

PROTOTYPE SUMMARY

Innovation Lab

Independent living and preventing falls

Date	Venue
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12 th May 2017	Stockport Council, Fred Perry House
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Name of solution

Happi@Home

Technologist's name

UX - Anna Scott and Developer - David Meek
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Description of the solution

<i>include group discussions, conclusions, URLs, links to GitHub etc.</i>

We were given the theme of 'Independent living and preventing falls' and after some initial thoughts and ideas from the group, we decided to concentrate on increasing activity for people living independently.

We wanted our solution to encourage an active lifestyle for older citizens living independently but who may need the support and motivation to get started.

We came up with the idea of an app which tracks physical activity but also encourages the user to get more involved with their community. The idea behind connecting the user to things happening in their community was to help encourage and motivate the user by comparing their activity with others who also have the app. Even though the app is for people living independently, we also needed to take into account that the user might need some support, so the app is designed to be used with a support system, such as a family member, a health professional or a support worker.

The app can also be used as a support mechanism to aid the successfulness of a person's wellbeing plan – whereby the users' family member, health professional etc., can help with the wellbeing plan to encourage increased physical activity and wellbeing.

We called the app 'Happi@Home' because we wanted users to be able to increase their physical activity from the comfort of their own home and immediate surroundings. The idea is to encourage the user to engage in physical activity that they enjoy and that is achievable for their circumstances, i.e. walking the dog, gardening or going for a walk.

How the app can encourage increased physical activity

We wanted the app to have a sense of community and we understood that the success rate of a user increasing their physical activity would be higher with the support of others. We wanted family members, support workers etc., to engage in the lifestyle of the individual and help with the initial set up of the app by finding out what the individual's needs and goals are and what motivates them.

We also liked the idea that having support can help to keep the individual on track by either participating so they can compare results or just simply helping the individual to set new goals and targets.

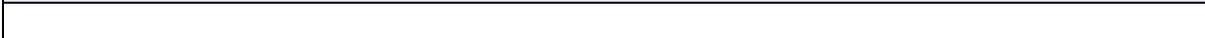
Personal profile and setting up goals

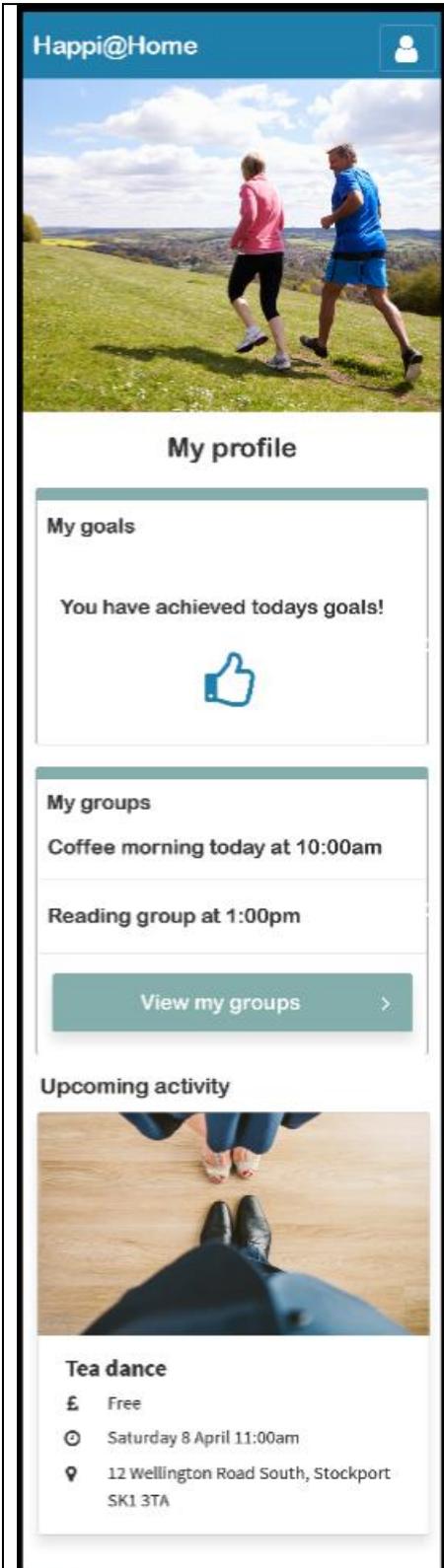
There would be a personal profile which would ask questions related to their likes and dislikes, what their typical day looks like and what motivates them. This is to help find out what the individual would like to do each day which could help towards increasing their activity levels. For instance, if they enjoy walking their dog or gardening, then this could be set up as a goal such as 'walk the dog after breakfast'. The user can set up daily goals such as 'walk the dog', 'do some gardening' etc., and mark the goal as complete once they have achieved it.

How the app encourages users to get involved with their community

We didn't want the app to just be about increasing physical activity – we also wanted it to encourage social engagement by connecting users with their community. We thought that this would help increase physical activity by connecting users to groups in their community. This could be groups such as a reading group or a dog walking group, for example. The app would link to groups in their area so that users can search through groups and add them to a list on their profile. Users can also connect with other users to compare activity levels to help to encourage a healthy level of competitiveness and social engagement.

Screenshots





Above: Homepage with links to groups in the community

Below: Goals page

