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# **PURSUIT OF PATTERN LANGUAGES FOR SOCIETAL CHANGE**

**A comprehensive  
perspective of  
current pattern  
research and  
practice**

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Edition Donau-Universität Krems

ISBN Paperback: 978-3-903150-43-0

ISBN eBook: 978-3-903150-44-7

Printed on demand in many countries. Distributed by tredition

Krems, October 2018

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# We would like to thank all authors, contributors and participants of the PURPLSOC Conference 2017

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# **Patterns for Utilizing Patterns towards Dementia- Friendly Communities**

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This paper presents a collection of patterns on how to utilize patterns, particularly focusing on people who want to utilize ‘Words for a Journey’, a pattern language for living well with dementia, towards forming Dementia-Friendly Communities (DFCs). This collection of 12 patterns, called ‘Patterns for Utilizing Patterns’, was created based on our own practical experiences and experiences collected from 127 people from 42 different prefectures in Japan. These patterns have already been applied in several workshops for people who want to make use of ‘Words for a Journey’ in their own circumstances. This paper provides an overview of Patterns for Utilizing Patterns and presents the creating process and examples in which these patterns were actually used to support practitioners.

Pattern Language; Pattern Language 3.0; dementia; Words for a Journey, Dementia-Friendly Communities

## 1. Introduction

Dementia is a worldwide and rapidly increasing syndrome. Approximately 50 million people are currently diagnosed, and there are 10 million new cases every year (World Health Organization, 2017). In Japan, the number of elderly people living with dementia, aged  $\geq 65$  years and with mild cognitive impairment is estimated to be 8.46 million, and it is an emerging social issue (Ministry of Health, Labour and Welfare, 2015). In this context, the concept of 'dementia friendly', the collaboration of people for a better life with dementia has been a topic of growing interest in the welfare domain (Alzheimer's Disease International, 2016).

Recently, 'Words for a Journey', a pattern language for living well with dementia, has been used as a tool to promote conversations and actions to realize *Dementia-Friendly Communities (DFCs)* without any specific knowledge or experience related to dementia (Iba et al., 2015a). It is the first time that a pattern language has been applied in the welfare domain. This pattern was formed by interviewing people who are living well with dementia and describes the knowledge of practices to achieve a better quality of life (Iba et al., 2016). The pattern language comprises patterns to be utilized not only by people living with dementia but also by their families and by the society. It also provides media for communication involving NPO staff, volunteers, researchers, caregivers, people working for municipalities and governmental agencies, companies creating new products and services, and even people who do not yet have first-hand experience with dementia (Iba et al., 2015b). By utilizing it, we can generate 'dementia-friendly' ideas. In fact, various *DFCs* are emerging through the use of 'Words for a Journey' in Japan (Kaneko et al., 2016; Iba et al., 2017).

For realizing more *DFCs*, we foresee that it will become necessary to support and increase the number of people who can utilize 'Words for a Journey'. Under this idea, we think that the use of a pattern language (Alexander et al., 1977; Iba, 2016), which aims to share the knowledge of good practice, can support practitioners to make effective use of 'Words for a Journey'. That is why we created 'Patterns for Utilizing Patterns', a collection of patterns on how to utilize patterns, particularly focusing on people who want to utilize 'Words for a Journey' towards forming *DFCs*.

In this paper, we provide an overview of Patterns for Utilizing Patterns and present the creating process and examples of using Patterns for Utilizing Patterns for practitioners.



## 2. The Motivation for Creating Patterns for Utilizing Patterns

Although in Japan there are many *DFCs*, taking care of people living with dementia is still understood as an ‘extra activity for social contribution’, such as volunteering. In order to realize true *DFCs*, everyone in society should take the initiative to understand and support the daily lives of people living with dementia and their families (Hayashi, 2017).

