



## Bio

I'm Jan Brunkenhövers and I have an anxiety disability. I studied curation and am trained in office management. As a disabled and queer person, I am always interested in questions of accessibility, inclusion and creative ways of participation.

### Name : Jan Brunkenhövers

Profession: Project  
management, office work.

Age: 24

Interests: Photography,  
searching for interesting  
pieces of media

Favorite movie: Gravity  
(2013)

Location: Bremen

### Goals / Needs

- A tool to better catalogue and manage situations when my anxiety spikes
- A nonverbal communications device to indicate that I'm in the moment incapable of processing information and speech well and am taking a short rest.
- Devices need to have good design to be part of a friendly workplace environment

### Pain points

- Recurrent, unwanted distressing memories of the traumatic event
- Memory problems, including not remembering important aspects of the traumatic event

*"Accessibility is a human  
right and creative work."*