

Declaration

I, [Student Name], declare that this assignment, titled [Assignment Title], is my own original work and has not been copied from any other source except where explicitly acknowledged. I have not engaged in plagiarism, collusion, or any other form of academic misconduct in the preparation and submission of this assignment. All sources of information and data used in this assignment have been properly cited and referenced in accordance with the prescribed guidelines. I have not used unauthorized assistance in the preparation of this assignment and have not allowed any other student to copy my work. I am aware that any breach of academic integrity may result in disciplinary action as per the [policies of Monash University](#), which may include failing this assignment or the course, and further academic penalties.

Signature: Yujie Hu

Date: 17/08/2024

Github Check

Enter your Github details here.

Github Username <i>Enter your username here</i>	yujie-huu
A2 Shared? <i>Have you started and shared your assignment repository with your tutor yet?</i>	No ▾

Self-Evaluation

Rate your performance for each criteria. Put a ☒ (tick) in the box where you think your work belongs.

Criteria	Exceeds Expectations	Meets Expectations	Needs Improvement	Fail to meet expectations
Executive Summary	<input checked="" type="checkbox"/>			
User Personas	<input checked="" type="checkbox"/>			
Sitemap		<input checked="" type="checkbox"/>		
Wireframes/Low-fidelity Prototype	<input checked="" type="checkbox"/>			

Section 1: Executive Summary

Life expectancy in Australia has been steadily increasing, reaching 83.3 years in 2021 and continuing to rise (World Bank, 2021). This trend reflects a broader demographic shift towards an aging population. As of 2022, individuals aged 65 and over comprised 17.1% of the Australian population, according to Statista. This growing segment of older adults faces various health challenges and other aging-related issues, underscoring the importance of providing targeted, effective support to maintain their quality of life.

The primary objective of this project is to develop a modern web application that addresses the unique needs of the elderly population. The initiative, led by a charity organization, seeks to leverage technology to enhance the quality of life for older adults by offering resources, tools, and support tailored to their specific needs. The web application will function as a central hub for health management, social engagement, and caregiver support, empowering elderly users to lead healthier, more connected lives.


The application is designed for elderly individuals, especially those dealing with chronic health conditions, limited mobility, or social isolation. Additionally, it will serve caregivers, providing them with tools and resources to monitor and manage the health and well-being of the elderly individuals in their care.

The web application will focus on four key areas:

1. **Health Management:** Offering tools for elderly users to independently manage their health, including medication reminders, access to medical records, and personalized health recommendations.
2. **Social Engagement:** Addressing loneliness and social isolation through online forums, discussion groups, and community events that promote interaction and connection among users.
3. **Caregiver Support:** Providing a dedicated portal for caregivers to track the health and progress of elderly users, enabling them to deliver timely and effective care.
4. **Daily Health Recommendations:** Offering personalized daily suggestions for recipes and physical exercises based on users' health conditions to promote active and independent health management.

The project will adhere to best practices in web development, prioritizing accessibility, usability, and responsiveness. By aligning the platform's design with the specific needs of the elderly, this web application aims to significantly improve their independence, health, and overall well-being.

Section 2: User Personas



I want to manage my diabetes and dementia condition

John Eason

Age	75
Location	Rural area, Victoria
Occupation	Retired laborer
Health Status	Early-stage dementia
Technology Proficiency	Low, primarily uses a simple mobile phone for communication

Bio

John is a retired labourer who is recently diagnosed with early-stage dementia and diabetes. He wants to manage his health condition while maintaining his independence and avoiding burdening his family. However, living in a rural area with limited access to in-person healthcare drives the need for telehealth and remote monitoring solutions. Hence, John is motivated to seek out a web application that simplifies his health management tasks, offering ease of use despite his technological challenges.

Goals and Needs


- Learn about diabetic recipes
- Able to communicate and schedule appointments with healthcare providers in an easy-to-use manner
- Stay monitored for his physical health and cognitive levels
- Stay notified with his medical appointments and medication schedule

Painpoints

- Often forgets to take his medications on time
- Finds it difficult to navigate complex web applications due to cognitive decline and low technology skills
- Has limited access to healthcare services due to his remote location

Scenario

John uses the simple, text-and-image-based web app to manage his health independently. Each morning, he receives reminders on his tablet to check his blood sugar, with step-by-step prompts for recording results. The app also notifies him about medications, appointment and offers easy access to his doctor. Additionally, it provides daily diabetic-friendly recipes with clear instructions and images. John's daughter monitors his health through the caregiver portal, staying informed and ready to assist when needed.