In this situation, ‘Words for a Journey’, a pattern language for living well with dementia, is becoming a topic of growing interest, particularly among those who have medical and welfare backgrounds (Figure 1). By using it, we can focus on how to live well with dementia in everyday life, not on medical aspects or techniques of caregiving. It enables us to imagine actions for living well and stimulates discussion towards *DFCs*. It has already been proved effective in some cases in Japan, for example at a day-care center for the elderly, at a cafe gathering, in the education of undergraduate nursing students, and in training courses for care staff and hospital staff (Iba *et al.*, 2017; Kaneko *et al.*, 2017).

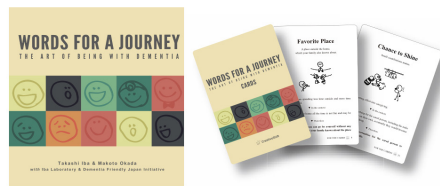


Figure 1: Book and Cards of ‘Words for a Journey’

In order to increase the number of *DFCs*, we need more people who can utilize ‘Words for a Journey’. So, far, in many cases, creators of pattern languages or people specialized in facilitation have held workshops to instruct participants in the usage of patterns. Although many people who have never engaged in pattern languages are interested in holding their own workshops and activities using patterns, it has been difficult for them to make effective use of those patterns. A similar thing is happening with ‘Words for a Journey’. Therefore, we created Patterns for Utilizing Patterns to clarify how to utilize patterns effectively. This set of patterns contains 12 patterns which were created based on our practical experiences and experiences collected from 127 people in 42 different prefectures in Japan (Figure 2).

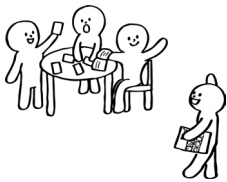


Figure 2: 127 Collaborators of Our Research

### 3. Patterns for Utilizing Patterns

Patterns for Utilizing Patterns contains 12 patterns and comprises four categories: (A) Learn, (B) Mind, (C) Action and (D) Creation. In this section, we introduce the patterns in these four categories.

The first category (A) *Learn* comprises *Utilization Field Trip*, *Pioneer Reliance*, and *Practitioner Role Model* (Table 1). The next category (B) *Mind* comprises *Lighter Mindset*, *Dialogue Seeds*, and *Ongoing Progress* (Table 2). The third category (C) *Action* comprises *Favorite Start*, *Nearby Experiment*, and *Daily Use* (Table 3). The last category (D) *Creation* comprises *Individual Context*, *Just a Trigger*, and *Expanded Plan* (Table 4).

(A) LEARN			
No.	Pattern Name	Pattern Illustration	Context, Problem and Solution
A1	Utilization Field Trip		You want to utilize pattern language. In this context, even if you want to adopt it in your own activity, you are unable to carry out the plan since there are no images of how to put it into practice. Therefore, grasp the image of using pattern language by participating in activities in which it is effectively utilized.




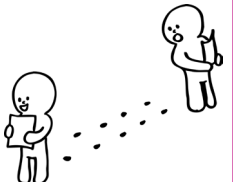
A2	Pioneer Reliance		You want to apply pattern language in your own circumstances. In this context, as you start to utilize it, you are not quite able to make the most of it as you imagined. <b>Therefore, ask practitioners how they use it and think of how you can adopt it in your own activity.</b>
A3	Practitioner Role Model		You are trying to apply pattern language in your workplace. In this context, you may struggle with using it because you have not yet grasped your most suitable way of utilizing it. <b>Therefore, copy some practitioners' utilizing method to grasp a rough sketch of its application.</b>

Table 1: Patterns in Category (A) LEARN



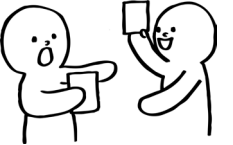
(B) MIND			
No.	Pattern Name	Pattern Illustration	Context, Problem and Solution
B1	Lighter Mind-set		You want to utilize pattern language. In this context, you think there is a 'right way' to follow, so it becomes difficult to start utilizing it. <b>Therefore, see pattern language as a tool to help resolve your worries and problems.</b>
B2	Dialogue Seeds		You want to introduce pattern language in your project or activities. In this context, it is difficult to imagine how you can make effective use of patterns and have not utilized the patterns yet. <b>Therefore, take it easy and try to use the patterns as a communication tool to do something with people living with dementia and their families.</b>
B3	Ongoing Progress		You want to introduce pattern language in your workplace. In this context, it is difficult to explain the actual effects of patterns to others. <b>Therefore, it is important to understand that having a dialogue itself is a part of a big change.</b>

