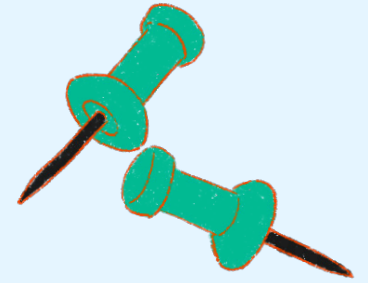


Dysfunction Junction

A collection of resources to understand
and alleviate executive dysfunction

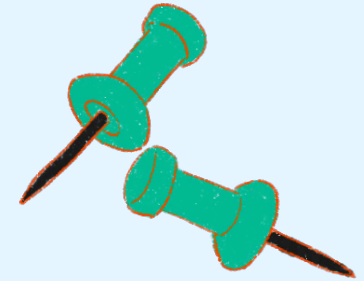
Jocelyn Martin

what is executive dysfunction?



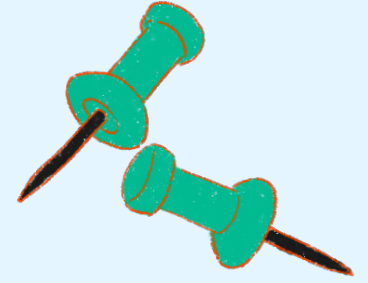
- difficulty with following multiple-step directions

what is executive dysfunction?



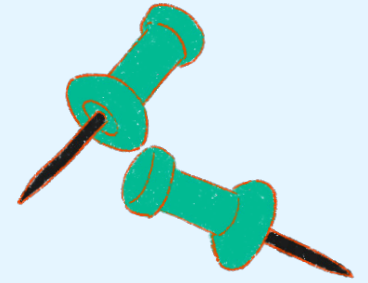
- difficulty with following multiple-step directions
- difficulty meeting goals

what is executive dysfunction?



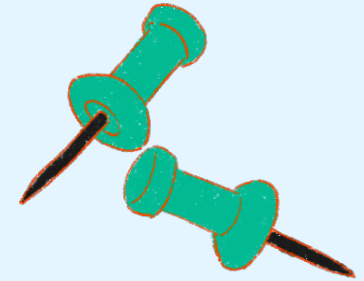
- difficulty with following multiple-step directions
- difficulty meeting goals
- difficulty prioritizing tasks

what is executive dysfunction?



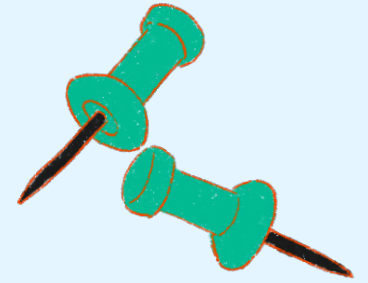
- difficulty with following multiple-step directions
- difficulty meeting goals
- difficulty prioritizing tasks
- low impulse-control

what is executive dysfunction?



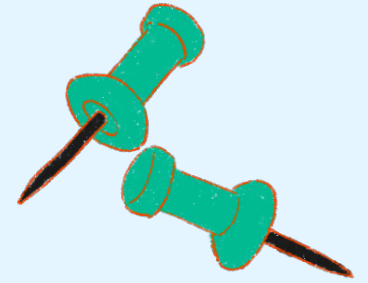
- difficulty with following multiple-step directions
- difficulty meeting goals
- difficulty prioritizing tasks
- low impulse-control
- trouble switching from one activity to another

what is executive dysfunction?



- difficulty with following multiple-step directions
- difficulty meeting goals
- difficulty prioritizing tasks
- low impulse-control
- trouble switching from one activity to another
- trouble getting started on tasks

what is executive dysfunction?



- difficulty with following multiple-step directions
- difficulty meeting goals
- difficulty prioritizing tasks
- low impulse-control
- trouble switching from one activity to another
- trouble getting started on tasks
- easily distracted and often forgetful

my experience



problem

- Executive dysfunction can feel isolating
- It can be difficult to talk about mental health

problem

“I get overwhelmed by my super busy schedule and the amount of things I need to get done and end up just doom scrolling on my phone even if my brain is screaming at me to get up and work.”

problem

“I get overwhelmed by my super busy schedule and the amount of things I need to get done and end up just doom scrolling on my phone even if my brain is screaming at me to get up and work.”

