



Map app for older adults

Our Community Partner

“As a trained grief counselor, research psychologist, personal trainer, and yoga and meditation instructor, I am honored to join people on their journey of exploration into the wonders of health, anger, joy, aging, loss, love, death, and whatever else we may discover. One of my passions is joining people on their journey with dementia health.”

Dr. Adrienne Ione
Silver Linings Integrative Health, LLC

Design Problem



Map by Dr. Adrienne Ione

Create a wellness program aligned with **WA SB 5095** for older adults

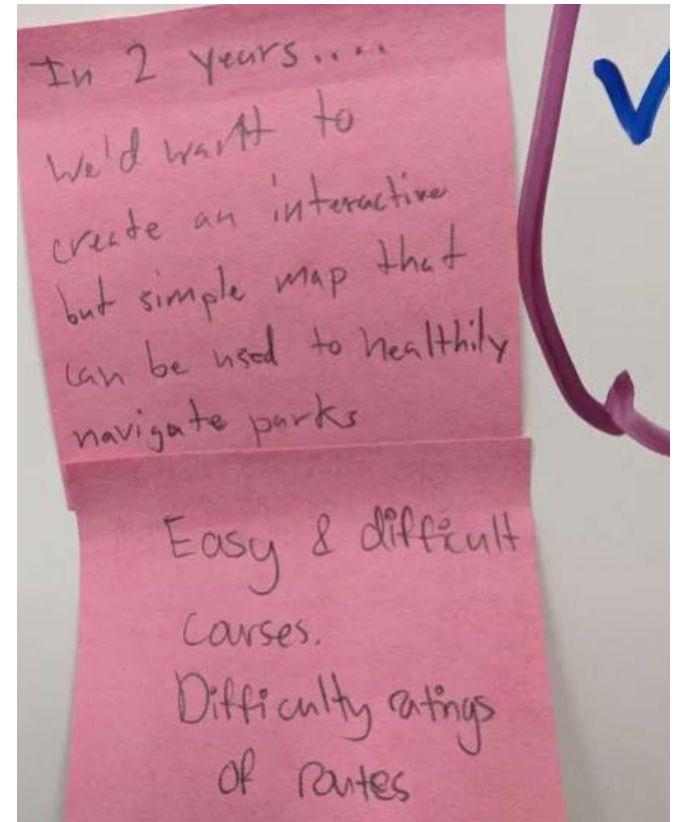
Our Design Process

Long Term Goal

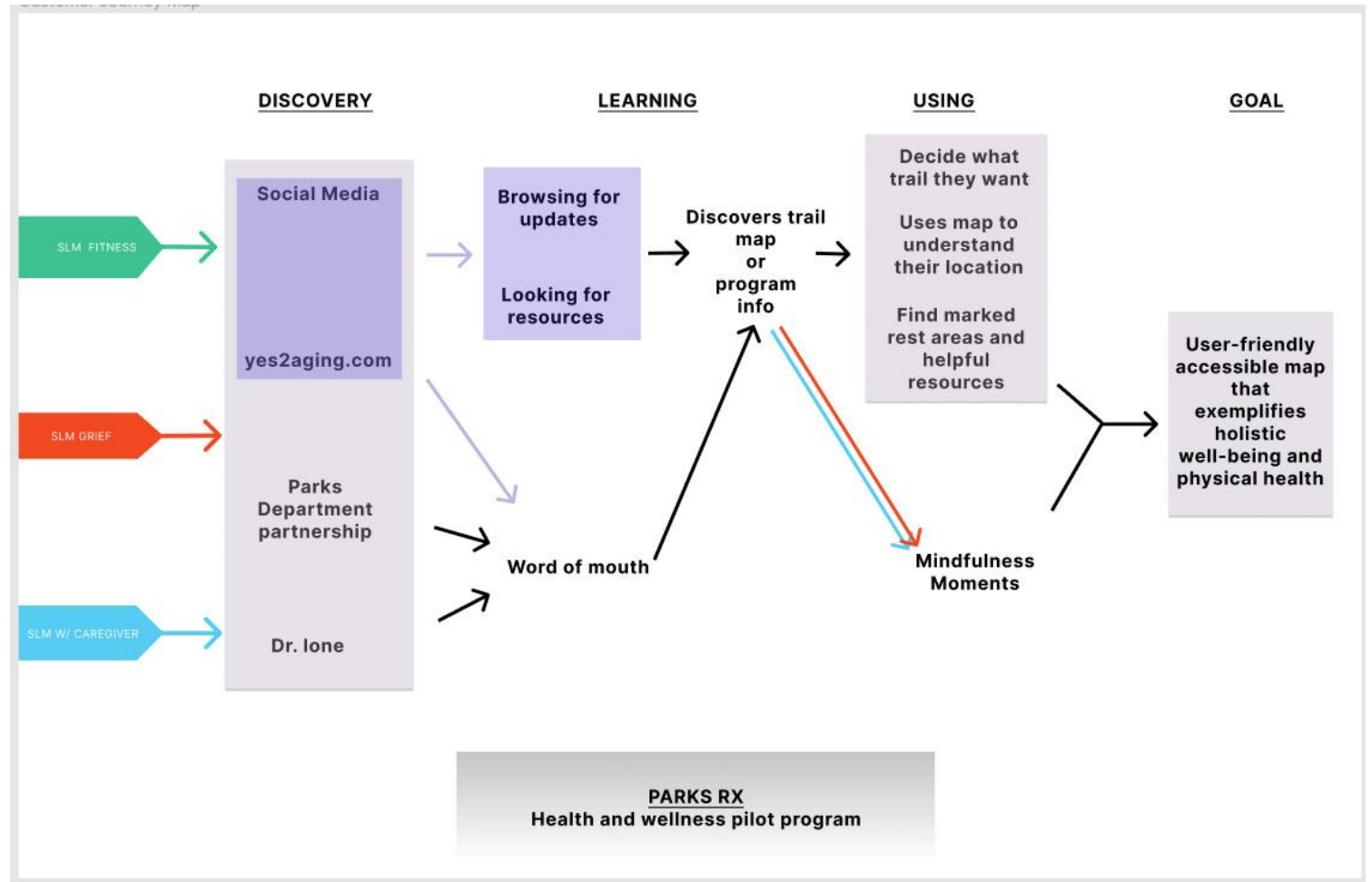
Create a simple, accessible map with trail difficulty ratings

Sprint Questions

- Can we get information to our target audience?
- Can we make sure no users get lost?



User Journey Map



Expert Interviews

How might we...