Table 2: Patterns in Category (B) MIND



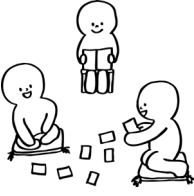


(C) ACTION			
No.	Pattern Name	Pattern Illustration	Context, Problem and Solution
C1	<i>Favorite Start</i>		<b>You want to make use of pattern language in your own circumstances. In this context, you do not know which pattern to start with. Therefore, start by using patterns, which you are emotionally influenced by.</b>
C2	<i>Nearby Experiment</i>		<b>You want to introduce pattern language in your project or activities. In this context, you put pressure on yourself by expecting a big change after introducing patterns. Therefore, try to use patterns little by little.</b>
C3	<i>Daily Use</i>		<b>You want to introduce pattern language in your workplace. In this context, it is difficult to make enough time for holding workshops. Therefore, apply the pattern language in the current, daily activities, rather than starting something new.</b>

Table 3: Patterns in Category (C) ACTION

(D) CREATION			
No.	Pattern Name	Pattern Illustration	Context, Problem and Solution
D1	<i>Individual Context</i>		<b>You want to make use of pattern language in your own circumstances. In this context, it is difficult to make effective use of patterns by following a concrete method. Therefore, keep in mind that you can develop a new way of application in your practices.</b>
D2	<i>Just a Trigger</i>		<b>You want to introduce pattern language in your community. In this context, it is difficult to make a concrete plan for utilizing pattern language. Therefore, plan an opportunity to talk about the application of pattern language in the community, share the ideas with others and start putting them into practice.</b>

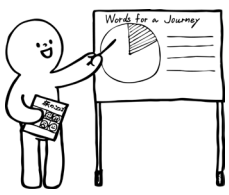
D3	Expanded Plan		<p>You want to introduce pattern language in your workplace. In this context, you know how to utilize patterns, but there is no opportunity to utilize them. Therefore, link your project and pattern language so that you can plan something bigger and make the opportunities more influential.</p>
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Table 4: Patterns in Category (D) CREATION

## 4. Creating Process of Patterns for Utilizing Patterns

Patterns for Utilizing Patterns is based on the results of two investigations: interviews for mining patterns for utilizing 'Words for a Journey' and trials for utilizing 'Words for a Journey'. After these two investigations, we started creating a pattern language, organizing the collected data, writing the description of the pattern, and drawing symbolic illustrations (Iba & Isaku, 2016; Shibata *et al.*, 2016). In this section, we introduce the activities and the process of creating Patterns for Utilizing Patterns.

### 4.1. Two Investigations for Mining Patterns for Utilizing Patterns

First, we conducted interviews. The participants had a variety of occupations, such as caregivers, nurses, doctors, social workers, city official staff, long-term care support specialists, facility managers of nursing homes, facility managers of health and welfare services for the elderly, etc. In these interviews we asked the following questions: 'What was your intended purpose of utilization?', 'How did you use the pattern language?' and 'How do you want to use it in the future?'. Some of the participants had already been successfully utilizing 'Words for a Journey', while others were planning to utilize the language in the near future (Figure 3).



Figure 3: Interviews for Mining Patterns for Utilizing 'Words for a Journey'

Next, we held various workshops and events to explore ways to better utilize 'Words for a Journey'. At the same time, we investigated what kind of problems could occur in utilizing the patterns in various places, such as local cafés, workshops for local residents, workshops in lecture meetings, workshops for university students, etc. (Figure 4).



Figure 4: Trials for utilizing 'Words for a Journey'

From these two investigations, we collected data from our practical experiences and the experiences of 127 people from 42 different prefectures in Japan. In the process, we noticed various needs, such as the want to know a specific way of use, the want to know the correct way of use, the want to know how to use the patterns in dialogues, the want to know how to incorporate the patterns into their own activities, etc.