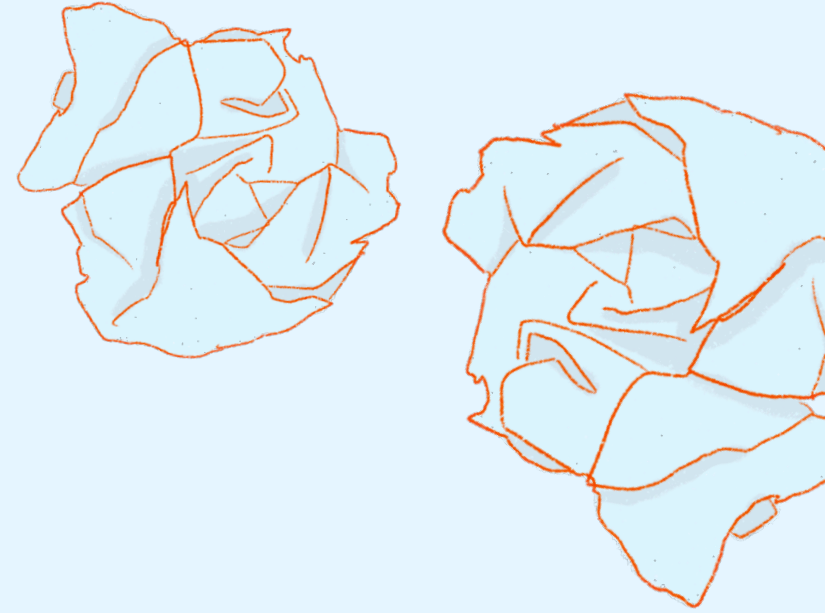
“I get so overwhelmed by the very idea of all the steps that need to be completed that I freeze or melt down.”

problem

“I know that I need to start the task and it won’t take that long but the fact that I think it won’t take that long leads me to push off doing things until the last minute.”

“I get overwhelmed by my super busy schedule and the amount of things I need to get done and end up just doom scrolling on my phone even if my brain is screaming at me to get up and work.”

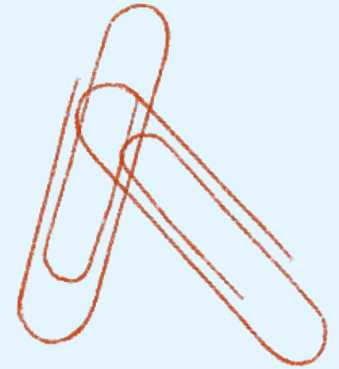
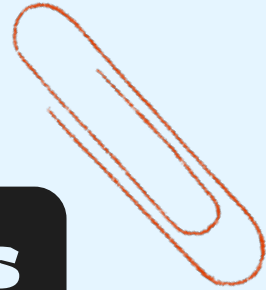
“I get so overwhelmed by the very idea of all the steps that need to be completed that I freeze or melt down.”



solution

Create an easily accessible collection of resources specifically for people who struggle with executive dysfunction and those seeking to support them.

questions



How to present resources in both an accessible and visually appealing way?

What resources would be helpful? What tools actually work?

How will the prototype keep the attention of the user?

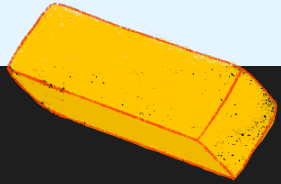
What information beyond resources should be included?