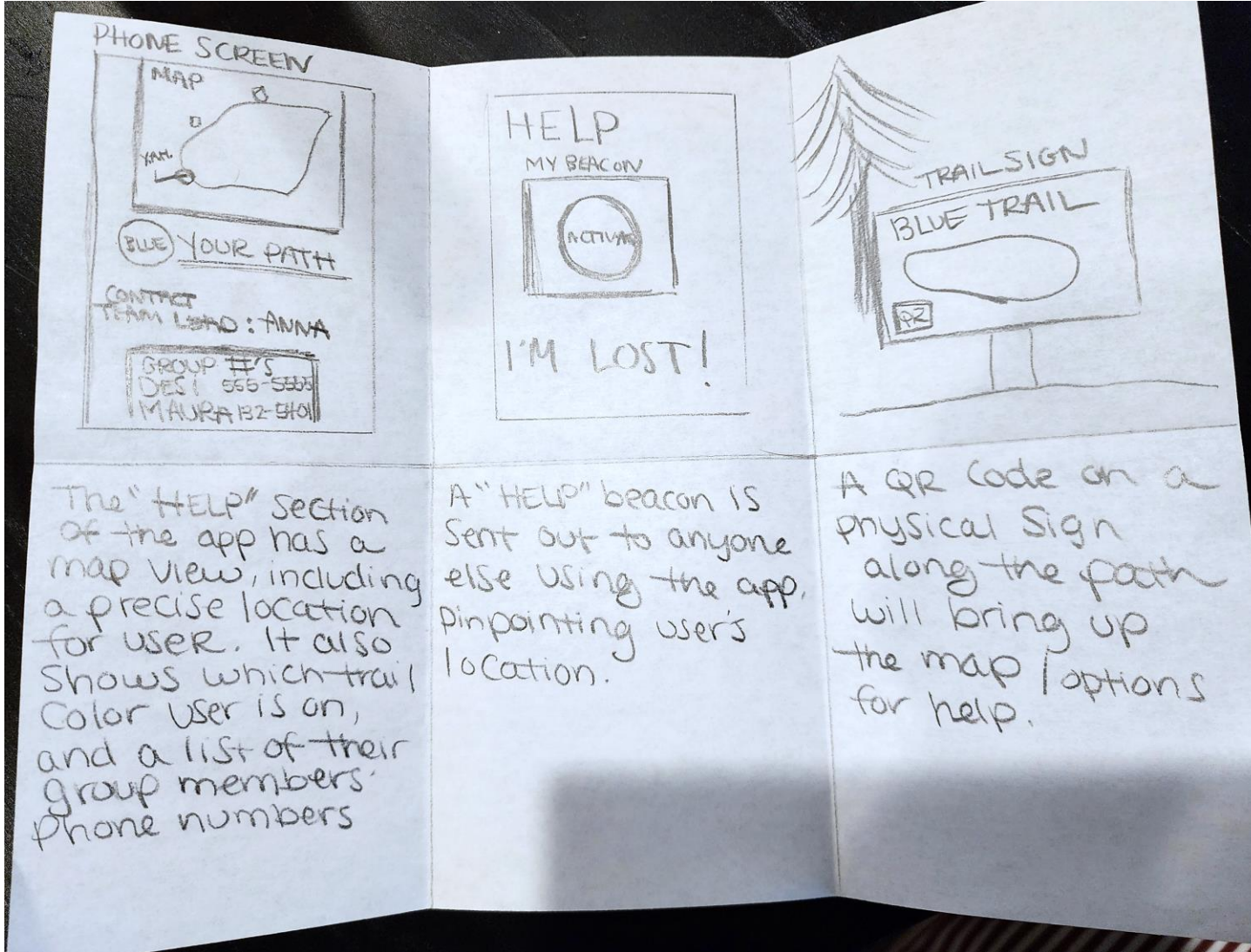


- Incorporate mindfulness practices
- Enable exploring without getting lost
- Acknowledge unique safety concerns
- Build self-confidence in our users
- Encourage a social atmosphere

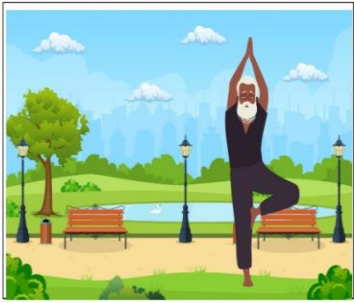
DESIGN GOALS

- Help empower older adults
- Create easy access to resources
- Support various physical abilities
- Empathize with our target users





Solution Sketches



JIM IS AN ACTIVE SENIOR WITH MEMORY ISSUES THAT LIKES TO GO FOR WALKS AT THE PARK.



ONE DAY ON A TRAIL, JIM FORGETS WHERE HE IS



JIM PULLS OUT HIS PHONE TO LOOK AT THE MAP APP



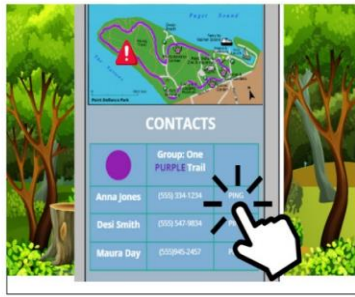
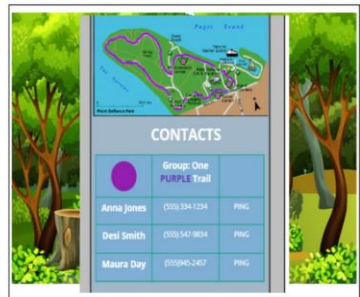
UNABLE TO FIND HIS WAY, HE PUSHES THE HELP BUTTON



