

value-based design of mobility innovations for aging well

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BACKGROUND

Due to physical decline, older people become less mobile, while the need to remain independent is higher than ever. In 2030, 1 in 3 elderly will live solitary in the Netherlands. There is a need for new innovations that support individuals in their mobility, while respecting personal values and tackling barriers.

AIM

To study personal values of solitary living, community dwelling older adults, and how mobility barriers and facilitators affect their ability to live to their values.

METHOD

- 10 in-depth interviews
 - What makes them happy (values)
 - How they spend the day (activity pattern & PASE)
 - Which physical limitations they experience
- 10 Mind maps of values, barriers and facilitators
- Brainstorm with designers and care professionals to come to new mobility ideas (figure 2)

DEMOGRAPHICS

- In cities and villages of The Netherlands
- Age: 80.5 ± 8.1 (9 female; 1 male)
- Very low physical activity score: PASE: 40 ± 13 (general population 102.9 ± 64.1 (median: 90), Washburn et al. (1993))
- Predominant modes of transport: biking & walking

RESULTS

The following values were shared by multiple interviewees: 1. Social interaction; 2. Independence, 3. Relaxing, 4. Killing time, and 5. Good physical health. E.g. the value Social Interaction was for one person going on holiday. Which was facilitated by a voluntary organisation, taking people out to get a holiday. The mind maps were the inspiration for designers to work on variations of the wheeled walker.

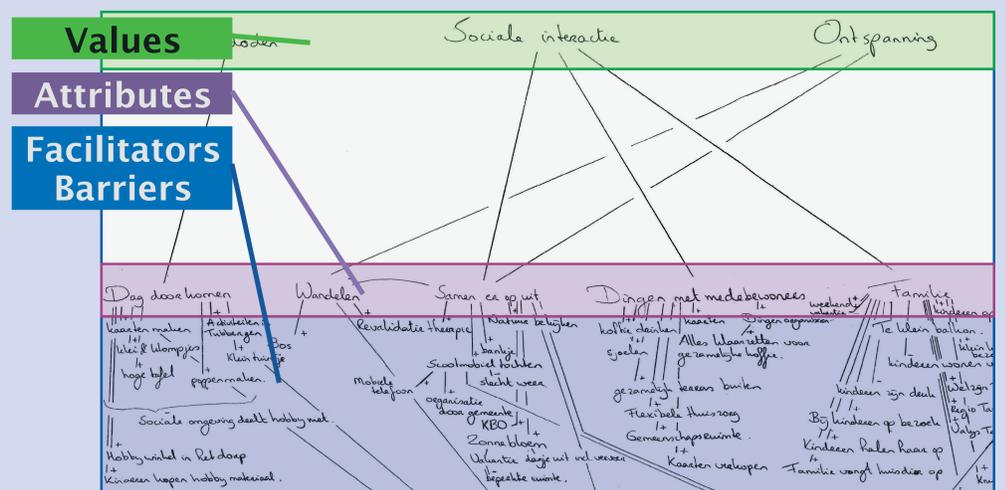
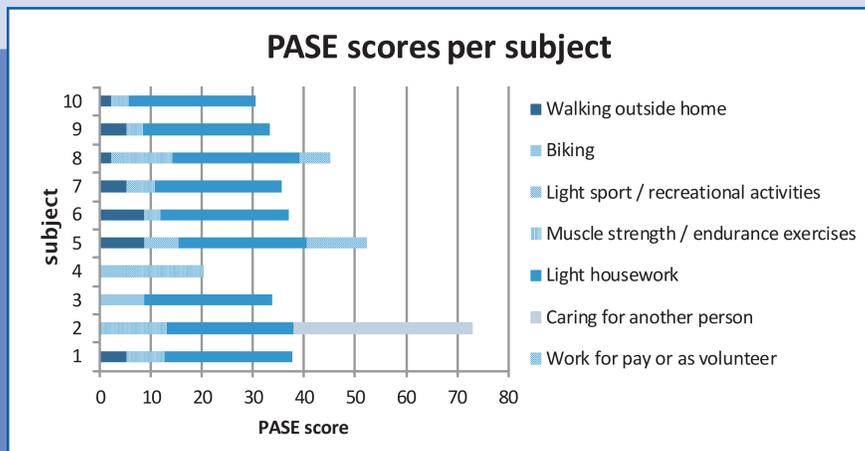


Figure 1. Part of a mind map of one of the subjects with three levels. Attributes are the activities or wishes that the interviewees mentioned.



Figure 2. Concepts resulting from the brainstorm, to be evaluated.



CONCLUSIONS

The value-based approach offers designers a close look into the lives' of the elderly, thereby opening up a wide range of innovation possibilities.



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