research

Compile resources from a variety of media: podcasts, books, websites, youtube, apps

data collection

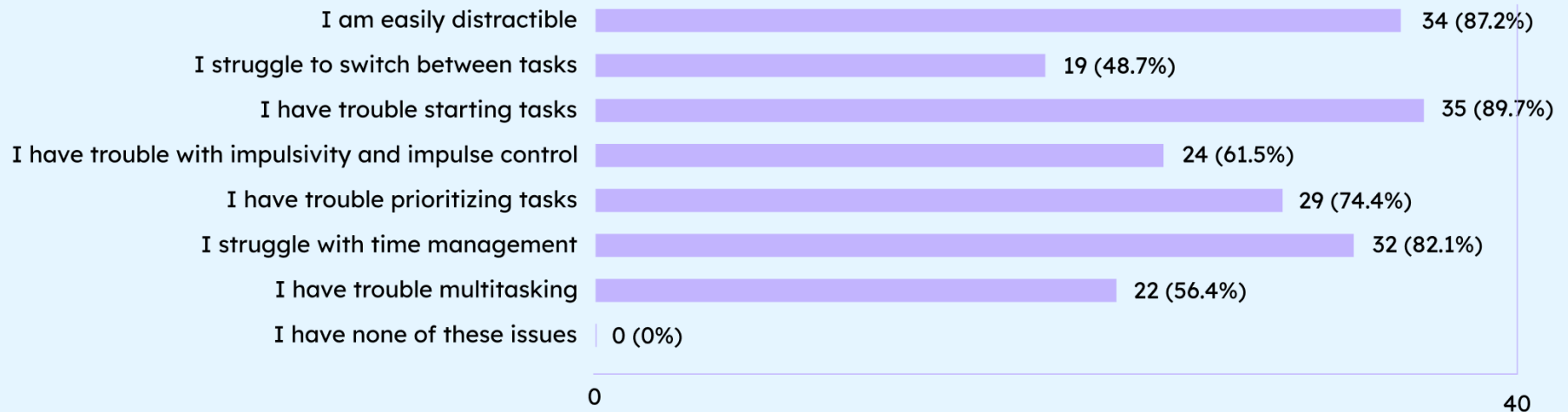
In person interviews & surveys using Google Forms



initial survey

- interviews & online survey
- what are people's needs and what tools do they use?
- 39 participants

Do you experience any of the following?



initial survey

Do you relate to this meme?

94.9% yes (37 people)

5.1% no (2 people)

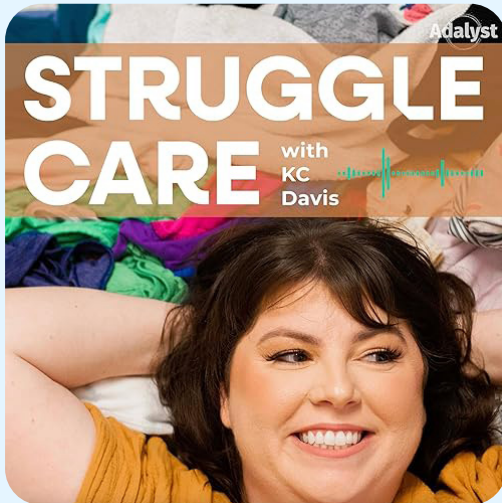
Text: literally just complete the single task you're supposed to get done so you can enjoy yourself later



JAKE-CLARK.TUMBLR

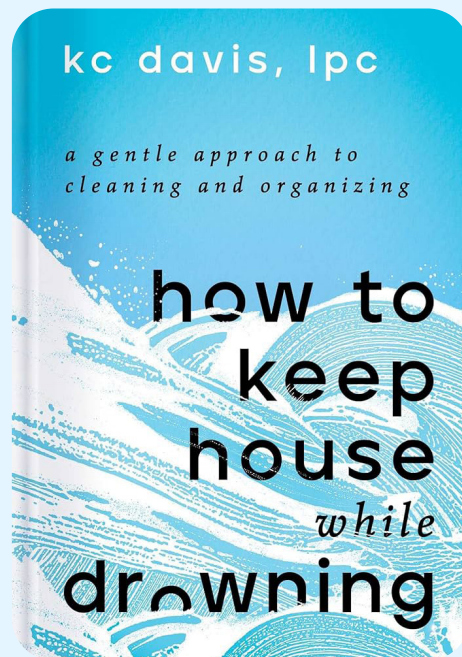
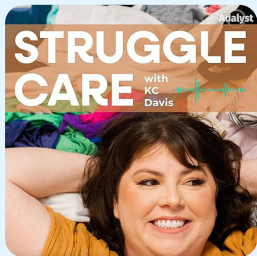
professional recommendations