JIM ACTIVATES HIS BEACON AND WAITS FOR HELP



JIM RETURNS TO THE HELP MENU AND VIEWS HIS CONTACT GROUP



JIM SENDS A PING TO ANNA

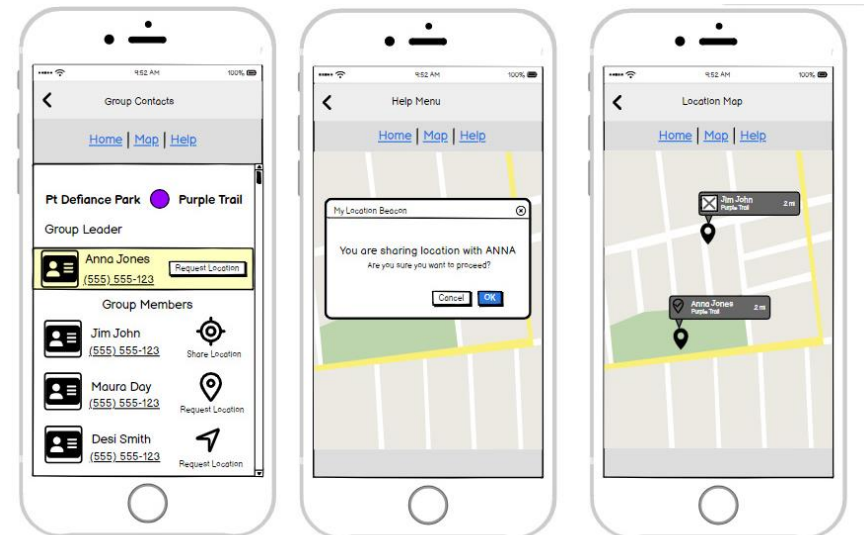


ANNA SEES JIM'S ALERT NOTIFICATION ON HER MAP

Storyboard

Wireframes

- Map Overview
- Location Map
- Help Center
- Group Contacts



