

Unfold

CO-DESIGN OF AN
PRODUCT TO SUPPORT
OF YOUNG AUTISTIC

—
TIM VELTHUIS

Unfold

CO-DESIGN OF AN ANXIETY REDUCING
PRODUCT TO SUPPORT INDEPENDENCE
OF YOUNG AUTISTIC ADULTS

—
TIM VELTHUIS

Content

- Why and when to use co-design techniques
- How can we use co-design to our advantage?

Project Unfold

- Co-design partner Sara
- Diagnosed with autism and agoraphobia¹
- Sara's goal is to build independence

1. An anxiety disorder characterised by fear within places or situations that are difficult to escape.



Why -> Co-Design?

*“the people destined to use the system
play a critical role in designing it”*

(Schuler & Namioka, 1993)

Specific Target Groups

- Designing for people living with cognitive or sensory impairments poses challenges for the designer due to differences in their mutual experiences
- We cannot base our design process on our own experiences

Smart technologies

- The utilisation of smart technologies to support people with autism are becoming more common
- A lot of technologies only poses an outsider perspective; autism is seen as a problem that must be solved with technology



Sixthsense, by Timothy Byrne

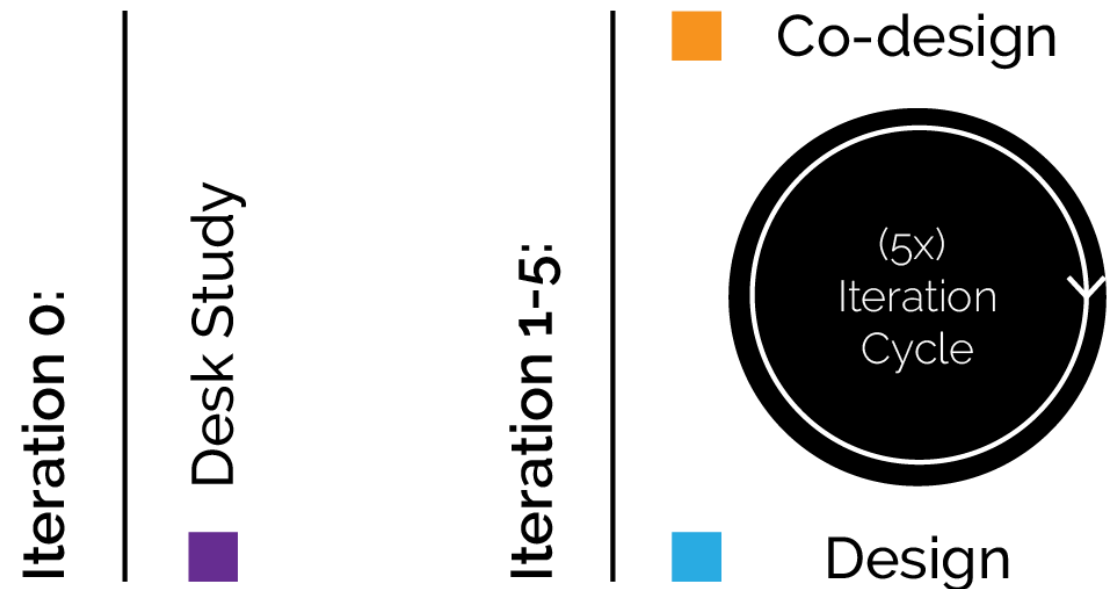
How -> Co-Design?

*“the people destined to use the system
play a critical role in designing it”*

(Schuler & Namioka, 1993)

Design approach

- Multiple design iterations
- Combining co-design and design



Design approach

- Six co-design sessions to guide the project
- Each session was specifically adapted to the skills and interests of Sara

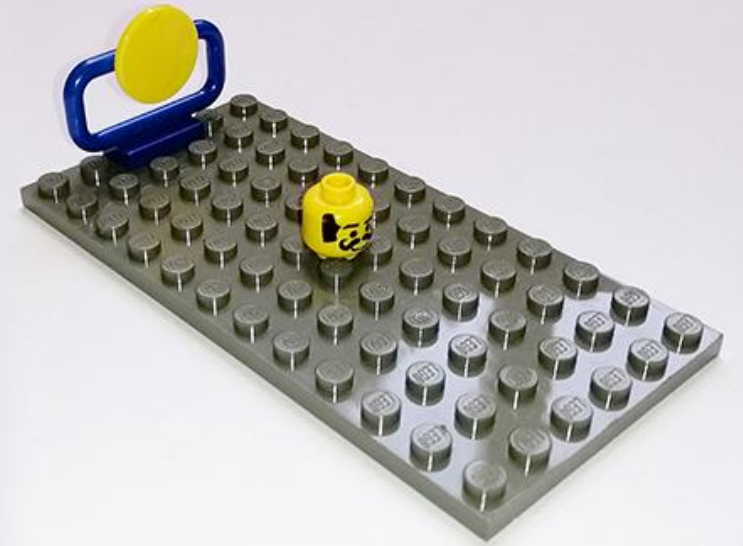
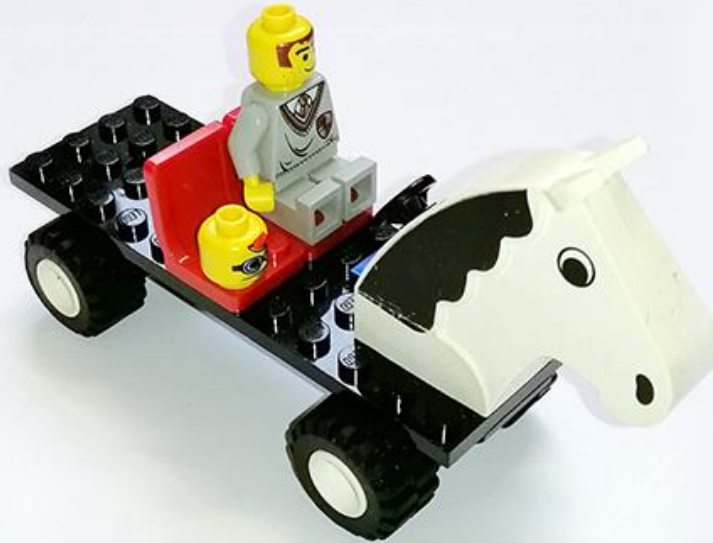


