

Mind-Balloons

An educational platform for
Adults with ADHD

WHAT IS ADHD?

[Attention
Deficit/Hyperactivity
Disorder]

Neurodevelopmental disorder
that impairs executive
function

What is an Executive function?

IDEA



ACTION



---The Link between Idea and action ---

-
Paying attention,
organization & planning,
starting task, staying
focus

“The single most difficult task for a patient with ADHD is to **prioritize**. Patients complain that they procrastinate, lack motivation, become easily distracted, and cannot stay on task”

–Margaret Weiss, MD

Isn't that a kids thing?

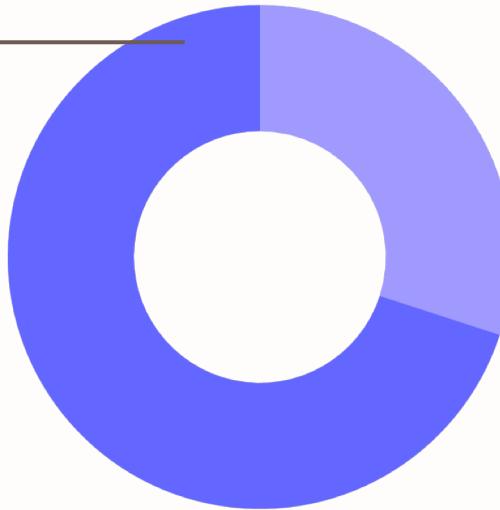
"A significant number of individuals, male and female alike, suffering with ADHD in their childhood, continue to suffer and lead **lives at less of their capacity** often into their geriatric years".

– Sam Goldstein, MD

Learning Goals

70%

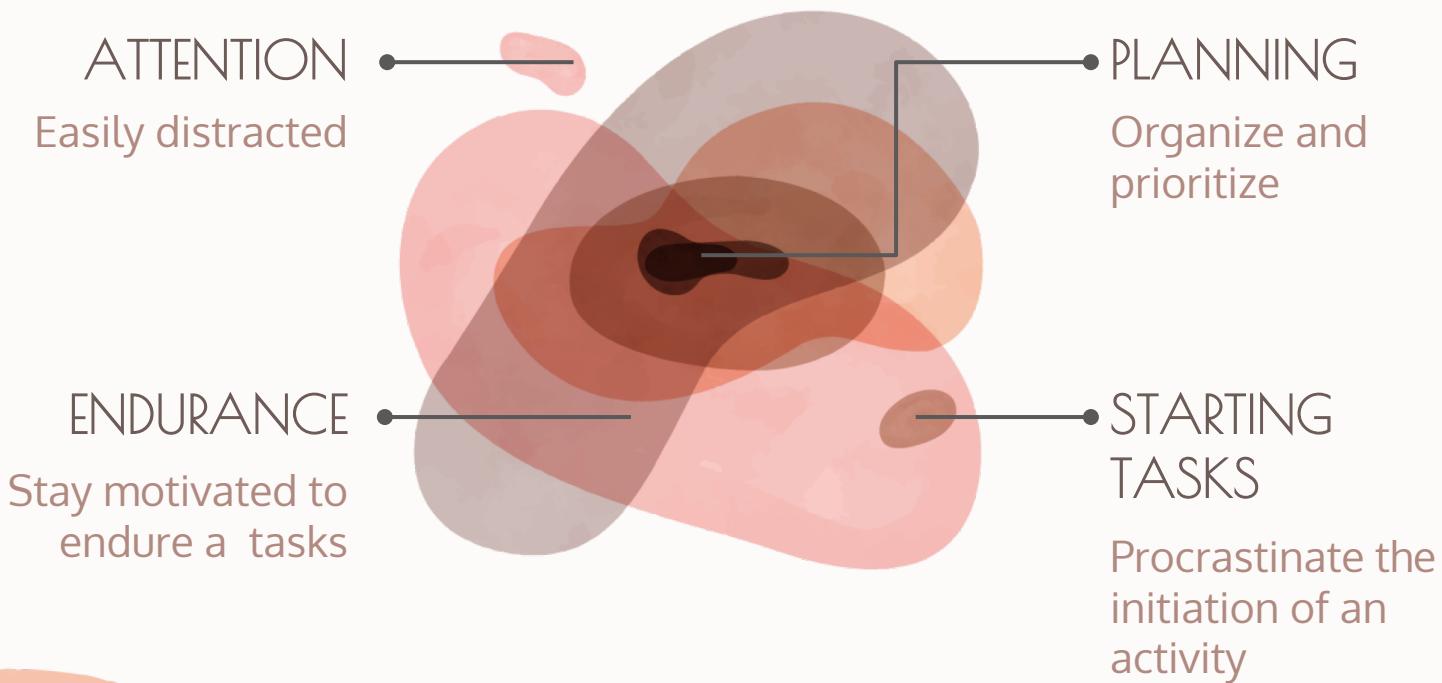
Teach ADHD adults what are the executive functions deficits tied to their condition and help them to learn individual strategies to prioritize, organize and manage time efficiently, make better decisions and design their lives around their needs.