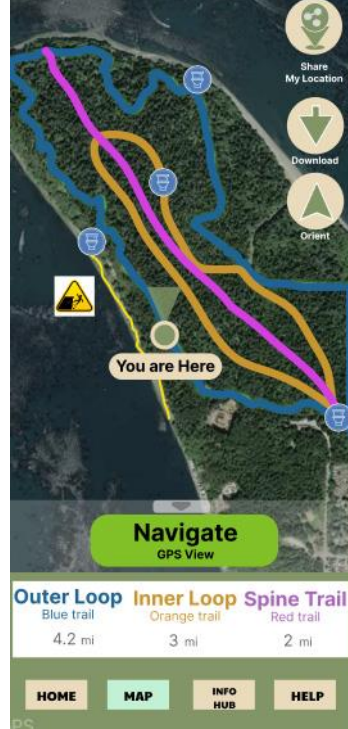


Figure 1

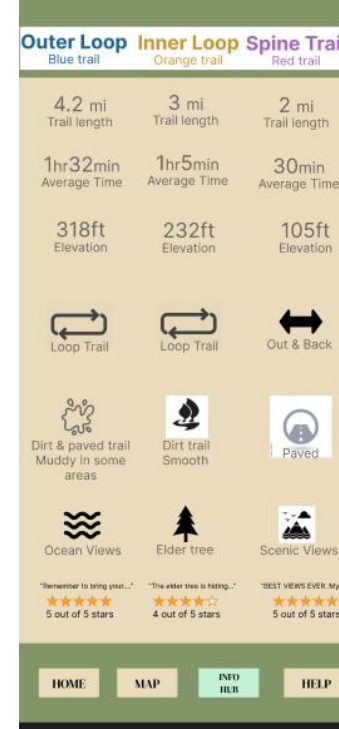


Figure 2

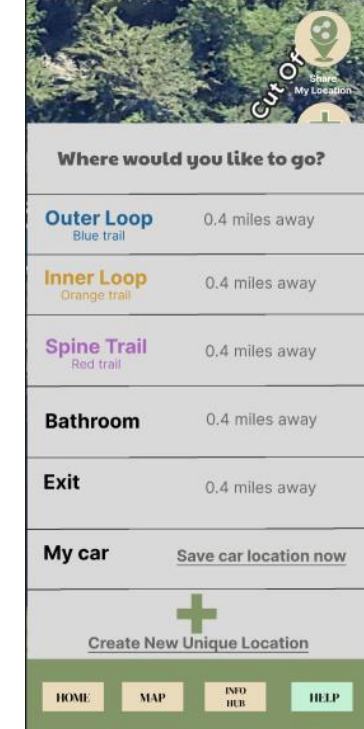


Figure 3

Home & Map Screens

Beta

Mindful Moments For Mental Health Beta

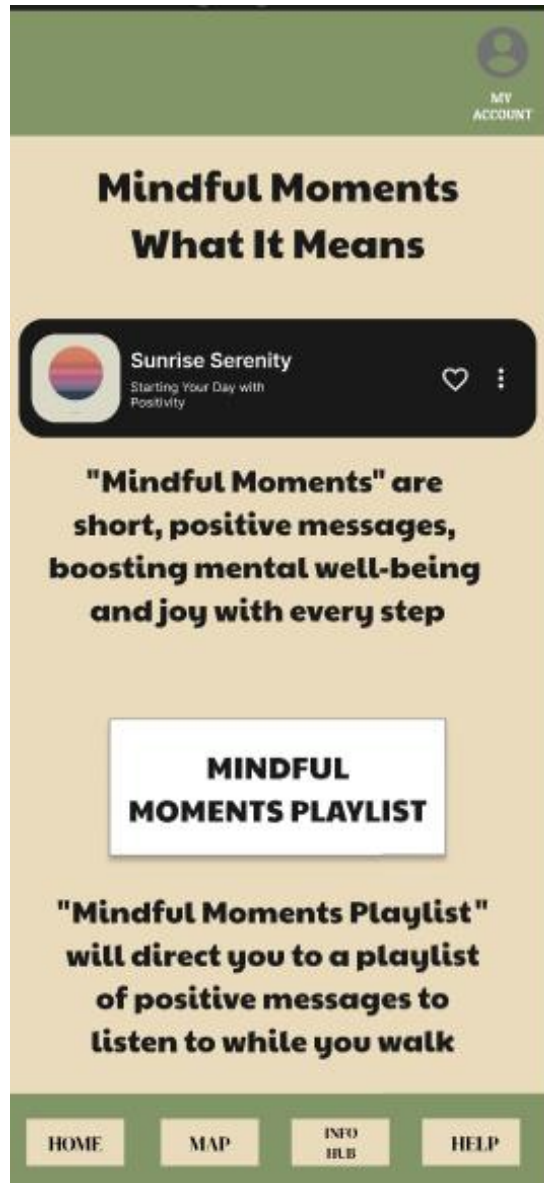


Figure 4