- Podcast: “Struggle Care” by KC Davis



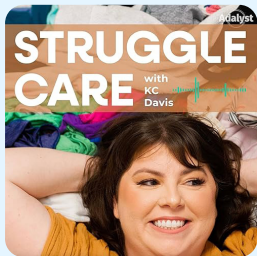
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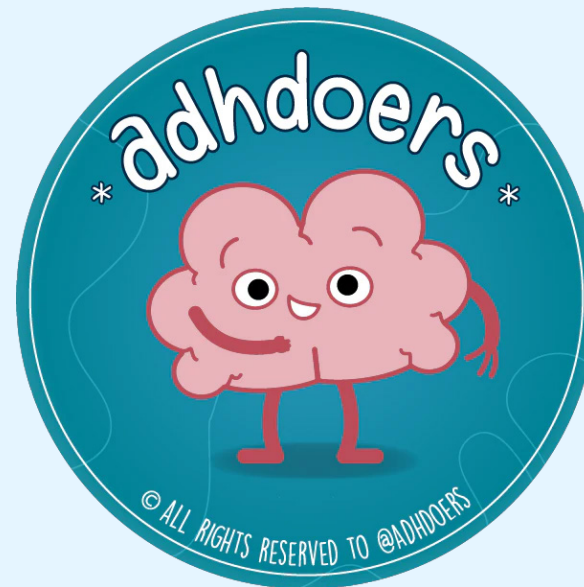
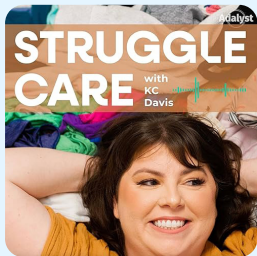
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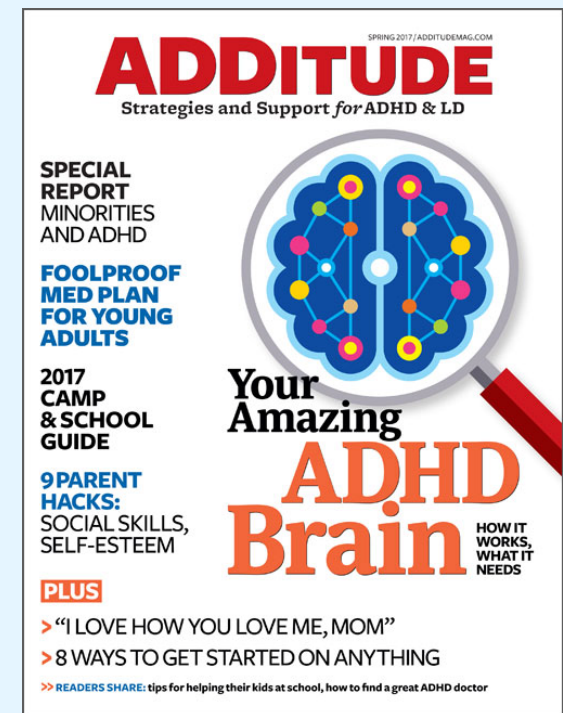
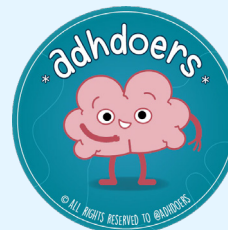
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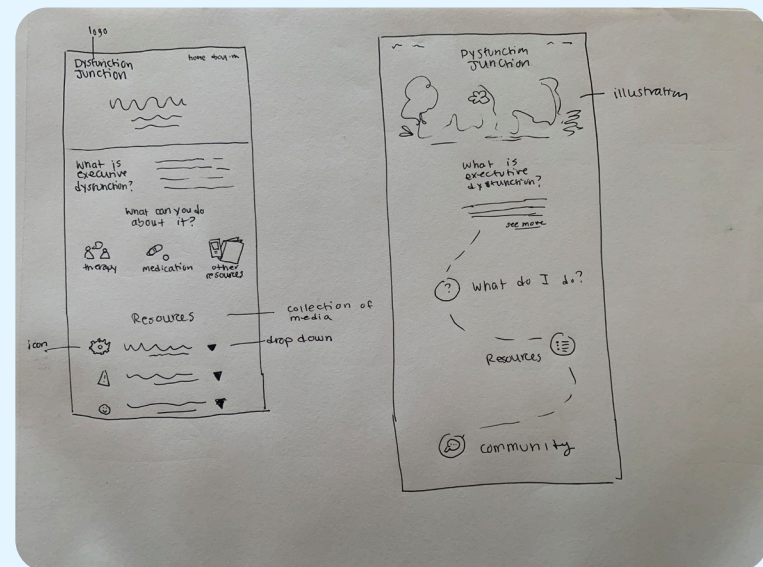


