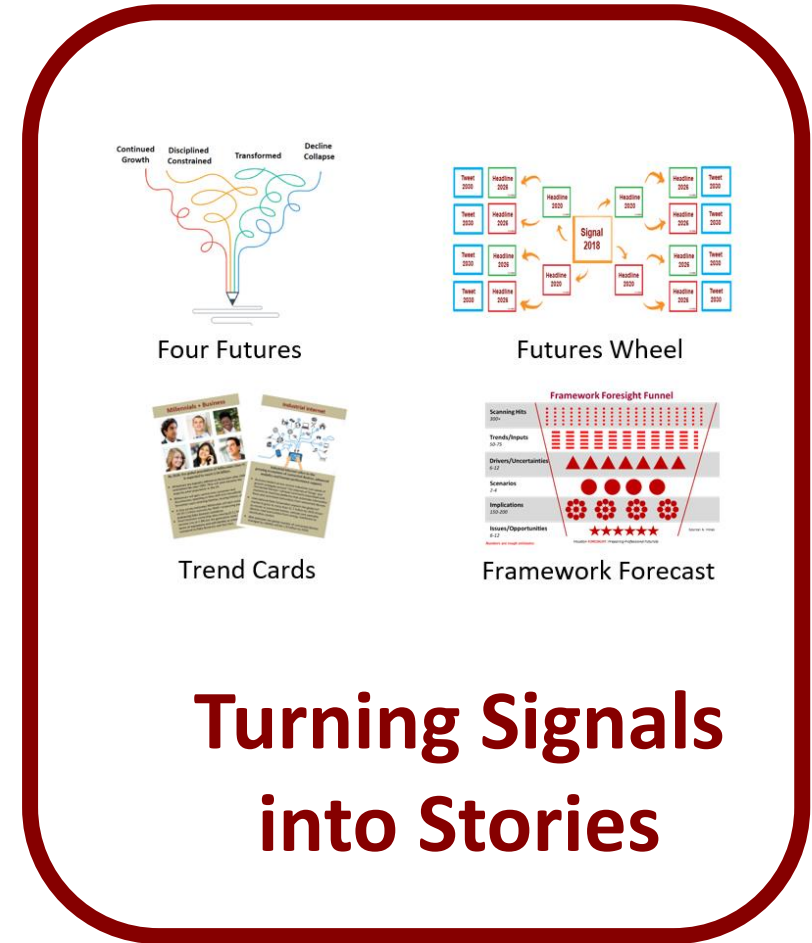
Techniques & Tools: Signals Strategy



**Expanding
Sources**



**Sharing &
Archiving**



**Turning Signals
into Stories**

Questions on Foresight?

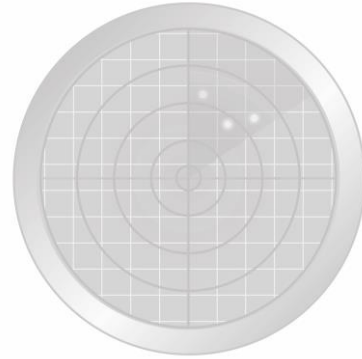




Recap Foresight



**Warm up
Creative Mindset**



Scanning for Signals



Futures Wheel

Warm up
Creative Mindset

Defining Innovation

What do you do? Outputs? Outcomes?



Innovation is ...

Defining Innovation

The ability to generate **new and useful ideas**
that bring **value** to your *customers* and/or organization

Airplane Slides Removed

PPCO

Pluses:

What is good about the idea as presented (no changes)?

Potentials:

What future benefits might result from this idea?

What else could this idea do? *"We could..."*

Concerns:

Phrase as open-ended questions.

"How might we...?" *"What are all the ways to...?"*

"How to...?"

Overcome:

Brainstorm ideas to overcome your concerns.



Benefits of a PPCO Mindset

1. Keeps the good alive.
2. Steers to practical thinking.
3. Creates a safe environment.
4. Builds teamwork.
5. Saves time.

Bay Area Community Council

Foresight **includes** playing a role in teaching communities and leaders **how to respond to new ideas!!**