## 4.2. Creating Patterns for Utilizing Patterns

After these two investigations, we started organizing the collected data based on the *Jiro Kawakita (KJ) method and classified the clusters into categories* (Kawakita, 1967). From this process, we found that there are four approaches to utilizing 'Words for a Journey': (1) 'How to learn to utilize 'Words for a Journey'', (2) 'How to think about utilizing 'Words for a Journey'', (3) 'How to start utilizing 'Words for a Journey'' and (4) 'How to create a practical place for utilizing 'Words for a Journey''.

Then, we wrote down the pattern description in the following format: *Pattern Name, Context, Problem, and Solution*. We created four categories to correspond to the four approaches and described each pattern. We revised the drafts of the patterns repeatedly, until each pattern reached the expected level of quality. Finally, we polished up the pattern names and

illustrations by considering how they would be introduced and how they would be utilized in actual and practical situations (Figure 5).

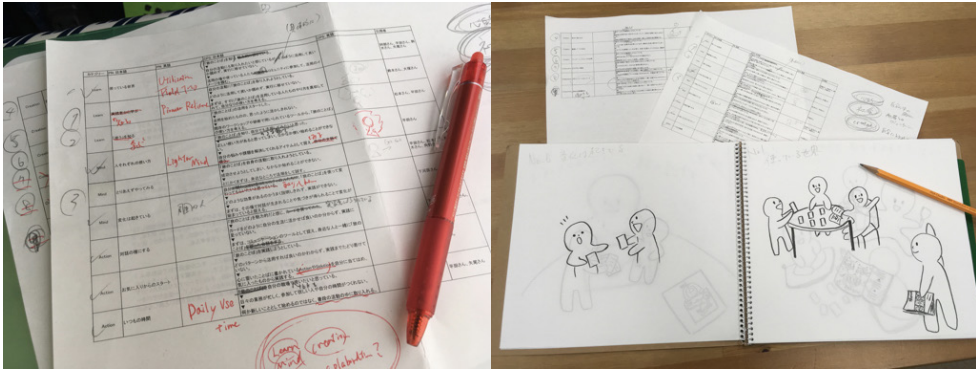


Figure 5: The Writing and Illustrating Process of Creating Patterns for Utilizing Patterns

## 5. Support by 'Pattern Concierge'

While creating the patterns, we conducted 'Pattern Concierges' for people who wanted to make use of patterns and for those who wanted to maximize the effects of Patterns for Utilizing Patterns. Through this supporting process, we found new patterns and points for correction. In this section, we introduce 'Pattern Concierge' and three cases which we conducted using Patterns for Utilizing Patterns.

'Pattern Concierge' is a consultation activity to help identify a person's needs, introduce appropriate patterns, and promote the application of patterns to realize a better future for that person (Mori *et al.*, 2016). By adopting 'Pattern Concierge', pattern language takes a participatory, bottom-up approach. The dialogue will encourage the participants to think and design their actions proactively with the concierge, rather than passively taking in suggestions in the form of a top-down proposal. The three cases were all conducted with the following three steps.

The first step is *Needs Mining*. The concierge starts by talking about the participants' activities. The concierge then asks the participants what they expect of 'Words for a Journey.' This step helps the concierge to grasp the participants' goals and circumstances. At this point, the concierge does not introduce Patterns for Utilizing Patterns yet, in order to focus on the dialogue about the participants' goals.

The second step is *Pattern Suggestion*. From *Needs Mining*, the concierge suggests Patterns for Utilizing Patterns that may be helpful in the participants' situations. In order to expand the participants' concrete image of 'dementia-friendly' activities, the concierge introduces multiple suitable patterns and examples of their utilizations in other areas.

The third step is *Idea Generation*. Based on *Pattern Suggestion*, the concierge and participants decide what kind of action should be taken and at what kind of place it could be realized. At this point, it is important for the concierge to play the role of a generator, someone who leads and iterates the process of a collaborative inquiry that is motivated by his or her own creative desires, and along the way, involves the people around him or her into the process by enhancing their creative desires (Nagai *et al.*, 2016).

