**~~~ POSTER CONTENT BELOW NOTES ~~~**  
 **NOTES FROM MEETING:**

* Three boxes fit into one
* Stats
  + Emphasis on what we can bring to the ABLE?
  + Is bowling better than any other exercise
  + Research
  + User testing: to reveal the benefits and issues
  + Your problem → 2 sentences assisted living homes
  + Isolation problems
  + Could be remedied by
  + More enjoyable → cognitive aspects
  + Does it help them and do the exercise more?
  + Social engagement
  + Perfect for assisted living homes
    - Inter-generational
    - Visiting players
    - Chromecast allows multi-user to use
    - the web (chromecast) based application allows the guest users to interact with the seniors
* Cut out habituation → Emphasis more on not feeling isolated
* Analysis
  + Mention Wii
    - Physical distance
    - Hacked library
    - On a computer
    - Not feasible
    - Third party hacks is not feasible for AMICA
    - A Wii remote → $500
    - A Wii remote,
    - RED CROSSES AND A GREEN CHECK
  + More implementation content
    - How is it related to our project
    - And the result. Use that number instead (the improvement)
* Citation
  + Size 6 pt
  + MLA
  + No less than 5
* Introduction
  + Considering bowling, blahs as suitable exercises
* Invegestation Tech
  + Smaller text size 8pt
* Bowling: social quality is what we wanna emphasis (matching with our )
* Golfing: is there something about golf or competition of any kind → how good competition is
* Digitial ==

THE ABLE PROJECT

Investing tech

* Cut down other tech (one sentence each)
* Emphasize our choice

THE SOLUTION

* Emphasize how the project (POC) will leave ABLE Project with more data/better way of doing something
* Is this better for them than what they currently do? (what do they currently do?)

**POSTER CONTENT**

Section: The ABLE PROJECT

The ABLE project focuses on creating a social experience suitable for seniors. ABLE is currently developing movement-tracking experiences that use sensor data for tracking movements.  
Previous feedback from ABLE’s sensor-driven experience shows seniors do not particularly enjoy engaging in activities with absolutely no goal or storyline (e.g. skipping a rock)   
The foundations of the ABLE Project expose the success of gamified experiences with seniors and its extension to improving health.

Section: BACKGROUND (this should have stats)

The problems and concerns of the elderly are quite substantial to the Canadian economy and job markets.  
- It reportedly costs the government 2 billion dollars every year <statistics canada> just for healthcare associated with falls and slips.   
- Loss of mobility (ending in falling/slipping) is so frequently occuring that in just one year, 1 in 3 Canadian seniors above the age of 65 will likely fall at least once <statistic canada>.  
- ISOLATION leads to depression and reduction of mobility because of \_\_\_\_\_\_ <AND REFERENCE>   
  
The elderly population needs to be able to exercise and stay active regularly in order to maintain their mobility.

Section: THE ABLE ALLEY SOLUTION

The ABLE Alley solution intends on creating a senior-friendly platform that promotes health in a social environment.   
  
  
What kind of experience?  
Wii Sports has proved to be a beneficial tool to encourage light activity and a social experience. <reference for wii sports being good>. Tennis, golfing and bowling are all suitable activities for maintaining good health among seniors [reference].

<TABLE>  
  
  
Bowling integrates a social environment that is ideal for the direction of the ABLE Alley project while golf has proven to increase negative feelings in the elderly <REF>.

Technology

Considerations for physical ability are all together more complex because humans (and more so, elderly) come in a plethora of shapes and sizes with even more varying abilities. The elderly specifically bring more complications as they are often aided with peripherals such as wheelchairs, walkers, canes, etc. Technologies focusing on upper body mobility are necessary for the implementation.

<technology table>

Wii-

* The Wii does not offer development coverage to create and ship production quality applications and cannot be adopted by AMICA (or similar residence).

Computer vision -

* Considerations for physical ability introduce difficulties for training a model to recognize types of assisted walking devices/peripherals.
* Custom hardware setups are usually required.

Chromecast -

* Requires the least setup but consistent WiFi.
* Chrome browser supports sensing upper body movements through internet-enabled devices.

Sensor experiences are not considered for this project because the ABLE Project is in progress developing with sensors and curating sensor data to get insights. The intention is to mirror their project goals and contribute research and a proof of concept.

Implementation

<this section stays the same>

Section: IMPACT

Notes:

What do we hope to accomplish with ABLE Alley?

Decrease isolation within elderly to provide a positive impact on their cognitive and physical health and decrease the negative effects of isolation.

Actual content:

The ABLE Alley project encourages the elderly to socialize in a physically healthy that decreases the isolation in group homes. Decreased isolation can reduce sympathetic nervous system activity, inflammation, and increase sleep, all of which can accelerate brain and cardiovascular aging. The positive health effects can improve the standard of living for the elderly and reduce the healthcare cost of this substantial group.

<http://www.aginglifecarejournal.org/files/2018/06/Health-Effects-of-Social-Isolation-and-Lonliness.pdf>