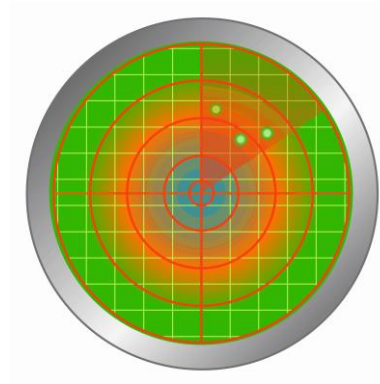




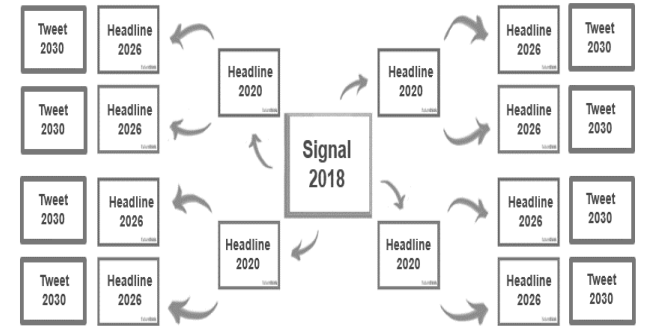
Recap Foresight



Warm up
Creative Mindset

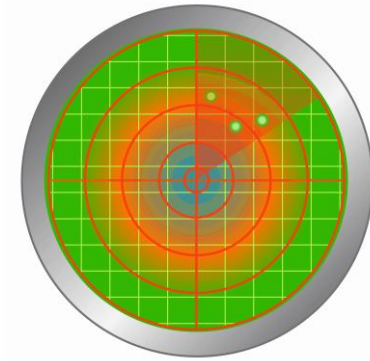


Scanning for Signals



Futures Wheel

Any Signals to Share?



County, City join AARP Age-Friendly Network

By Richard Stevens | City of Clarksville Communications Director May 7, 2019 8:47 am

CLARKSVILLE, Tenn. – (CLARKSVILLENOW) Tennessee AARP and local officials announced Monday that Montgomery County and the City of Clarksville have joined the AARP Network of Age-Friendly States and Communities, which is part of the AARP Livable Community Initiative.

The Network encourages states, cities, towns and counties to prepare for the aging of the U.S. population by paying attention to the environmental, economic and social factors that influence the health and well-being of older adults. A Livability Index developed by AARP, includes housing, neighborhood, transportation, environment, health, engagement and opportunity. These will be the key focus areas as the community moves forward on this initiative.

Download or Order *The ABCs of ADUs*

Accessory Dwelling Units — commonly known as backyard bungalows, garage apartments and so-called granny flats — are small homes that exist on the same property lot as a single-family residence. Take a tour through our free, photo-filled 20-page guide to accessory dwelling units and how they expand housing options for people of all ages. [Learn More »](#)



FROM THE LIVABLE NEWSLETTER



Teens Mow Lawns for Those Who Can't

Having to cut the grass is one of the top challenges older homeowners face, so a crew of 'court-involved' teenagers is taking on the task

YOU MAY HAVE MISSED



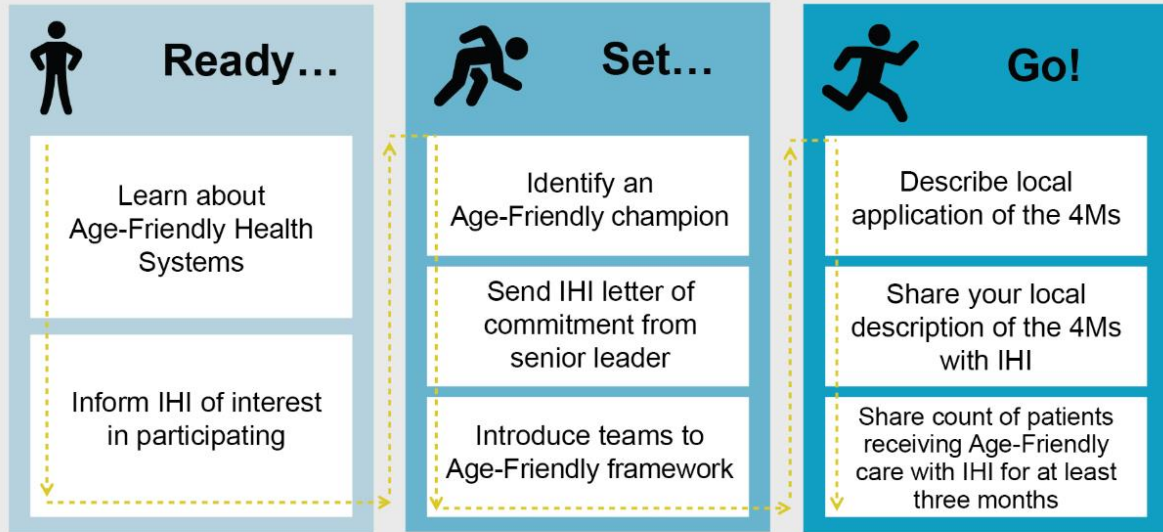
Mobility As a Service Has 'MaaS' Appeal

The Denmark-based FlexDanmark is an effective (and possibly replicable) transportation solution for America's non-drivers

