Research and Analysis

There are many applications available for seniors nowadays. For example, there is an app called “Personal Caregiver” that reminds seniors to take their medication. Another one called “BrainFit” that gives them games to play to keep their minds active. One last example is “Ten Percent Happier”, an app that helps seniors with loneliness and stress by providing meditation and better sleep for a more positive life. A point in common with all these apps is to help seniors with a certain aspect of their life like their medication and their physical and mental well-being. By analysing what these apps offer combined with the surveys we have sent out to seniors, we have identified features they would want in a phone application to help them stay connected, active and healthy. Our team wants to prototype an app where seniors can connect with their fellow seniors in the care home or neighbourhood so that they can organise group activities like exercising (walking, running, cycling, etc) together, playing games (chess, scrabble, bingo, etc) together or even having field trips together (museum, painting classes, etc). The app would also have an individual section where games are offered so that they can stay mentally active. Daily physical exercises will be prompted every day to encourage the user to exercise. There would also be meditation sessions for relaxation and removing the stress from their day. The app would also have a personal page where you can book appointments with your doctors, check in with therapists and nurses, and keep track of your medication and appointments using a calendar. We believe that all these features would have a positive impact on their lives and bring them more fulfilment by connecting them to other seniors like them and encouraging connectivity that can result in friendships and bring more meaning to their lives.

Most important user goals

* Being able to access and play games like sudoku so that the brain is active (mental wellness).
* For their mental wellbeing, the user should be able to set up mediation sessions where they can relax and take a break.
* The user should be able to set up meetings either online or in-person to play games like chess to encourage social interactions and to keep their brain active.
* To stay physically fit, the user can set up daily exercises that target different areas.
* The user can book group training/activities with other seniors from the neighbourhood or care home like walking, running, etc to encourage interaction and physical wellness.
* The user can book group activities like: classes (painting classes), games (bingo), movie/gaming nights and even field trips (museum trips).
* The user should have a personal section where they can connect with their doctor/nurse/therapist to see what they need to do, to contact them, book appointments and even have reminders (e.g. calendar).