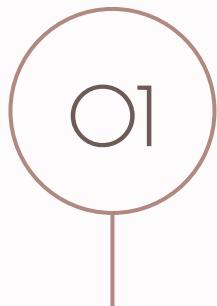
Bring awareness to specific ADHD topics by providing detailed knowledge on their own behaviors and the characteristic of their non-neurotypical brains.

30%

Executive Function my design wants to concentrate on



Building on top of previous work
[Evidence is still to be collected]



Diagnostic
Procedures

Computationally
assisted ADHD test
taking & LD diagnosis
(reading, writing,
spatial thing, vision).



Training Software

Brain camp: Training
working memory and
self monitoring (ATS)



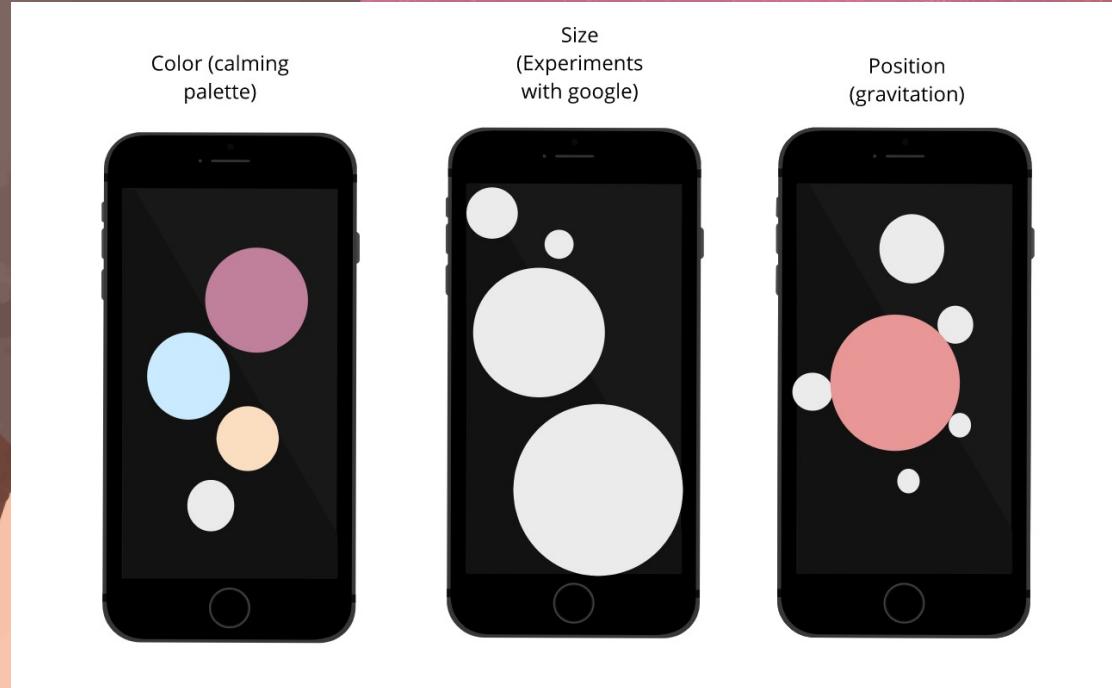
Computer based
learning env.

Cognitive training
using gaming platform
(gamifying task &
activities)