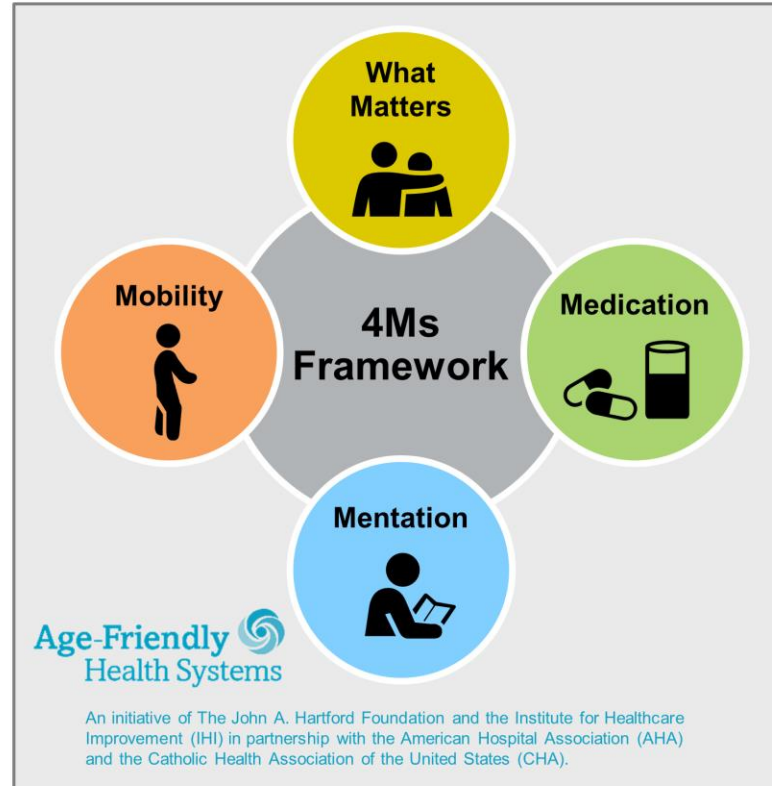
Trend Language: “Age-Friendly”



Steps to Becoming Age-Friendly



An initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).



For related work, this graphic may be used in its entirety without requesting permission. Graphic files and guidance at ihi.org/AgeFriendly

Alerts

Monitor the web for interesting new content

🔍 Age-Friendly



This will create an email alert for garrygolden@gmail.com.

Create Alert

Show options ▼

Alert preview

NEWS

Local communities prepare for better golden years

10TV

Through a health survey and partnership with SourcePoint the county assessed the **age-friendly** support it surrounds residents with and the areas that ...





age-friendly

age-friendly



Top

Latest

People

Photos

Videos



Shu-Ti Chiou @ShutiChiou · 1h



Age-friendly environments important for active aging- promoting barrier-free public places benefit people of all ages! [#MovementForMovement](#)
[#HealthinAllPolicies](#)



Exercise Works! @exerciseworks · 17h

Getting [#exercise](#) (74%), simply leaving the house (67%) and fresh air (65%) were the top three things that older adults enjoyed about [#walking](#) & physical activity on their local streets. Join the [#Nine90](#) campaign via [@livingstreets](#)

[#MovementForMovement](#) [#EndPJPparalysis](#) @thecsp

#NINE90

streets for all ages



**WHAT STOPS YOU WALKING
ON YOUR LOCAL STREETS?**

FOR PEOPLE 65+ IT'S



Longevity Colorado @LongevityColo · 8h

Awareness of resources a key gap as El Paso County aims to become more 'age-friendly' bit.ly/2DYj7VZ @csgazette #agingz #Colorado #boomers



Awareness of resources a key gap as El Paso County aims to become mor...
In the quest to be a community where people age gracefully, the biggest hurdle might be simply ensuring that people know what help exists.

[gazette.com](https://www.gazette.com)



MARCKCMetro @MARCKCMetro · 10h

The 2019 Age Positive conference is underway, sharing Ideas for an **Age-Friendly** Future. In the opening keynote address, @MUExtension's Dr Marshall Stewart talked about the importance of growing in personal capacities to help others. #AgePositiveKC @Mizzou @cabs12



Finding Signals Takes Effort – Clicks – and Willingness to Roam

 **Ambition For Ageing** @AfAgeing · 15h
Upcoming seminar! On 22nd May, Paul McGarry @AgefriendlyMCR will present 'Developing the strategy for **Age-friendly** Greater Manchester– an introduction to phase two'. Register your place now: ow.ly/SMru50pIKo1
[#agefriendlygm](#)

 **SSE Dartington** @SSE Dartington · 10h
RT @BabBristol: Next week is the launch of our [#agefriendly](#) business toolkit! This is the 1st **age-friendly** toolkit in a series that we will be creating to help businesses, individuals, communities & the third sector to become more inclusive. Register here

