

Access Association Autumn Seminar 2025

Adapting to Age: Considering Age Inclusive Accessibility

Date: 25th September 2025

Time: 1 pm until 5 pm
Speakers 1pm until 4pm, Q&A 4pm until 5pm

Location: Online

Ageing is a universal human experience, and as global longevity increases, our environments, products, and services must be intentionally designed to support individuals throughout their lives. This seminar will comprehensively explore the multifaceted dimensions of age-inclusive design and lived experience, acknowledging that ageing presents both inherent challenges and opportunities for innovation.

The seminar will delve into critical sub-themes that shape the experience of growing older. We will address **menopause,** a significant yet often underserved life transition, examining how inclusive design can better support those navigating menopause. We will then broaden our focus to **adaptation for longevity,** exploring how physical spaces, digital interfaces, and societal structures can evolve to proactively meet the evolving needs of an ageing population, drawing upon real-world accounts of personal adaptation and resilience.

Furthermore, this session will discuss **age-related conditions,** providing insights into how strategic design can mitigate their impact, enhance accessibility, and foster greater independence. We will investigate the transformative potential of **technology** and ageing, showcasing innovations that improve quality of life, strengthen social connections, and unlock new possibilities for care and engagement. Finally, we will provide actionable **technical guidance** and inclusive design strategies

for implementing age-inclusive design principles across various sectors, ensuring these recommendations are rooted in the authentic needs and preferences articulated by people.

Join us to contribute to the creation of a more accessible, equitable, and supportive world for all generations, founded on a profound appreciation for the diverse and evolving experiences of ageing.

Shortened version:

This seminar explores age-inclusive design, recognising that ageing presents both challenges and opportunities for innovation. It covers key topics such as menopause, adaptation for longevity, age-related conditions, and the role of technology in improving quality of life. The session will provide practical strategies to implement inclusive design across various sectors, ensuring environments, products, and services evolve to meet the needs of an ageing population. The goal is to create a more accessible and equitable world for all generations.

Agenda:

1.00 pm	Welcome and Speaker Introductions, Fausto Pereira, Access Association President
1.15 pm	Carly and Mei-Yee
1:50 pm	Neil Rogers
2:20 pm	Comfort break
2.30 pm	Welcome back
2:40 pm	Riley Valentine
3:15 pm	Jenna Mikus
3:45 pm	Summary and thanks, Fausto Pereira
4.00 pm	Questions and Answers, Caroline Lewis, Access Association Vice President
4.55 pm	Summary and Closing Thoughts, Fausto Pereira,

Speakers:

Carly Dickson and Mei- Yee Man Oram
Carly is a designer, researcher and advocate focused on collaboratively creating radically accessible wildly engaging environments for people of all ages. She is a Senior Access and Inclusive Environments Consultant at Arup, supporting inclusive environments for clients such as Heathrow, Centre for Ageing Better, and the Wildlife Trust. Carly is involved in teaching, having co-led a Design Think Tank at the London School of Architecture. She has previously worked across various design and research roles, including the Royal College of Art's Design Age Institute, MIT AgeLab, Alison Brooks Architects, and as a co-author and designer of the book Just Living: Homes for Our Future Selves, which explores the challenges and opportunities involved in defining, designing, and delivering neighbourhoods for older people - our future selves.

Mei is the Access and Inclusive Environments Lead at Arup. For over 20 years, Mei has contributed to designing the built environment to offer more equitable experiences for more people. Her portfolio has seen involvement in projects from all stages of the design process. This includes involvement new-build and existing buildings, on projects of varying size. This includes evaluation of the accessibility and inclusivity of the built environment in relation to the local and cultural setting, and good practice; consideration of the changing trends and demographics of societies to address future requirements of a diverse population. Mei-Yee is also an active member of internal EDI groups within Arup. She is a Consultant Member of the National Register of Access Consultants (NRAC), an International Access Consultant under the CPABE certification and is also a trained ISEMOA Auditor. She is also a WELL Community, Health Equity and Homes advisor and part of the Covid-19 task force for the International WELL Buildings Institute, helping for shape healthier spaces for all.

Presentation:
Diverse, desirable choices: How design impacts quality of life for people living with dementia and their loved ones
How does design impacts quality of life for people living with dementia and their loved ones? Drawing on their personal experiences, Carly and Mei will be in dialogue on some of the facilities and design features that

have shaped the journey through dementia for their loved ones, to explore the question of what we, as designers, can do to make these spaces more diverse and desirable, taking into consideration intersectionality of identity.