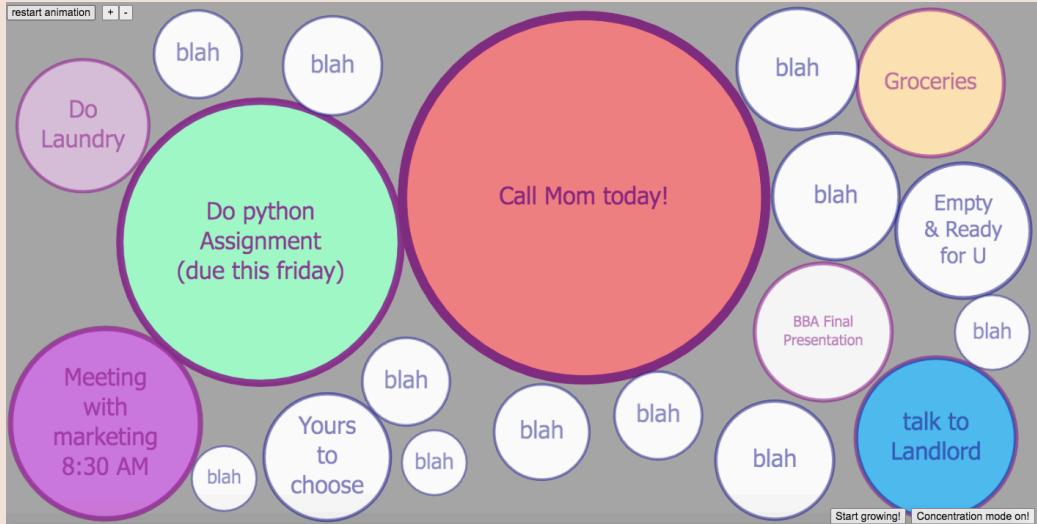
Specific Design Strategy

	Personalize (ADHD triggers)	Question (Time & Emotions)	Learning Strategy (& Affordances)
Colors	Calming Palette	How r u feeling bout it?	Non-stress inducing color Encoding
Size	Pain Scale	How urgent?	Visualizing time in space
Position	Relative importance	When its due?	Priority by gravitation

Designing all
features in a
single,
uninterrupted
and
decluttered
space



02



Demo
First Prototype!

How would you use this platform?

Add balloon!

<https://www.youtube.com/watch?v=9GqpRjcZzHQ>

Grown over time!

<https://www.youtube.com/watch?v=TlpMCB7BGcw>



How would you use this platform? (II)



Popping a balloon out!

[https://www.youtube.com
/watch?v=n-DTQM2l0jw](https://www.youtube.com/watch?v=n-DTQM2l0jw)

Concentration mode on!

[https://www.youtube.com
/watch?v=zVq1GCjVrtA](https://www.youtube.com/watch?v=zVq1GCjVrtA)

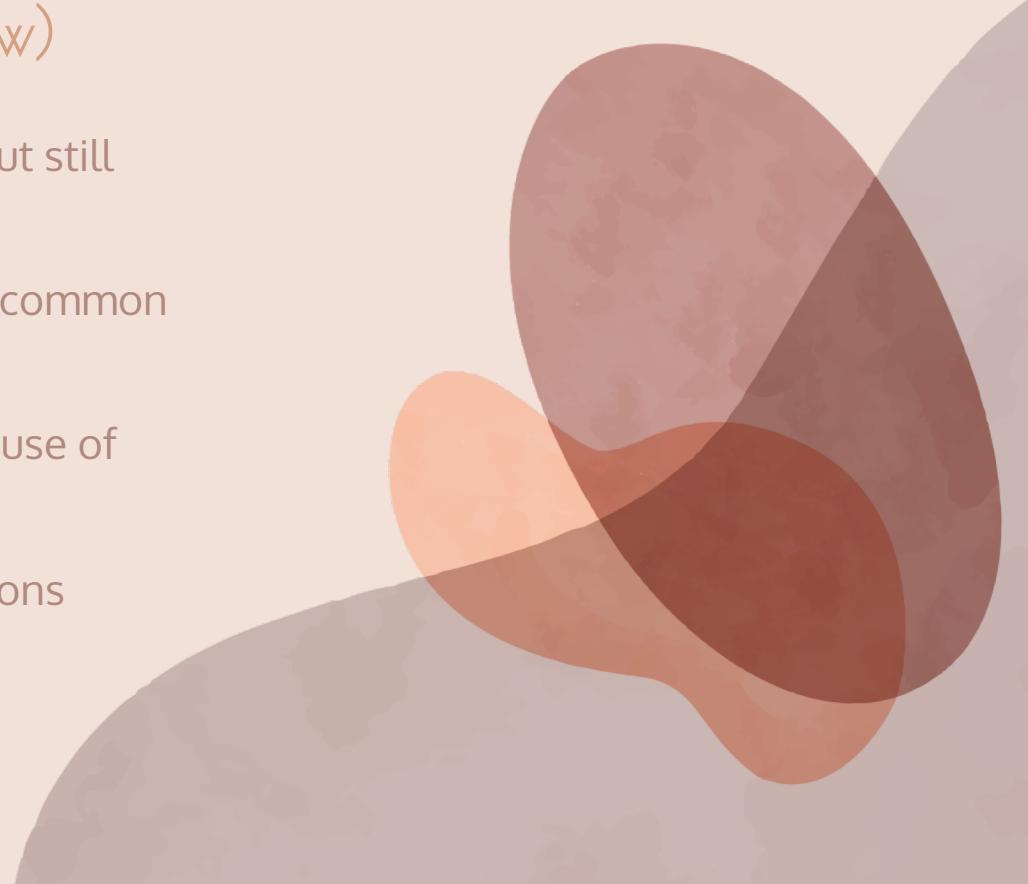
Next Step

- 1) Instructional material added to the visualization platform
- 2) Adding more functionalities
- 3) Collect Data to help & improve