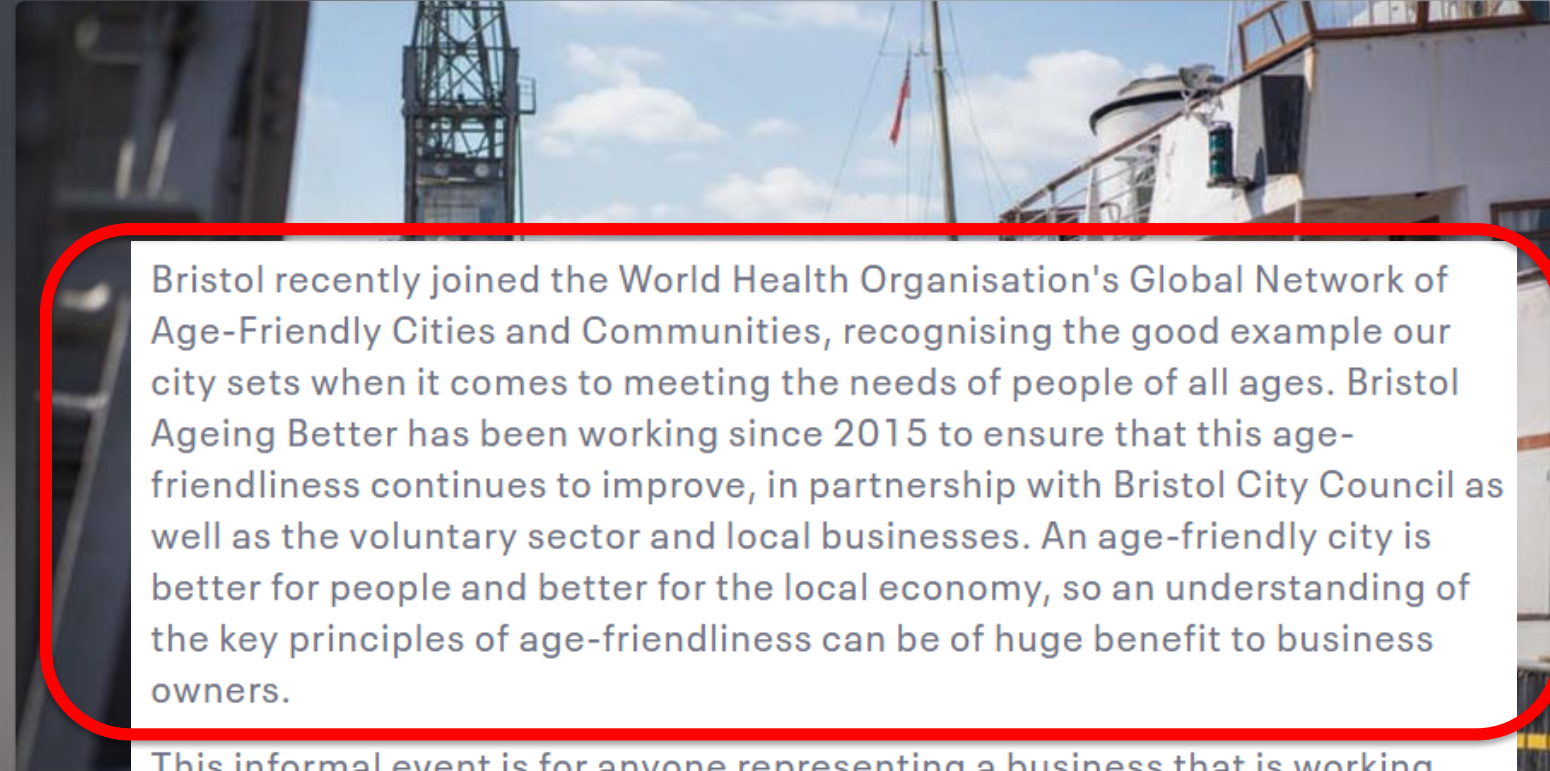


Age Friendly Business Guide Launch Event
Would you like to make your business more appealing to over 50s? Want to know more about how you can connect your business to the local ...
eventbrite.co.uk



Together we will...

- Establish age-friendly communities across Greater Manchester, promoting volunteering and bringing generations together.
- Increase housing choice to promote social connections and wellbeing in later life.
- Become a world leader in research and innovation for an ageing society.
- Create opportunities to maximise the skills and experience of older workers.
- Build a health and social care system that works for older people.
- Create a transport network that supports older people to stay connected and active.
- Show leadership in developing age-friendly initiatives at all levels and across all sectors.
- Engage and involve older people in arts and cultural activities across Greater Manchester and establish a Centre
- Support more people to be physically active as they age.
- Develop an age-friendly plan for each local council.
- Make sure access to entitlements and benefits is easier and simpler.
- Campaign for positive change in the way older people are viewed.



