

# Design for Seniors with Alzheimer's Disease

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## Context

**Focus.** Alzheimer's Seniors and Caregivers

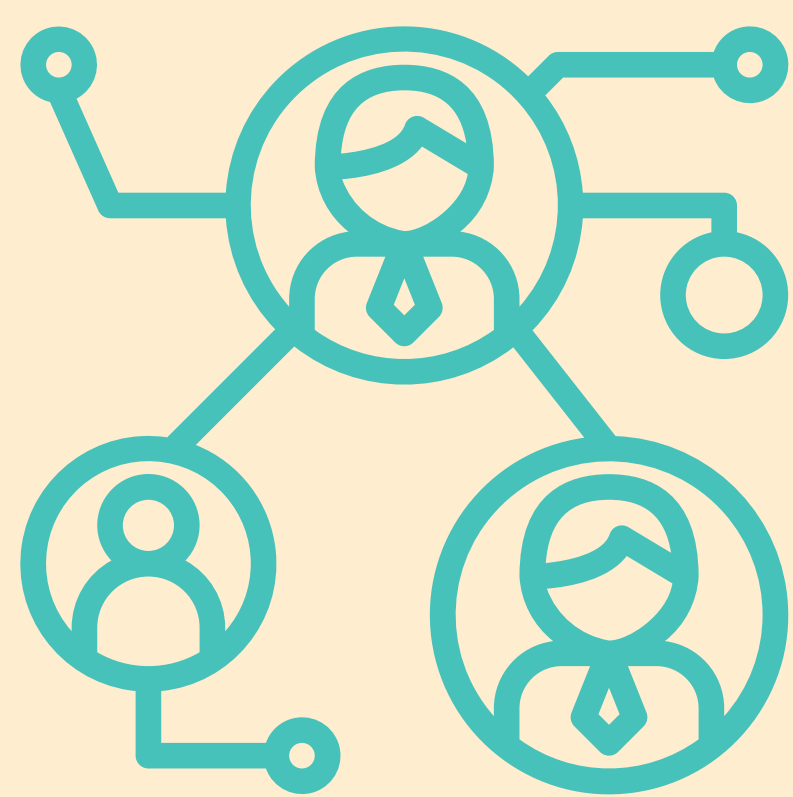
**Why?** Caregivers have a significant impact on the life of seniors with Alzheimer's Disease since they are responsible for their daily care and wellbeing.

**Question.** Noticed a trend of a seniors having multiple caregivers and often poor engagement between the caregiver and the senior, resulting in the question, **"How can we improve caregivers and family members nonverbal communication with other caregivers and seniors with Alzheimer's Disease?"**



## Insights

- Seniors with Alzheimer's have...**
  - Insomnia
  - Varied moods daily
  - Other unrelated diseases
  - problems remembering daily chores and self-care
  - The ability to remember things from the distant past
  - Trouble identifying their location
  - sometimes live alone
- Familial Caregivers...**
  - Don't always know much about the disease
  - Sometimes lack ideas/ methods to interact with seniors with Alzheimer's
  - Have limited time
  - Need time to do errands or self care by themselves
  - Occasionally work with other caregivers and family



## Learn

- Involving Stakeholders in the Design Process**
- We used the stakeholders as resources of information, not as codesigners
  - Co-designing would enable more impactful solution
- Better communication with our stakeholders**
- Were not able to interview many caregivers and it was difficult to narrow down the problem
- Test Early, Test Often**
- We did not get to test our prototype in the context it would have been used in
  - We learned that we should have prototyped earlier and in lower fidelity to allow for more iterations



## Research

- Interviews**
- UCSD Alzheimer's Research Center - *social worker and researcher*
  - Glenner Center Town Square - *Director of Education*
  - Professional Caregiver
  - Familial Caregiver
  - Students related to seniors with Alzheimer's
  - Caregiver Support Group
  - UC San Diego Alumni Researcher
- Surveys**
- Online Surveys - Students from Facebook
- Secondary Research**
- Online Support Forum



## Solution

- Communication Board**

**Why?** To help caregiver communicate tasks completed with other caregivers and allow seniors with Alzheimer's to get a daily schedule of things that need to be done. Want to help caregivers in homes.
- Adaptive Clothing**

**Why?** To enable caregiver to quickly put on and remove clothing for immobile seniors

**Why it didn't work.** The solution was not focused enough for people with Alzheimer's and it has already been done before.
- AB Testing with caregiver support group**
- Gave them both initial prototypes
- Findings:* Wanted more simplicity, less novelty, and focus on later stages of Alzheimer's Disease
- New Prototype from Feedback**
- Changes:* no calendar, remove switches, stickers instead of magnets
- Next Steps**
- Testing with in the context of mutiple caregivers and a senior with Alzheimer's. Iterations and higher fidelity prototypes.