### 5.1. Case 1: Workshops for Thinking about Caring for People Living with Dementia

In this case, we conducted 'Pattern Concierge' for those who want to utilize patterns for the first time.

We started with *Needs Mining*. Participants told us that they have a *Care Lab Regalo*, a place where care-related people learn from each other. They knew of 'Words for a Journey' and thought to try utilizing it at the *Care Lab Regalo*, but they had no idea how to conduct a conversation with others outside their community using 'Words for a Journey'.

Therefore, at *Pattern Suggestion*, we introduced *Dialogue Seeds*, i.e. to try to use the patterns as a communication tool to participants who are interested in the dialogue. We also presented examples of its utilization in a *Dialogue Workshop*. The workshop provides an opportunity for participants to reflect on their experiences, talk about their experiences with others and make a plan for future actions using the pattern language (Iba, 2015).

Then, at the *Idea Generation* step, participants decided to hold a *Dialogue Workshop* on caring for persons with dementia. However, since there are 40 cards in total in 'Words for a Journey', the participants were unsure which pattern they should start the dialogue with. Therefore, we introduced *Favorite Start*, i.e. to start the dialogue by using patterns which they are emotionally influenced by, in order to think about what kind of workshops we should conduct.

Finally, participants decided to hold a Dialogue Workshop focusing on two memorable patterns from 'Words for a Journey'. One was *Personal Connections*, i.e. to create a connection with an actual person living with dementia and learn necessary information by spending time with them. The other was *Delivering the Voice*, i.e. to help deliver the voice of the people



living with dementia and their families to as many other people as possible. Later, a study group was held to gather people who wanted to learn about living well with dementia (Figure 6).

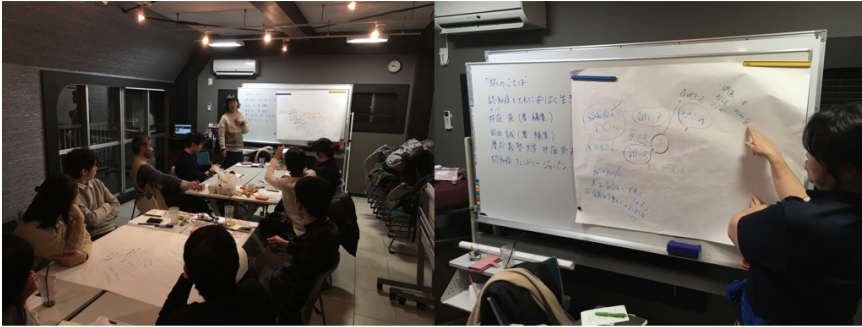


Figure 6: Workshop at Care Lab Regalo

## 5.2. Case 2: Practice of Individual Patterns–*Can Do List*

This case supports the development of new practices for someone who is already using ‘Words for a Journey’.

We started with *Needs Mining*. The participant, who had held workshops in various places, was a great practitioner of ‘Words for a Journey’. However, the workshops were difficult to prepare and took place in unusual locations, so this participant wanted to make use of the pattern language in daily-life situations, for example, at their local day-care center for the elderly.

At *Pattern Suggestion*, we introduced *Daily Use*, i.e. to apply the patterns in current, daily activities, rather than starting something new. We introduced cases of *Daily Use*, which were implemented in other day-care centres for the elderly, where everyone sits in a circle and reads ‘Words for a Journey’ patterns together.

At the *Idea Generation* step, we talked about *Daily Use*. The participant said, ‘I think it would be great to read with everyone. It is nice to speak in the end, but it would also be nice to read something out loud once you pick it up’. Therefore, we decided to hold a workshop to pick patterns from ‘Words for a Journey’ and talk about them with others. Then, we discussed what would be the appropriate time to practice, and we decided that the morning communication time is best.