Bristol recently joined the World Health Organisation's Global Network of Age-Friendly Cities and Communities, recognising the good example our city sets when it comes to meeting the needs of people of all ages. Bristol Ageing Better has been working since 2015 to ensure that this age-friendliness continues to improve, in partnership with Bristol City Council as well as the voluntary sector and local businesses. An age-friendly city is better for people and better for the local economy, so an understanding of the key principles of age-friendliness can be of huge benefit to business owners.



This informal event is for anyone representing a business that is working towards becoming more accessible, inclusive, and community-focused. Bristol Ageing Better will be launching their Age-Friendly Business Guide, which is a free comprehensive toolkit for businesses that want to improve what they can offer older people. Also in attendance will be Friends Ageing Better, a discount and rewards scheme that businesses can sign up to in order to reach more older people. There'll also be plenty of time for networking, and opportunities to share ideas and experiences.

MAY
15

Age Friendly Business Guide Launch Event

by Bristol Ageing Better

Free

[Register](#)



World Health Organization

WHO Global Network for Age-friendly Cities and Communities



WHO Global Network for Age-friendly Cities and Communities

Wausau Named an AARP Age-Friendly Community

Tuesday, April 23, 2019 10:07 p.m. CDT by Liz Holbrook



Should BACC help the Region leverage its 'age-friendly' designations?

Cities and communities in the Network are of different sizes and are located in different parts of the world. Their efforts to become more age-friendly take place within very diverse cultural and socio-economic contexts. What all members of the Network do have in common is the desire and commitment to promote healthy and active ageing and a good quality of life for their older residents.

— [Browse the Network on Age-friendly World](#)

[Join the Network](#)

WAUSAU, WI (WSAU) -- The City of Wausau has received a rare accolade from the AARP of Wisconsin.

At the city council meeting Tuesday night, the City of Wausau officially joined the AARP Network of Age-Friendly Communities. Wausau is only the 4th Age-Friendly Community in Wisconsin along with Greendale, Sheboygan, and Shorewood.



Aging-friendly communities generally have one or more of the six characteristics listed below.*

1. **INCLUSIVE:** People of all ages, races/ethnicities, and abilities, especially elders, are welcome.
2. **SUSTAINABLE:** Residents are committed to a lifestyle that is sustainable environmentally, economically, and socially. Size matters. People need to know each other, and scale determines the nature of human interaction. Small is better.

Scanning and Getting Lost in Rabbit Hole has outputs!!

businesses, and public spaces are wheelchair-friendly and incorporate universal design features. Multiple modes of transportation are encouraged.

5. **INTERDEPENDENT:** The community fosters reciprocity and mutual support among family, friends, and neighbors across generations.
6. **ENGAGED:** Promotes opportunities for community participation, social and civic engagement, education, and creative expression.

↻ Capita Retweeted



Katherine Prince @katprince · 14h

From [@capita_social](#), a call for children's philanthropy to identify new strategies that take a long-term view toward "exploring the most profound and... life-changing questions facing children and families." ow.ly/PGJx30oGf7e
[#flourishing](#) [#philanthropy](#) [#TomorrowsNow](#)



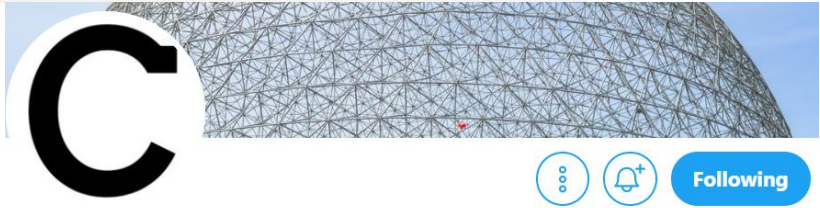
Tomorrow is Now: New Directions for Children's Philanthropy — Capita Social
capitasocial.org





Philanthropy focused on the well-being of children should:

1. Prepare for a post-liberal political future,
2. Attend to criticisms about the complicity of philanthropy in practices which undermine the well-being of vulnerable populations,
3. Prioritize in-depth learning and broaden the focus of their organizations and programs,
4. Collaborate with funders in different disciplines and sectors, and
5. Invest in ideas while recognizing that conversations are costly.



Capita

@capita_social

Harnessing the power of big ideas to ensure that all children and their families flourish.

📍 United States 🔗 capitasocial.org 📅 Joined February 2018

486 Following 309 Followers

👤 Followed by Abbie Lieberman, Parents as Teachers®, and Katherine Prince

UK wants to protect young people by banning the 'Like' button from social media sites

Not everyone is on board with the idea

By Rob Thubron on April 15, 2019, 8:12 AM | 22 comments



Should BACC help shape conversations on social impact of digital technologies? Spread practice of 'age-appropriate design'

A hot potato: Social media sites have long faced criticism for the negative effects they can have on children. In the UK, proposed guidelines have been put forward by the government to improve child safety on these platforms, including the removal of the Like button.

