Method Card
Future Scenarios
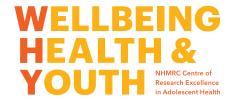

Engagement Phase
- ○ Prepare
- ● Connect
- ○ Reflect

Research Phase
- ○ Ideation
- ○ Planning
- ○ Ethics
- ● Data collection
- ○ Analysis
- ○ Reporting
- ○ Dissemination
- ○ Impact/evaluation

Activity
- ○ Individual
- ● Group

WELLBEING HEALTH & YOUTH
NHMRC Centre of Research Excellence in Adolescent Health

YOUNG & RESILIENT RESEARCH CENTRE

Why it matters

Researchers and young people work together to understand current situations and explore future scenarios that identify possible consequences and outcomes of different decisions.

Description

Future scenarios is a participatory, collaborative and speculative method that surfaces the different actors, actions and consequences of possible futures. A variety of brainstorming and mapping activities are used to generate views and visions of how things could be.

Purpose

To identify future challenges and opportunities about complex issues with a systems-thinking approach. For example, exploring the interrelationship between healthcare, technology, and society, rather than examining one issue in isolation.

Outcome

Shared learning and decision-making in systemic and inclusive ways with young people

Benefits

Young people and researchers can quickly identify areas for further research and change using non-traditional research methods

Example

The WH&Y CRE Co-creating digital health futures with young people sub-project

The project sought to:

- Identify the stakeholder, driving forces, possible digital health future scenarios and implications of these for decision makers from the perspective of young people

- Generate scenarios about healthcare futures to share with researchers and policymakers; and,

- Inform the development of future research projects on digital health.

Two workshops were conducted:

1. To explore the range of influences, driving forces and ideas that could emerge in healthcare futures

2. To explore young people's feelings and responses towards the different scenarios and to generate ideas for future research

Findings were used to inform WH&Y CRE project proposals and led to further research on digital health.

Resources

- Finch, M. (2020b). Introduction to scenario planning (60 minute webinar)

- Swist, T. (2021a). Scenario planning: A method to explore digital health futures with young people.

- Swist, T. (2021b). Co-designing future healthcare scenarios with young people. Digital Solutions Workshop Presentation, 19 November 2021, University of Sydney.