Neil Rogers

Dr Neil Rogers is Head of Digital Accessibility at Microlink, leading accessibility audits for websites and mobile applications for major clients like the Metropolitan Police and University Hospital Southampton. He leads on document accessibility remediation such as PDF and Microsoft Office, and provides consultancy on standards including WCAG 2.2, EN 301 549, and PDF/UA. Neil holds a PhD and MSc by research in Computer Science from the University of Southampton, where he is also a Visiting Fellow. He has published research in the ACM - *W4A'16: Proceedings of the 13th Web for All Conference*.

Presentation:

Adapting to Age: Considering Age-Inclusive Digital Accessibility

Explore how inaccessible websites and digital resources affect the UK's aging population. Discover why aging matters in a digital economy, the current internet usage among older adults, what common online barriers they may experience, exploring inclusive design strategies providing an understanding of digital inclusion. Learn how digital accessibility may improve the accessibility of websites, and in doing so support legal compliance, business goals, and potential broader reach. Gain practical insights from real user testing leaving with actionable steps to help improve your website and digital resources for older adults.

Riley Valentine

Biography: Riley Clare Valentine obtained their Ph.D. in Political Science from Louisiana State University. They are the author of Progressive Liberalism and Neoliberalism in American Politics: The Heterodoxical Imperative (Palgrave), co-editor of Be Gay, Do Crime: Everyday Acts of

Queer Resistance and Rebellion (PM Press), and the co-author of the forthcoming Coded Coercion: Vulnerability and Expressions of Power in American Law (Palgrave). Their work has been featured in Disability & Society, Medicine, Health Care and Philosophy, and Subjectivity, among other academic journals. Riley has an upcoming book, The Coercive Power of the Law which offers a critical exploration of the interplay between law, care ethics, and the body, emphasising how legal systems both reflect societal values and regulate and discipline bodies and sexualities that deviate from normative standards.

Presentation:
Accessibility and Vulnerability
The vulnerable body is at the heart of disability studies and critical theory. This presentation will examine the ways in which accessibility and vulnerability intersect. Drawing on their experience with epilepsy, Valentine will utilise a disability framework, contending that in designing spaces and infrastructure around disabled bodies, we are creating spaces for that promote lifelong accessibility.

Jenna Mikus

Founder & Managing Partner of the Eudae Group & Honorary Fellow of the University of Melbourne's Centre for Wellbeing Science

Biography: Dr Jenna Mikus is a bridging professional, balancing industry acumen with academic substance and scientific examination with artistic exploration across disciplines that support a vision of flourishing (places, products, and people) by design. Dr Mikus is the Founder and Managing Partner of the Eudae Group, which provides research and advisory services for clients seeking new ways of realising environments curated for individual, societal, and environmental health and wellbeing, particularly in the context of the built environment. Dr. Mikus is recognized as an Honorary Fellow with University of Melbourne's Centre for Wellbeing Science, a Fellow with the Centre for Conscious Design, a

Research Advisor for the International WELL Building Institute, and the Founder of Harvard University's Human Flourishing Network's Flourishing by Design special interest group. She is from the US, lives in Australia, and works within the US, UK, Europe, and Australasia. Leveraging her global education across engineering (BSc in the US), architecture (MSc in the UK), and design (PhD in Australia) with her depth and breadth of work experience relating to design thinking, strategy, and change management, Dr Mikus guides the pragmatic creation and intrinsically motivated crafting of intelligent, sustainable, and flourishing environments for all.

Presentation

Applying Eudaimonic Design to Support Menopause at Work: Curating Workplace Environments that Support and Uplift throughout the Peaks and Valleys of Life

What if the spaces where women live and work could actively support them through one of life’s most significant transitions—menopause? In this talk, Dr. Jenna Mikus introduces Eudaimonic Design: a transformative, interdisciplinary approach to shaping environments that go beyond function to foster wellbeing, resilience, and human potential. Grounded in Aristotelian philosophy and supported by evidence from architecture, design science, and wellbeing research, her work examines how thoughtfully designed spaces can reduce stressors, enhance comfort, and create conditions for curiosity, creativity, and transformation. Drawing on her doctoral research and consulting practice, Dr. Mikus will highlight how homes, workplaces, and third place settings can be reimagined to better support older adult women navigating menopausal change. From reducing environmental stressors and promoting comfort through temperature and lighting adjustments to organizing spatial layouts that encourage social connection and psychological safety, Dr Mikus will demonstrate how thoughtful design interventions can improve quality of life, sustain careers, and empower women to flourish during and beyond menopause.