The Information Commissioner's Office has compiled the draft code, which says "nudge"

We've launched the draft of our Age Appropriate Design code, which sets the standards for those designing, developing and providing online services to children.

[gov.uk/government/consultations/age-appropriate-design](https://www.gov.uk/government/consultations/age-appropriate-design)

64 2:05 AM - Apr 15, 2019

80 people are talking about this

Dementia patients to be tracked by smart meters so that doctors can monitor any sudden changes that indicate illness, falls or mental decline

- **Devices will track patients' daily routines such as when they boil the kettle**
- **Meters then send alerts to family members or carers who can check on patients**
- **Critics warn about a huge range of privacy concerns over data sharing**

By SOPHIE BORLAND AND VICTORIA BISCHOFF

The NHS is to use energy smart meters to monitor dementia patients in their homes.

The devices will track patients' daily routines, such as when they boil the kettle, cook dinner or turn the washing machine on.

Should BACC help encourage unique partnerships for 'aging in place' solutions? Does this cross a 'creepy line' of surveillance?

Google, Trevor Project will use AI to combat LGBTQ youth suicide

The Trevor Project won a \$1.5 million Google AI Impact grant, which will allow the nonprofit to use artificial intelligence in its suicide prevention services.

May 8, 2019, 6:05 PM EDT

By Tim Fitzsimons

The technology giant awarded The Trevor Project with a \$1.5 million Google AI Impact grant, which will let the nonprofit incorporate Google's artificial intelligence tools into its suicide prevention

**What role might AI play in our region's social services?
Does it cross a 'creepy line' of surveillance or help protect people?**

The Trevor Project saves lives by supporting at-risk LGBTQ youth via phone, text, and chat," the Google Impact website states. "Using natural language processing and sentiment analysis, counselors will be able to determine a LGBTQ youth's suicide risk level, and better tailor services for individuals seeking help."

CVS Health shows off new HealthHUB store design. Makeover includes dietitians, wellness rooms for yoga

- CVS Health unveils its three new health-focused concept stores in the Houston area.
- The renovated drugstores are part of CVS' \$70 billion acquisition of health insurer Aetna.
- CVS' HealthHUBs offer more health services at its MinuteClinics and more health-focused products.



Source: CVS Health



How might BACC and healthcare partners expand access and improve wellness outcomes?

Artists as ‘Creative Problem-Solvers’ at City Agencies

By **Sophie Haigney**

April 5, 2019



Taja Lindley, a Brooklyn-based interdisciplinary artist and activist, will spend the next year doing an unconventional residency — she’ll be collaborating with the New York City Department of Health and Mental Hygiene, working on a project that deals with unequal birth outcomes and maternal mortality for pregnant and parenting black people in the Bronx.

Ms. Lindley is one of four artists who were selected this year for the City’s [Public Artists in Residence program](#), or PAIR, which is managed by New York City’s Department of Cultural Affairs. The program, which began in 2015, matches artists and public agencies, and the artists are tasked with developing creative projects around social

A Museum Hires a Full-time Therapist

Is a museum visit just what the doctor ordered? In Montreal, medical professionals can prescribe you a museum visit. There's also a full-time art therapist on staff.



Hrag Vartanian March 22, 2019



In Canada, an incredible new program allows doctors to prescribe museum visits to their patients. Hyperallergic's Zachary Small visited the Montreal Museum of Fine Arts to talk with Stephen Legari, the first full-time art therapist on staff at a North American museum (he sees 1,200 patients a year), about his work in the city's encyclopedic museum and what role art can plan in healing.

It's a fascinating story that might also point to new possibilities for art museums eager to play important roles in their local communities by teaching people to learn from and engage with art.

Rossy art therapy and well-being

The Michel de la Chenelière International Atelier for Education and Art Therapy makes it possible for the MMFA to consolidate its developmental focus on art therapy and well-being. All actions put in place are aimed at the same goal, namely to promote the well-being of a variety of groups, whether or not they have special needs.

In this connection, some new programming, designed in partnership with the health and academic communities, is offering a whole range of innovative projects adapted to persons living either with mental health issues, autism or eating disorders, or with difficulties related to learning, living together and social inclusion. Whether they visit exhibitions in the company of an educator, participate in creative workshops or present their creations to Museum audiences, program participants have meaningful artistic and social experiences.

Numerous professionals from the medical world and the community can join forces in an unusual practice setting, thanks to the Museum's facilities, which include an art therapy workshop, a medical consultation room and an Art Hive, created in collaboration with the Department of Creative Arts Therapy at Concordia University.

Art has a positive effect on the physical and mental health and well-being of individuals. To back this up, researchers from various institutions in Quebec are studying the beneficial effects of a visit to the Museum, which may be comparable to the benefits of physical exercise.