In the morning, during communication time, a woman from this day-care center picked *Can do List*, i.e. to make a list of things you can still do now, from the patterns in 'Words for a Journey'. Reading her *Can do list*, she mentioned, 'I forgot to write Kanji! I can't write well', but even then, she felt empowered, realizing that she was holding a pencil after a long time of not writing any letters at all (Figure 7).



Figure 7: Practising Practicing *Can Do List* at a Day-Care Centre for the Elderly

### 5.3. Case 3: Collaboration with Events–Run Tomo

The third case was an event collaboration with 'Run Tomo, a long-distance relay event in which people living with dementia hand over a sash one by one across communities in Japan' (Ide, 2016).

We started with *Needs Mining*. The participant was the chairman of 'Run Tomo 2016 Niigata Prefecture', and he told us that he wanted to make the event become a trigger for people living with dementia, their families and supporters to think more about life with dementia. The participant wanted to collaborate with us using 'Words for a Journey.'

Therefore, at *Pattern Suggestion*, we introduced *Lighter Mindset*, i.e. to see pattern language as a tool to help resolve your worries and problems and *Expanded Plan*, i.e. to link your project and 'Words for a Journey'. We also introduced our cases, and after the workshops, we provided 'Words for a Journey' Cards to the participants as souvenirs.

At the *Idea Generation* step, participants planned on using 'Words for a Journey' Cards to serve as a trigger to think more about life with dementia. As a result, participants decided to present 'Words for a Journey' Cards to the event runners as a memorial item in 'Run Tomo 2016 Niigata Prefecture'.

On the day of the event, the *'Words for a Journey' Cards* were distributed as a gift to the participants who finished their relay running. Right after the run, dialogues were born among participants. After the event, we also heard that the *'Words for a Journey' Card* was placed where the participant could see it every day on his desk (Figure 8).



Figure 8: Collaboration with Events-'Run Tomo 2016 Niigata Prefecture'

## 6. Conclusion

As dementia becomes a social issue, we foresee that it will become necessary to support and increase the number of people who can utilize *'Words for a Journey'*, a pattern language for living well with dementia, and realize more *DFCs*. Therefore, we created *Patterns for Utilizing Patterns*, a collection of patterns on how to utilize patterns. These patterns have already been applied and tested to support those who want to make use of *'Words for a Journey'* in their own circumstances. In our research with pattern languages, we have consistently worked in the domain of dementia. However, in the creation process of *Patterns for Utilizing Patterns*, we noticed that these patterns could support other pattern languages as well. Therefore, the descriptions of the patterns were written in a format that was not exclusively dedicated to *'Words for a Journey'*. In the future, we would like to examine how the use of other patterns and pattern languages can be supported, while we continue to improve *Patterns for Utilizing Patterns*.

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## 8. Acknowledgements

First, we would like to thank the project members Makoto Okada, Masai Miho and Abe Yuuri. We would also like to express our gratitude to the members of Iba Laboratory Konomi Munakata, Hitomi Shimizu, Marino Kinoshita, Aimi Burgoyne and Ayaka Yoshikawa for their support in drafting this manuscript and “Patterns for Utilizing ‘Words for a Journey’” in English as well as Kazuki Toba, Namino Sakama, Ogo Iroha and Wataru Murakami for their great feedback.

*We thank the following for their kind support in  
reviewing the contributions for this book:*

*Artemis Anniou  
Peter Baumgartner  
Anne Dörner  
Tomoki Furukawazono  
Tina Gruber-Mücke  
Takashi Iba  
Susan Ingham  
Taichi Isaku  
Hajo Neis  
Ana Pinto  
Richard Sickinger  
Wolfgang Stark  
Anne Stieger  
Stefan Tewes  
Christina Weber*



## **We live in a time of social and cultural change.**

Old patterns are losing their validity and relevance new patterns are needed and in demand.

We need a new approach which can formulate, generate and engage such patterns.

The pattern language approach of Christopher Alexander serves this purpose - the interdisciplinary and participatory building blocks for societal change.

The PURPLSOC 2017 conference contributions cover 25 domains - from anthropology and automation to political science and systems science - for a comprehensive perspective of current pattern research and practice.

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