Design approach

- Main insights based on the experiences of a single participant
- Results are intended to be valuable to a larger target audience



Example 1: LEGO Scenario Role-Play



Example 1: LEGO Scenario Role-Play

- The different fears share the same commonalities:
 - Anxiety is lower in familiar areas
 - With practice, unfamiliar areas can become more familiar
 - A nearby trusted person reduces anxiety

Example 2: Creative Toolkit



Moodboard 1



Moodboard 2



Moodboard 3

Example 2: Creative Toolkit



Mock-up 1



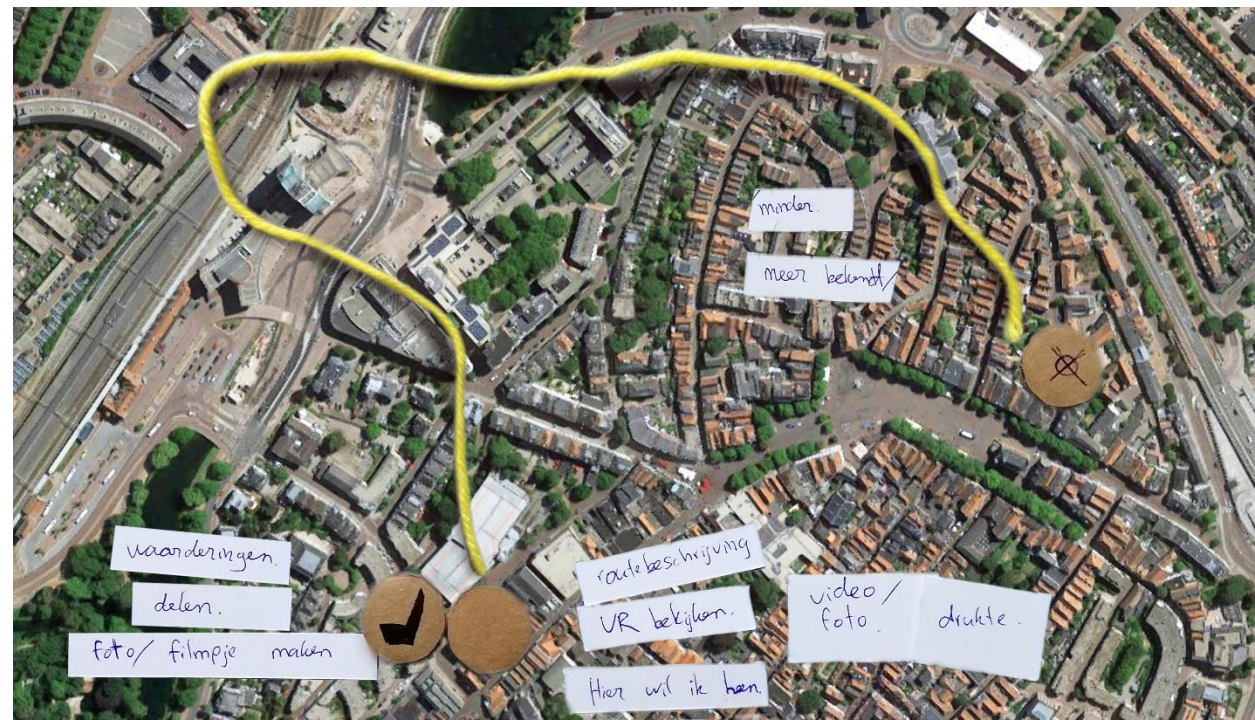
Mock-up 2



Mock-up 3

Final Result: Unfold

- Alters the way users can challenge their anxiety
- Facilitates an easy way to visit new locations
- Helps user to track their progress of expanding their familiar environment











Conclusion

Summary

- Co-design can be an effective communication tool to bridge the gap between the life-worlds of the designer and the 'client'
- Designers can use co-design tools to facilitate 'users' to design their own technologies

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