"I want to manage my arthritis and stay social connected"

Lucy Green

Age	65
Location	Suburban area, Victoria
Occupation	Retired teacher
Health Status	Suffer from mild arthritis
Technology Proficiency	Moderate; regularly uses a laptop and smartphone

Bio

Lucy is a retired teacher, struggles with arthritis and the loneliness that comes with an empty nest. She seeks a supportive web application to help her manage pain and stay active, while also providing opportunities for social interaction. The need to connect with others and maintain her independence drives her to explore digital solutions that can offer both practical health management and a sense of community.

Goals and Needs

- Stay connected with family and friends
- Manage arthritis pain and maintain physical activity
- Stay informed about effective treatments and exercises

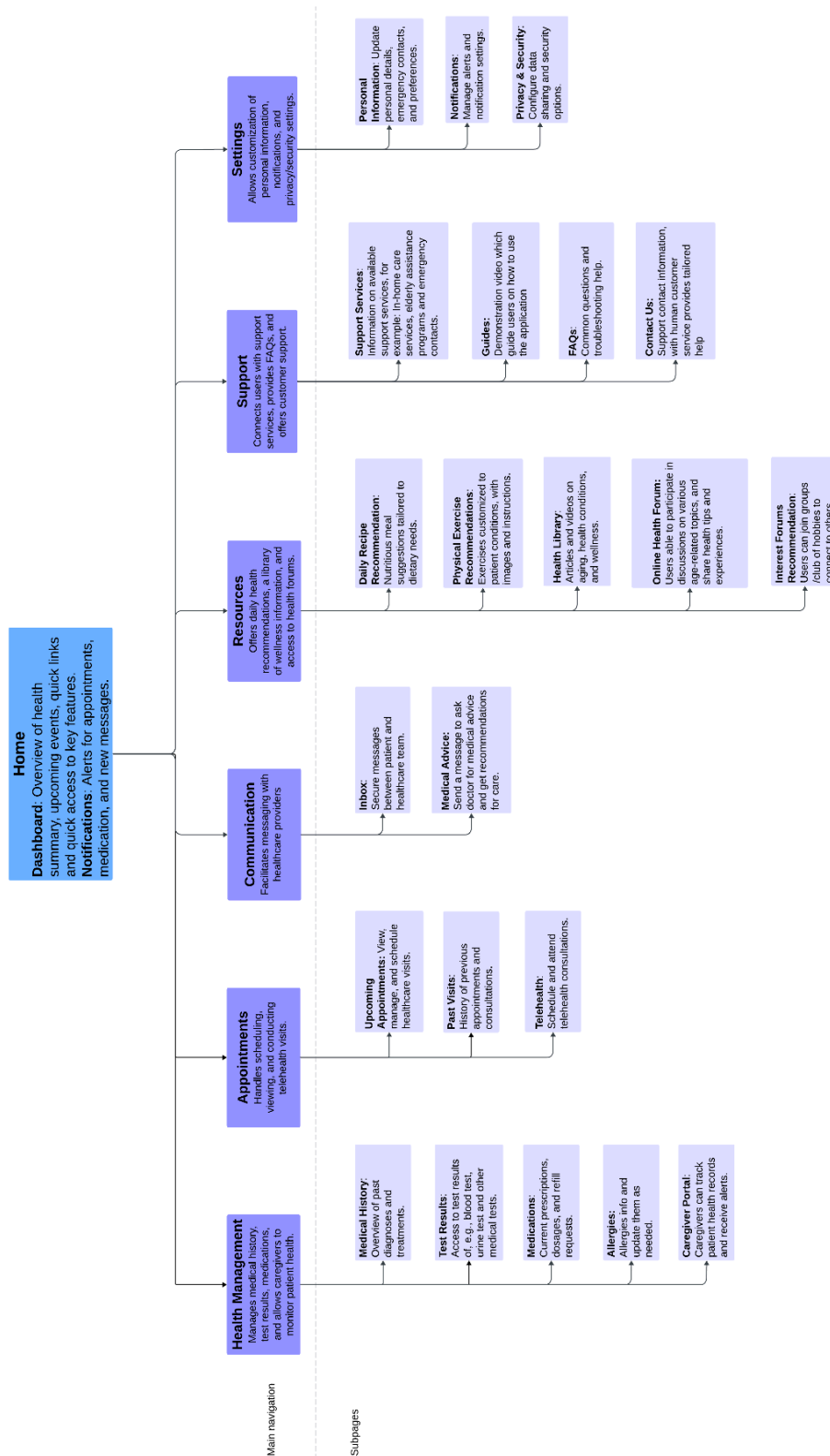
Painpoints

- Limited mobility due to arthritis
- Feelings of isolation and loneliness after retirement
- Difficulty finding accessible activities to stay engaged

Scenario

Lucy uses the web app to find arthritis-friendly exercise routines. She starts her day with gentle stretching exercises, guided by clear images and instructions. The app provide online forum where Lucy connect with other seniors, sharing stories, health tips and advice. Lucy also joined an online reading club recommended by the app, she often shares her reading experience in the club and has meaningful discussions with her peers.

