

## **Activity: Facilitating a 'World Cafe'**

### **Purpose:**

- World cafe is a large group activity that provides a powerful space for community conversations to emerge.
- Its strength comes from the way that the questions are framed and the opportunity provided for participants to move between tables and meet new people where new perspectives are exchanged.
- This greatly enriches the possibility for new insights to emerge as they engage in ever-widening circles of thought.
- A World Cafe can be an activity that your Age-Friendly team uses, or you can invite community members to a World Cafe in order to spark discussion and generate ideas on how to become age-friendly.

### **Directions:**

- Have the group choose a seat at various tables around the room
- A facilitator and a recorder will be assigned to each table
- The group will be asked to respond to the questions in round one (see next page for Round 1, 2, & 3 questions).
- After 30 minutes, the MC will ask the people at the table to go to any other table they choose. It is ok if a few people choose to stay put.
- The group will then be asked to repeat the process responding to questions in round 2 and then round 3.
- After completing the rounds of questions (and perhaps a 15 minute break) invite the group to come together for a 'Community Caucus' to reflect upon the day's activities (See reflective questions below)

*This activity has been adapted from the Ontario Seniors' Secretariat Regional Age Friendly Communities Forums in Fall 2009*

## **Round 1 Questions: Guiding Principles**

In your community, what does the following mean to you?

- Respect and Support of All Citizens means that ...
- Access and Inclusion for All means that...
- Community Engagement in Decision Making means that...
- Livability means that...
- Accountability means that...

## **Round 2 Questions: Building Blocks**

In your community, what does the following mean to you?

- An informed society means that...
- A supportive and enabling environment means that...
- Personal, Social, and System Connectedness means that...

## **Round 3 Questions:**

- What makes your community great to live in and grow old in?
- What age friendly things are already happening in your community?

## **Round 4 Questions:**

- What opportunities can you see in our community?
- Are there small things that we can easily change to become more age friendly?
- What would it take to get us where we want to go?
- What steps do we need to take to enhance or ensure the age-friendliness of our community?

### **Additional Questions:**

- How would you describe your community's greatest potential?
- How does each of us make a contribution?
- How can small changes make a difference?
- What opportunities can you see in this situation?
- What other partners do we need to engage with to expand on what's working and start new initiatives
- How does a community work through adversity and adapt to change?
- How can we help to turn community potential into reality?

### **Community Caucus: Reflective Questions**

- What had real meaning for you from what you heard today?
- What did we learn about our community as a whole? About ourselves?
- What insights emerged from today's conversations and how will they influence our thinking and actions for both today and in the future?
- How can our community deal with the challenges of becoming age-friendly and adapt to change?
- What needs our immediate attention going forward?
- If our success were completely guaranteed, what bold steps might we choose?
- How can we support each other in taking the next steps? What unique contributions can we each make? How can we meet challenges that we might encounter?
- What conversations, if began today, could ripple out in a way that created new possibilities for the future of age-friendly communities?
- What seeds might we plant together today that could make the most difference?
- What are you prepared to do to move this forward?