Mind Balloons is an educational methodology (I haven't forget that, I know)

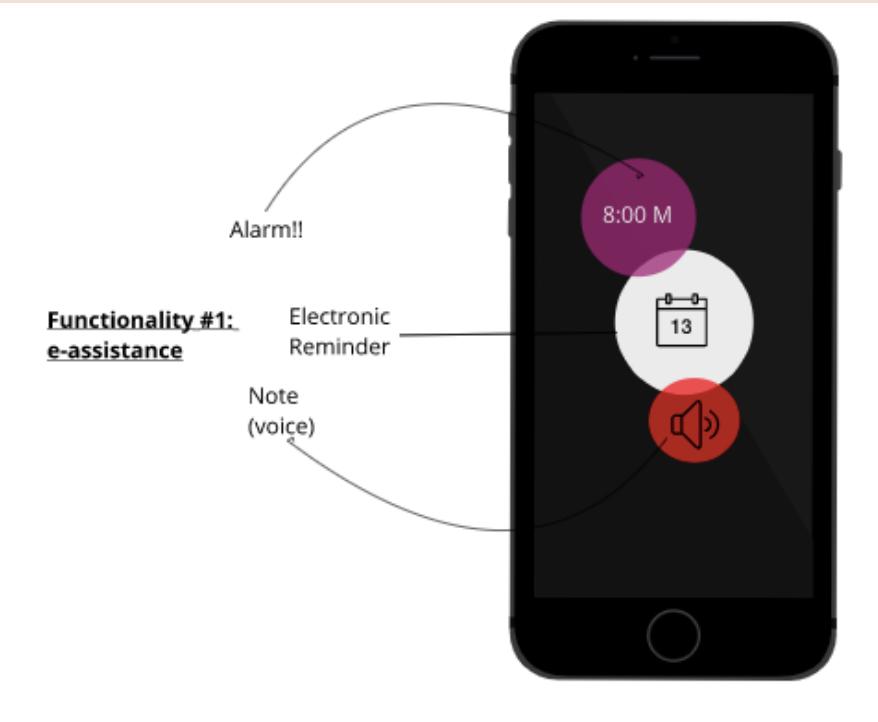
Things that are critical to my design but still missing in my prototype

- Educational content for specific EF common problems added to the platform
- Audiovisual content explaining the use of the platform in plain English
- Design strategies to avoid distractions



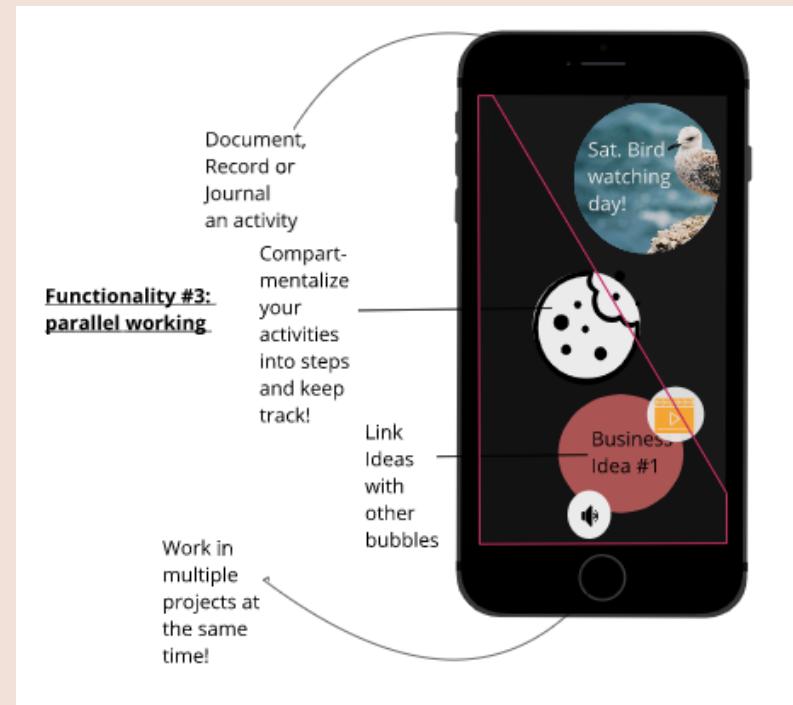
Other functionalities I would like to include

E-assistance



Functionality #1: e-assistance

Parallel Working



Functionality #3: parallel working

THANKS

Here is the github link of my project:
<https://github.com/paolorivas/mind-balloons>

CREDITS: This presentation template was created by [Slidesgo](#), including icons by [Flaticon](#), infographics & images by [Freepik](#).