**Seniors managing diabetes**

**Problem space:**

Currently, the use of technology is increasing and becoming more popular. People from all age range are getting used to smartphones, tablets or even desktops. Because of that, we would like to develop some application which could help users to manage their health conditions within these technological devices. Since there are a lot of different applications for self health management, we would like to give attention to a specific user group who are lacking in attention and usually having difficulties with the available applications: seniors.

In order to have a useful and simple application, we decide to focus our research in diabetes self management because it is one of the big health problems which seniors are usually suffering from. Our main objective is to understand seniors’ current difficulties with the available applications and their own issues while monitoring/managing their diabetes in order to get a simple and useful application.

**User group:**

We intended to focus our research in seniors suffering from diabetes (type 1 or 2) who need help for the self management of their health condition. Currently, the users are used to follow a monitoring routine, measuring their blood glucose levels. This routine is important to keep symptoms under control; however, many users report that this routine is stressful, and that is why we chose to develop some application to help them. Moreover, we expect to understand seniors’ difficulties with technological devices because we need to build an understandable, easy to use and useful application for them.

**High Level research plan:**

In order to get information about their current health management routine and their difficulties with possible used technology, we started looking for seniors with diabetes who could help us to find these information. We found some participants in some local diabetes support groups and the Banting & Best Diabetes Centre (BBDC) at the University of Toronto.

The purpose of the research with these participants is to understand their current diabetes self management routine, such as important measures and medications that they need to take and the exact time of each activity. Furthermore, we expect to understand their difficulties with their regular schedule, such as forgetting to measure or to take medications. In addition, since we are working with technological devices, we will try to understand their difficulties in using this kind of devices.

Since conversations are more likely to get useful information, we will have some interviews with the participants to fully understand their needs and difficulties. Also, we will have an observation plan and a questionnaire in order to get any missing information from the interview.