

Mylife



AAL Joint Programme
Call AAL-2010-3

Mylife



Co-funded by the
European Commission

***Making multimedia technology
accessible for people with
dementia***

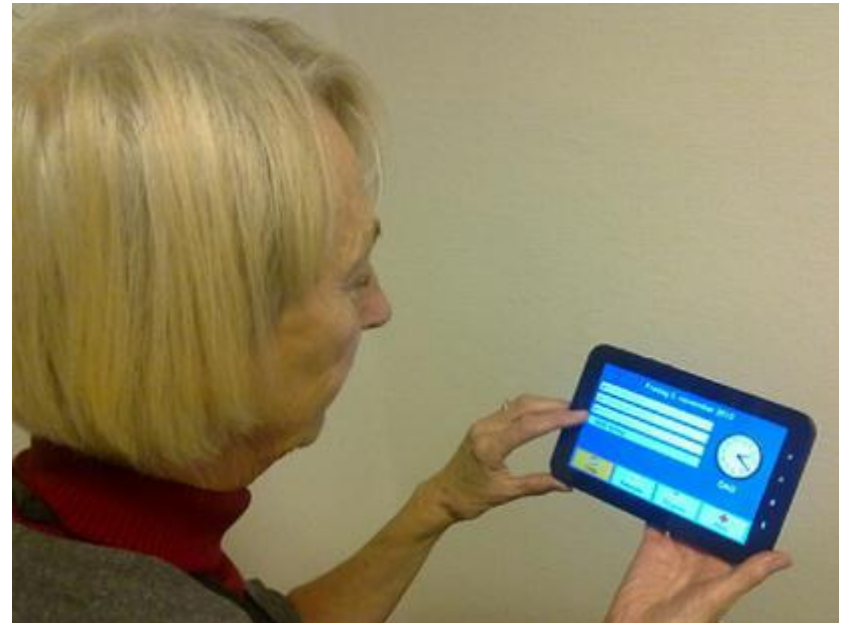
Deborah Brooks, Trent Dementia Services Development Centre

Rachael Dutton, Housing 21

Nada Savitch, Innovations in Dementia CIC

What is *MyLife* ?

- Innovative multimedia product specifically for people with dementia
- Harnesses internet technologies and brings them together using a simple touch-screen interface



MyLife Features

- Allows people with dementia to easily access the day, date and time, daily and weekly appointments, photos, and more
- Can be customised to suit the individual with a little help from a family member or carer

MYLIFE-content



Level 1



Level 2 ...

Primary end-user's MYLIFE

Self-served, enhanced participation and quality of life.



- ▶ Universally designed
- ▶ Touch-screen-based
- ▶ Runs on main-stream PCs or mobile phones
- ▶ Affordable
- ▶ Personalisable

Secondary end-user's MYLIFE

Personalisation of HCI, according to primary end-user's needs, ability and interests.

Updates and changes whenever needed

Self-served content and functionality feed:

- Picasa-photo
- Google Calendar
-
- other

Appointments
– touch for
more
information

Monday 17. October 2011

Time and date
orientation

10:00 Medication

12:50 - 13:20 Visit from John
This appointment starts 6 minutes from n...
John comes for a visit.

14:00 Doctor's appointment

16:00 Dinner



DAY



Today



Calendar



Pictures



Help

Touch for other features

Monday 17. October 2011

10:00 Medication

12:50 - 13:20 Visit
This appointment
John comes for a v

14:00 Doctor's ap

16:00 Dinner

You have an appointment!

Visit from John

Time: 12:50 - 13:20

This appointment starts 5
minutes from now.

John comes for a visit.

Press screen to close



DAY



Today



Calendar



Pictures



Help

Press a date



Previous month

Next month



October 2011

Mo Tu We Th Fr Sa Su

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Today



Calendar



Pictures



Help



Previous day

Monday 17. October
2011

Next day



10:00 Medication

12:50 Visit from John

14:00 Doctor's appointment

16:00 Dinner



Today



Calendar



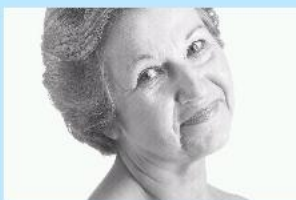
Pictures



Help

Pictures

Press a picture to select album



My life



Flowers



Today



Calendar



Pictures



Help



Turn



Crocuses in april. Summer is coming!



Today



Calendar



Pictures



Help

Press here



to send a request for help



Today



Calendar



Pictures



Help

Turn



A message has been
sent to
Rachael
Deborah
Nada
with your request for
help.

Press screen to close



Today

Calendar

Pictures



Help

Mylife Aims

- To understand how people use the Mylife system, what they like and don't like in order to make the system better
- To develop more Mylife features that are important to users (e.g. music, news, entertainment)
- Examine challenges faced when adapting a product for different European markets (UK, Norway, Germany).
 - Cultural differences and ethical considerations
 - Legal or technical issues that could arise.

MyLife Methods

- Focus groups (proof of concept and HCI testing):
 - Assisted living facility / supported housing
 - Day care centre
 - Primary users (people with memory problems)
 - Secondary users (formal or informal carers)
- Field trials (system and service)
 - 15 pairs of primary users (people with memory problems) and secondary users (carers)

Mylife Field Trials

- **Phase 1: testing the website interface**
 - To see how carers understand and use the website / instructions.
- **Phase 2: controlled testing of Mylife**
 - Pairs given specific tasks to do with the product to test usability.
- **Phase 3: free trials**
 - To test the experience of using the system and its every-day relevance to the participants.
- **Duration of 12 months**

Expected Outcomes of *MyLife*

For the primary end-users:

- Increased independence and wellbeing.
- Increased engagement and interaction based on internet-enabled applications.
- Stimulation of cognitive abilities.

For the secondary end-user:

- Simple user instructions.
- Reduced stress caused by repeated questions and passivity.

MyLife - Measuring Success

- Semi-structured interviews with primary and secondary end-users
- Conducted separately throughout the trial and at the end
- Qualitative data on wellbeing, general satisfaction and usefulness of specific functions
- Observations and logs of use
- 'Willingness to pay'
- Dissemination and exploitation of the results European-wide.

MyLife Ethical issues

- Compliance with national ethical and privacy / data protection regulations
- Code of conduct (guidelines and working practices)
- Informed consent for focus groups and trials (established and re-established)
- Exit strategy for participants



Thank You! Any Questions?

Contact Details:

Deborah Brooks, Trent Dementia Services Development Centre

dbrooks@trentdsdc.org.uk

Rachael Dutton, Research Manager – Housing 21

rachael.dutton@housing21.co.uk

Nada Savitch, Innovations in Dementia CIC,

nada@innovationsindementia.org.uk



Co-funded by the
European Commission

Mylife Partners

- Karde AS, Norway
- Tellu AS, Norway
- Forget-Me-Not AS, Norway
- Sidsel Bjerneby Sole Proprietorship, Norway
- Berlin Institute for Social Research, Germany
- Housing 21, UK
- Trent Dementia Services Development Centre, UK
- Innovations in Dementia, UK



This European project has been funded by the Ambient Assisted Living programme, European Commission, Technology Strategy Board (UK), IT Funk (Norway) and Federal Ministry of Education and Research (Germany).

Mylife



Co-funded by the
European Commission