

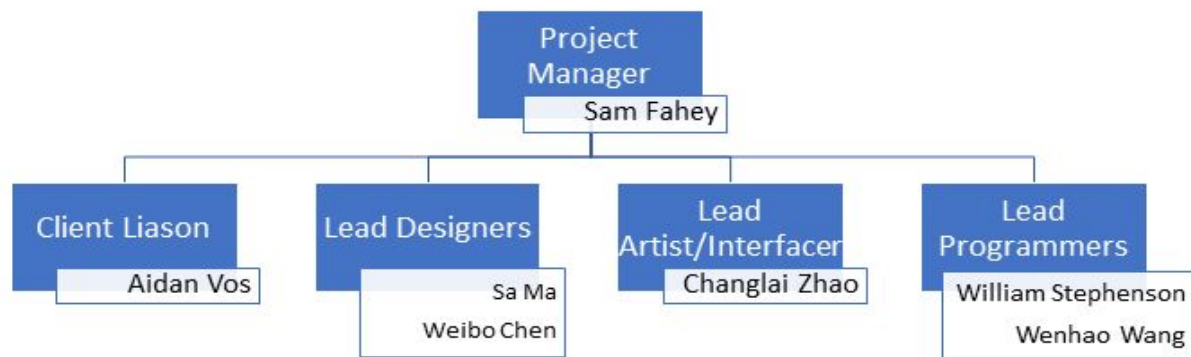


My Wellbeing Kit

Project Brief

Sam Fahey Project Manager
Aiden Vos Client Liaison
Changlai Zhao Lead Artist/Interfacer
William Stephenson Lead Programmer
WenHao Wang Lead Programmer
Weibo Chen Lead Designer
Sa Ma Lead Designer

Project Management Team Structure



Role Descriptions

Project Manager (Sam Fahey): Lead the team to the completion of all work, ensuring that all deadlines are met on time and to a high standard by overseeing the project's development, quantifying tasks, assigning them to appropriate personnel with the help of other relevant lead roles, continual tracking of project progress and coordinating the team members' to ensure the group work in cohesion.

Client Liaison (Aidan Vos): Build rapport with client(s) through active communication and come to understand the client's demands for the project. Maintain an informed relationship with client, organising and running meetings that directly involve clients, relaying information to the project team if necessary. Provide feedback to the team during design and implementation of the platform, ensuring that project development and the clients vision align.

Lead Artist/Interface (Changlai Zhao): Design and manage the overall style, interface and operation flow of the product according to the project specification. Take responsibility for the design, creative work and overall aesthetic of the software user interface.

Lead Designers (Sa Ma / Weibo Chen): Analyse demands from the client by keeping open communication channels with Client Liaison. Meet the demands of the documentation criteria writing up appropriate solutions, detailing problems and conveying the design process for the application in a clear and concise manner. Collaborating with software programmer(s) to reach the project goal.

Lead Programmers (Wenhao Wang/ William Stephenson): Ensure that the requirements formulated by the client are programmed to the specifications provided. Oversee the creation of a functioning code base written in the appropriate language ensuring that all code is structured and written in a clear, precise and well documented manner.

Stakeholders

Primary:

Suzanne Schulz: Suzanne is our main point of contact for the “My Wellbeing Kit” project. Along with Kate she is the driving force behind the project, having seen it through from idea to release. Suzanne has extensive experience in managing similar projects and collaborating with other organisations.

Kate Garvey: Kate works for Public Health Services in the Department of Health and Human Services. She works to promote the health and wellbeing of the Tasmanian community. She is the Chair of the Health Promotion Working Group at Clarence City Council. This group recognises that mental health is a core part of our wellbeing.

Wellbeing Project Working Group: This group is made up of people who have experience treating mental health, a range of mental health community support and advocacy services as well as other interested members of the Health Promotion Working Group. They were a key part of testing the initial concept and then involved in developing, refining and distributing the existing wellbeing kit.

Gus Lincoln: Gus has been working alongside Kate and Suzanne on the existing Wellbeing Kit for some time now. She plays an integral role in the generation of ideas regarding the design and functionality, serving as a key point of communication with clientele and the broader community.