professional recommendations

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- Book: “How to Keep House While Drowning” by KC Davis
- App: Yapp gentle reminders
- Instagram: @ADHDoers
- Magazine: ADDitude



process



brand style

Dysfunction Junction

Rowdies Regular

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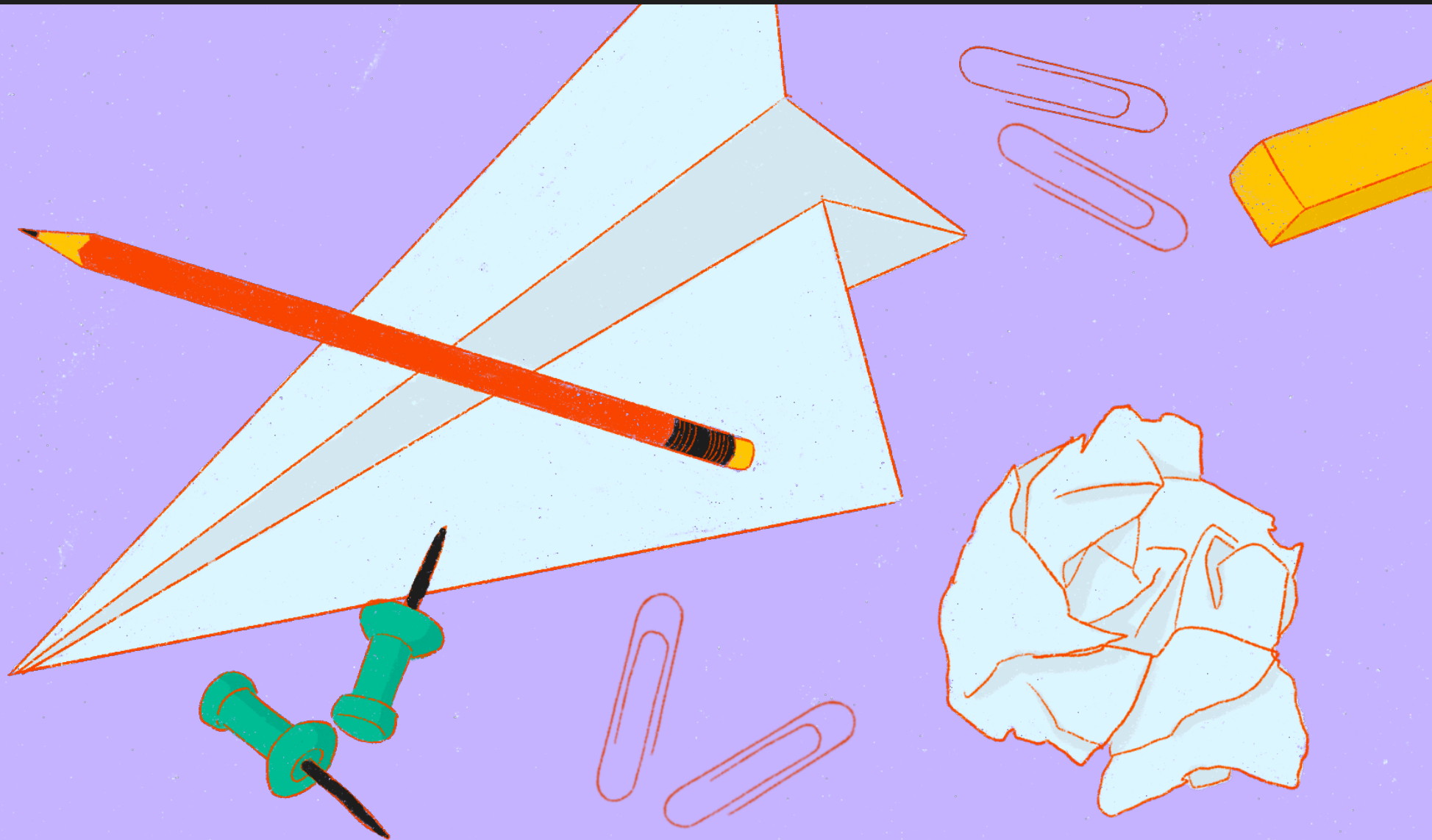
Lexend Deca Regular