**How might BACC expand thinking across
civic & culture institutions?**

This Startup Wants To Connect Patients With Doctors of Color



From doctors who [don't believe Black women's pain](#) to higher rates of [maternal mortality](#) to the infamous [Tuskegee experiment](#), anti-Blackness within the medical industry is well-documented. This history can make it difficult for Black people to receive — or even want to seek — healthcare.

Seeing Black doctors is one way many patients feel both comfortable and heard, but finding them can be incredibly difficult. Kimberly Wilson founded [HUED](#) to make that process easier.

HUED is a healthcare technology startup that Wilson describes as the “for us, by us” version of ZocDoc. Through Hued’s website or mobile app, patients can find and book appointments with Black and Latinx healthcare providers. Whether you’re looking for a doula, therapist, or doctor, Hued plans to be people’s one-stop shop.

HUED matches patient’s needs based on insurance provider, region, and specialty. In addition, patients can also access reviews about specific providers before booking an appointment.

AFROTECH

<https://afrotech.com/this-startup-wants-to-connect-patients-with-doctors-of-color>



[HOME](#) [ABOUT](#) [HOW IT WORKS](#) [DOCTORS](#) [BLOG](#)

Diversifying patient-doctor

How might BACC help make connections across the region?

[GO TO APP](#)

Robot farming startup Iron Ox has started selling its produce in California

Though only a trio of greens are being sold at a single store in San Carlos, California

By [James Vincent](#) | May 2, 2019, 11:00am EDT



How might BACC help rethink food supply chains?



Iron Ox uses robots to assist in the process of growing produce. | Photo: Iron Ox



Iron Ox's produce on display at Bianchini's in the Bay Area. | Photo: Iron Ox

BeefChain Receives First USDA Certification For A Blockchain Company

BeefChain, a company meshing the world of blockchain with the beef supply chain, received certification from the United States Department of Agriculture (USDA) as a Process Verified Program, confirmed by the certificate BeefChain provided to me, shown below. BeefChain is the first

How might BACC help bring agri-industry into era of blockchain?

Representatives, representing District 1 in Wyoming, elaborated on the event's importance in an interview with me. "We're the first blockchain company in the world to be certified by the USDA," he said. "The important aspect about that is that's included in our quality manual for how we're actually tracing documentation and tracing cattle." BeefChain currently uses