Secondary:

Public Health Services, Department of Health and Human Services: works to improve and protect the health and wellbeing of all Tasmanians. We partner with individuals, groups and communities statewide to achieve this outcome.

UTAS “My Wellbeing Kit” project development team: The project team will develop the My Wellbeing Kit application. The team consists of seven members working on various parts of the project. The team will assist Suzanne and her team in developing a high quality application within the given time frame.

Mental Health Services staff: The Mental Health Services staff deliver consumer focussed healthcare and are set on improving the wellbeing of those with complex mental health issues. Delivering a high quality application that replicates and extends the functions of the existing My Wellbeing Kit will provide them with a potentially useful tool to aid their efforts within the community.

School student: Students are a key demographic at risk of mental stress within our communities due to the pressures placed on them through their education. This is on top of the other difficulties associated with youth. The My Wellbeing Kit offers students a tool with which they can manage their thoughts, feelings and the stress’ of student life, as this can all affect a students well being as they can easily become overwhelmed with the pressures of life.

General Public: The My Wellbeing Kit offers the wider community a convenient and user friendly application with which they can improve their overall well being. The ability to provide the current wellbeing kit in digital form allows for greater outreach to all members of the public provided they have a smartphone.

Project Definition

The focus of this project is the creation of a mobile application which gives users digital access to the Clarence City Council’s My Wellbeing Kit, a set of 13 illustrated cards targeted at promoting mental well being.

Utilising popular smartphone devices, running either Android or iOS operating systems, anyone with one of these devices will have access to the kit at anytime, anywhere; extending the reach of the physical kit to a broader audience while also providing a digital alternative to the physical cards for existing users.

The cards themselves will provide all the same functionality as the original physical cards with some added features taking advantage of the digital platform. Users will be able to flip cards to over to write text on the back, just as they can with the regular kit. Extra features include the ability to keep a journal, record your mood, create custom cards using images of the users own choice, access to helpful online resources, with the ability to include links of their own.

Users

The My Wellbeing Kit will target the community as a whole. There will be no specific demographic the application will insist on reaching, due to the fact that people of all ages and backgrounds stand to benefit from becoming more aware of, and trying to improve, their mental well being. Everyone experiences periods of mental unrest and with the utilisation of the My Wellbeing Kit application, all users are given the chance to deal with their mental health in their own way at times that suit them. This solution is designed for everyday use and is not meant as a replacement for professional help when that is needed. As such, users who need do need help beyond the scope of this solution will be provided with access to appropriate contacts.

Under the guide of the My Wellbeing Kit application the hope is that people of all ages, ethnicity, education levels and genders shall be able to better themselves and their quality of life.

Background

The My Wellbeing Kit, launched in October 2016, is a collection of thirteen beautifully illustrated cards designed specifically to build resilience and improve mental well being in the face of challenging times. The cards each feature a unique image on the front and a related theme written in text on the back.

On the back of each card, the user has space to write techniques or ideas which can prove useful in helping them handle their respective circumstances. Topics explored on each card include: sleeping well, motivation, achieving goals, feeling safe, eating well, laughter, spending time with people you care about and enjoying outdoor activities.

Should the user seek further help, the kit includes key contact details to resources dedicated to improving mental well being. The kit is designed to connect with people's emotions through whimsical, creative illustrations that identify small but important ways people can restore a balance of life and help them get back on track.

Project Deliverables

- This project will provide an application with a series of virtual cards that aim to help users manage their emotional state and record tips to help them in the future. The application will support both Android and iOS platforms, as these two platforms occupy a vast majority of the smartphone market.
- The virtual cards will cover all the features of the original physical cards, including the ability to be flipped revealing the back on which users may enter techniques or ideas relevant to that cards respective theme. This is a simple but effective way to develop positive habits as the physical card kit has proven.
- The application will allow users to create custom cards using their own images and edit the cards contents at a later date. It will give this project the ability to more closely relate to the user's needs and aid the users in expressing themselves. The application will also provide a predetermined dictionary of emotional words and descriptors for feelings which will be stored in a tree like structure so that the users can locate words quickly. This function will help users to more accurately describe their feelings.
- The application will feature a journaling system in which the user may record more detailed descriptions in the form of journal entries. All journal entries will be automatically dated upon creation.
- The application will allow users to protect their privacy information by locking the Journaling system with password. This feature can effectively prevent the leaking of information and will be togglable within the applications settings.
- A list of helpful links will be provided separate from the journaling system and cards for quick access, should the user require further information. The user will be able to include their own personal links if necessary. This feature can provide extra help for users.