#F9C904 #C2B4FE #0564BB #E65600 #1E1E1E



illustrations



prototype

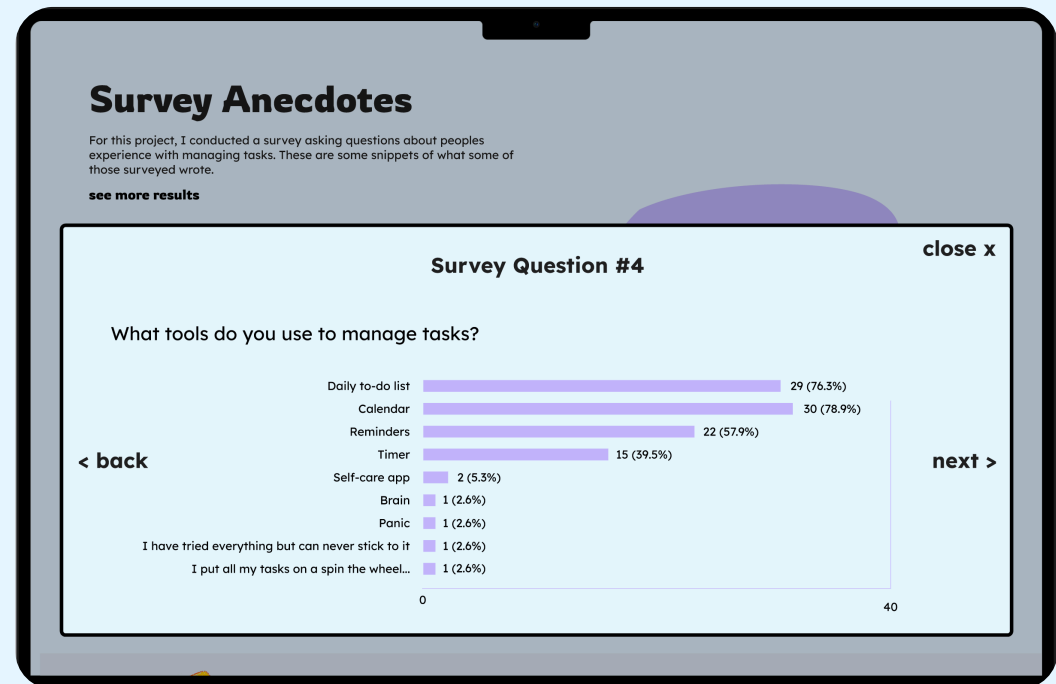


user testing

- survey the user experience of the prototype
- 6 returning participants

Example feedback:

“I like how streamlined things are currently, but it would be interesting to be able to see more survey results, perhaps in a dropdown like resources containing the survey and a few pie charts or similar.”



deliverables

- prototype
- brand style guide
- capstone page





what's left?

- Transition prototype into a responsive website
- Continue to add resources to the collection

Thank You!