Section 3: Sitemap

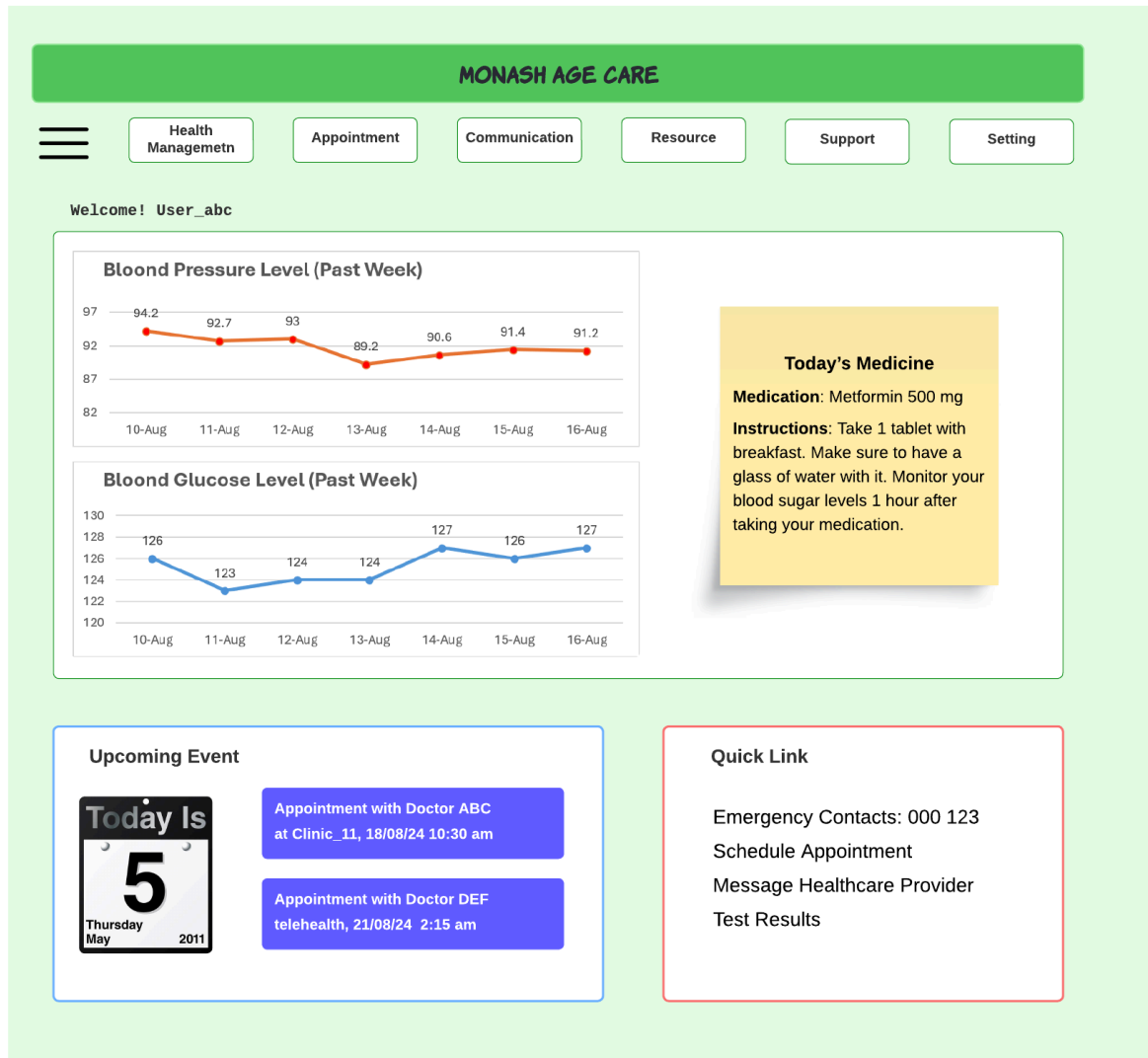


Click the link for a clear view:

https://lucid.app/lucidspark/ed1894ff-c63f-45ff-bb65-093284f95695/edit?viewport_loc=-2004%2C-1156%2C8000%2C3944%2C0_0&invitationId=inv_87176a2b-3e89-4b9e-993f-7bf16ad516f1

Section 4: Wireframes/Low-fidelity prototype

Homepage of web application:



Resource Page:

MONASH AGE CARE

Health Managemetrn

Appointment


Communication

Resource


Support

Setting


Diet Recipe for *Diabetes*



Vegetable Omelette
Ingredients: 2 eggs, 1/4 cup chopped spinach, ...
Instructions: abcdefg...




Grilled Chicken Salad
Ingredients: 1 chicken breast, cherry tomatoes,
Instructions: abcdefg...




Greek Yogurt with Berries
Ingredients: 1 cup plain Greek yogurt, 1/2 cup mixed berries
Instructions: abcdefg...

Physical Exercises for *Arthritis*



Child's Pose
 This yoga pose promotes relaxation and relieves tension...
To do it:
 1. From the tabletop position, sink your hips toward your heels.
 2. Gently place your forehead on the floor...



Downward-Facing Dog
 You could also use yoga blocks or wedges to alleviate wrist pressure...
To do it:
 1. From tabletop position, press into your hands as raise your hips toward the ceiling.
 2. Align your head with ...

Health Library

Articles:
 Health Article AAA Link
 Health Article BBB Link
 Health Article CCC Link

Age Article AAA Link
 Age Article BBB Link
 Age Article CCC Link

Videos:
 Health Video AAA Link
 Health Video BBB Link
 Health Video CCC Link

Age Video AAA Link
 Age Video BBB Link
 Age Video CCC Link

Online Health Forum

Join this health forum and share your story and health tips!
<http://example.abcdefghijklmn.com>

Interest Forum/Online Club Recommendation