Project Scope and Exclusions

Scope:

Key objectives that determine the scope of the project are as follows:

- The application should aim to improve the wellbeing of its user by including all the functionality of the existing My Wellbeing Kit and expanding upon it.
- The application should be compatible with both Android and iOS operating systems, with Clarence City council retaining the intellectual property of the application.
- The Wellbeing cards shall function similarly to the physical cards, including flipping 'animations' and the ability to write on them.
- Key contact information such as details of the organisation and contact information must be included and easily accessible within the application.
- The user can create their own cards with custom images that better suit their personal needs, with the ability to edit custom cards at a later date.
- A journal system will be implemented to allow for more detailed note taking, including automatically keeping track of the date of creation for each entry into the system.

Exclusions:

The following items are not included in the scope for the project:

- The ability for Live Clarence to easily extend the default card set in future.
- A confidentiality agreement will not be required for the development of the mobile My Wellbeing Kit application.
- Ongoing maintenance and updates to both applications beyond the end of the project completion date.

Constraints and Assumptions

- The application must support both Android and iOS platforms, as these are the most common mobile operating systems and therefore hold the greatest opportunity to reach a wide range of users.
- The application must effectively communicate its purpose and be easy to use as potential users cover all ages and education levels.

- The application must cover all the features of the original physical card pack (My Wellbeing Kit) and replicate them closely as possible, regarding both function and aesthetics, allowing users to easily recognise the application.

Interfaces

This project is a standalone application which will not need to interface with any of the clients existing systems. The application itself will need only to receive and transfer with the phone's file system for local storage of data and the retrieval of images from the user's photo gallery. Hyperlinks will also need to interface with the phone's selected default browser. Phone numbers must also be able to directly interact with the default dialer application installed on a user's device.

Project Product Description

Customer's Quality Expectations

The client hopes that this project will enable the widespread use of the existing My Wellbeing Kit. Expanding its reach to a larger audience of people from all backgrounds. To achieve this, the application must meet high quality standards in terms of core functionality and interface design, otherwise user retention will suffer.

Primarily, the application must provide all the functionality of the original kits, otherwise the user would have no reason to use it over the original physical cards. Additionally, the way in which the kit is used should seek to take full advantage of its digital platform where possible so that there is a clear advantage for its use over the current physical cards, other than user convenience.

The user experience within the application should be as simple and easy as possible. People of all backgrounds should be able to intuitively use the application without hindrance. This requires taking into consideration users who have poor eyesight by potentially allowing for audio queues, large text and colour blind friendly colour schemes.

User Acceptance Criteria

- The application runs on both Android and iOS platforms as they are the most popular systems in the market.

- The application must covers all features of the original physical cards, maintaining the same style and general aesthetic. This will help existing users make a smooth transition.
- The users should be able to create and customise their own cards, using images of their own choosing. This will make the application more in line with the need of users.
- The application includes a dictionary of emotions to help users to choose the right word to express their feelings in a convenient manner. This feature will aid user in more accurately describing their emotions without extensive vocabulary.
- The application features a journal function for more detailed note taking purposes, entries into the system are automatically dated. Journal entries can be sorted by mood and date, increasing the speed of finding specific entries.
- The release version of the application will be fully functional and without noticeable bugs affecting user experience and application performance. A complete list of test cases is needed. Quality software helps to improve the overall image of the project owner.
- The development of the application must follow the provided project schedule as closely as possible, as the release of this application needs to be coordinated with the project owner's annual plan.
- A comprehensive user manual and training manual is necessary for operation and maintenance stage. These documents will provide guidance to the project owner.

Operational and Maintenance Criteria

- Comprehensive operation and maintenance documentation is necessary. These documents will aid in further development of the application.
- The project development team will undertake responsibility during the year of development (2018) for organising deployment and potentially any future options the client may wish for the application.
- Clarence City Council will be provided with all application source files and as such any future development or maintenance will be undertaken by them.
- All intellectual property regarding the application belongs to the client as per IP agreement.