Forbes



3D Printing Industry
@3dprintindustry

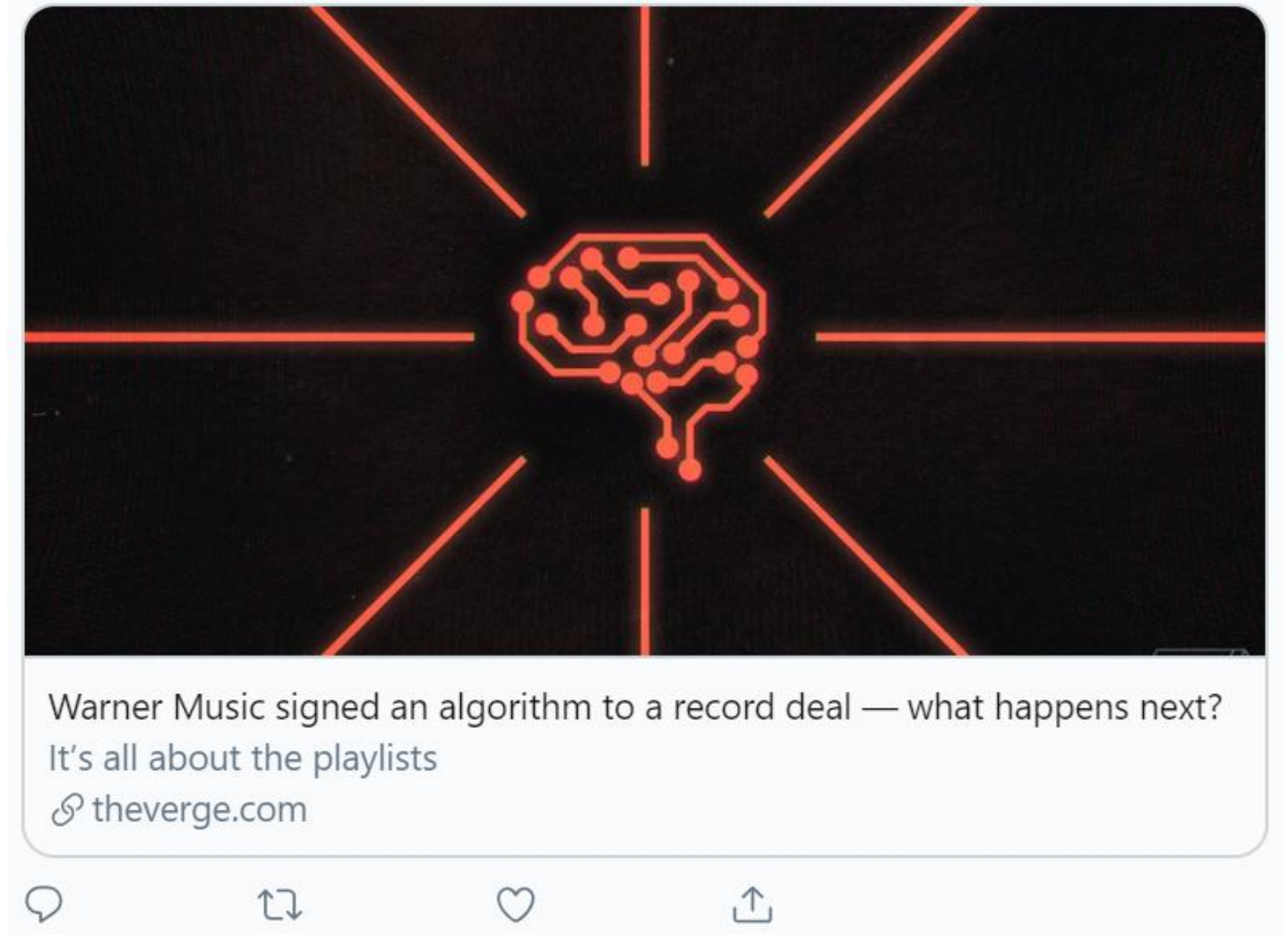


“With the development of metal additive manufacturing, we believe the market will be worth \$90 billion in 10 years.” [@ricfulop](#) [@DesktopMetal](#) [#DigitalFactory19](#)
[#3dprinting](#)



How might BACC broaden conversation on future of talent/investment in an age of additive manufacturing ?

Goal for BACC Members: Scan, Tag and Share



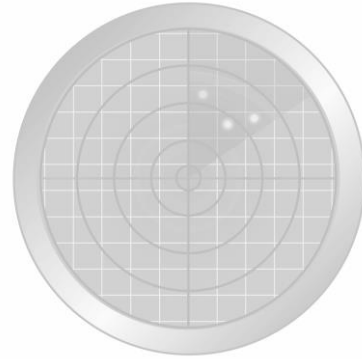
<https://www.diigo.com/user/garrygolden/AI>



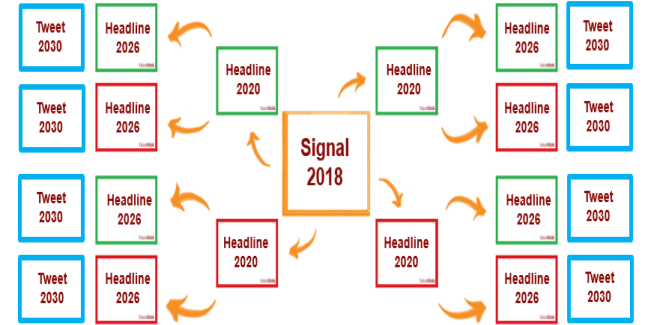
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Futures Wheel

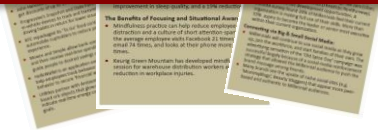
Turning Signals into Stories



We will cover in the June 2019



Four Futures



Trend Cards



Futures Wheel

Worksheet & Easel Version

**Fictional
Headline
2020 - 2022**

futurethink

2020

Signal of Change



**Positive Headline
(Two Years Later)**

futurethink

2022

**Negative Headline
(Two Years Later)**

futurethink

2025

**Negative Headline
(Two Years Later)**

futurethink

**Positive Headline
(Two Years Later)**

futurethink

**Positive Headline
(Two Years Later)**

futurethink


**Tweet from BACC
(Two Years Later)**

   [Tweet](#)


**Tweet from BACC
(Two Years Later)**

   [Tweet](#)

2028


**Tweet from BACC
(Two Years Later)**

   [Tweet](#)

**Negative Headline
(Two Years Later)**

futurethink


**Tweet from BACC
(Two Years Later)**

   [Tweet](#)

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May 9th

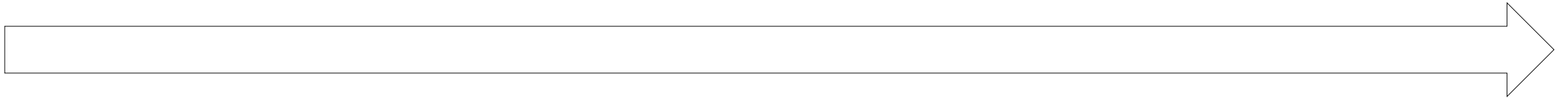
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Resources

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