Reading_Club_Link
 Fishing_Club_Link
 Baking_Club_Link

Photography_Club_Link
 Gardening_Club_Link
 Pet_Club_Link

Diabetes_Management_Forum_Link
 Cognitive_Level_Management_Forum_Link
 Arthritis_Forum_Link

Declaration: Additional Help

Any tools that you used (including Gen AI or existing code reuse) must be declared here.

Note: GenAI is not allowed for coding purposes in any assignment,

However, you may use GenAI for brainstorming and problem solving. You need to declare all such uses here. One row per help used.

Name	Description
ChatGPT for searching aged care websites	I asked ChatGPT to name 10 famous aged care website, because I know very little about websites that provide elderly health assistance and how they provide assistance
National Library of Medicine for research the needs of elderly people	I have researched the common needs and concerns of elderly people at the National Library of medicine, I used the data of one study from the library as inspiration to design my user persona.
ChatGPT for rephrase sentences	I used ChatGPT to rephrase my written paragraphs, and give him my main ideas in dot points, to ensure that my writing is clear and free of grammatical and meaning errors.
MyChart for brainstorm sitemap	I used the sitemap of the MyChart (a web application) as reference for brainstorm the structure and plot of my sitemap
ChatGPT for brainstorm diet recipe	I used ChatGPT to brainstorm diet recipes to fill in my recipe recommendation part of wireframe.
Healthline for exercise recommendation	I used this site's information about arthritis-friendly exercises to populate my wireframe content: https://www.healthline.com/health/exercises-for-arthritis#general-exercises