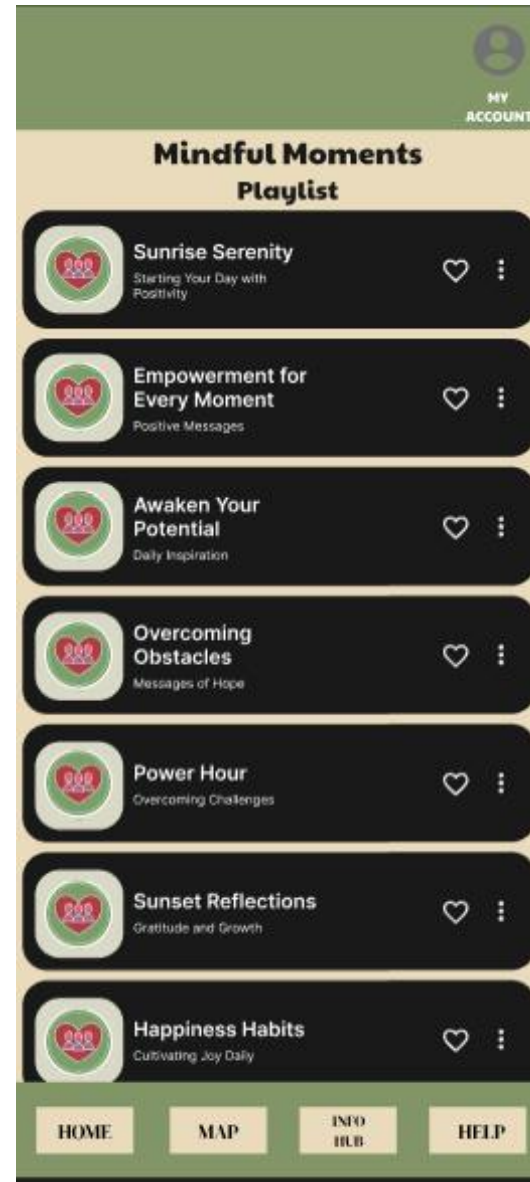


Figure 5

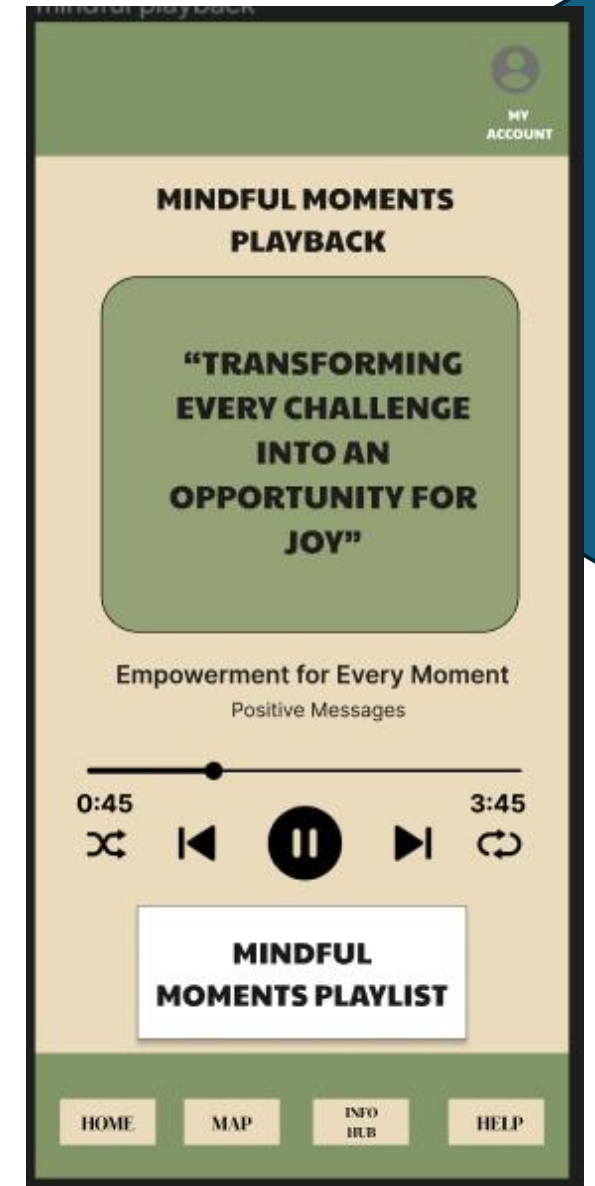


Figure 6

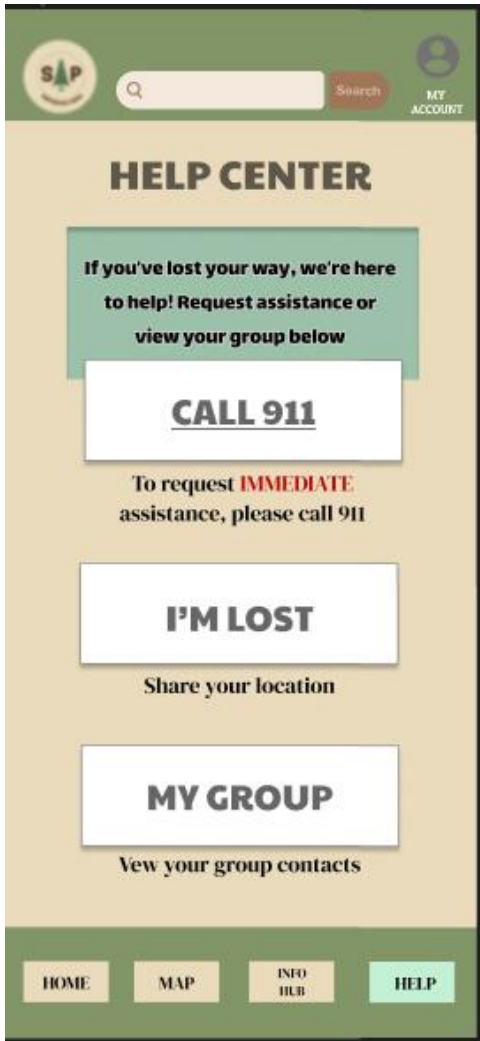


Figure 7



Figure 8

Prototype Beta Tests

Discovering Key Insights

- Visual contrast
- Simple navigation
- Concise text
- Safety focus



Home Screen

Original



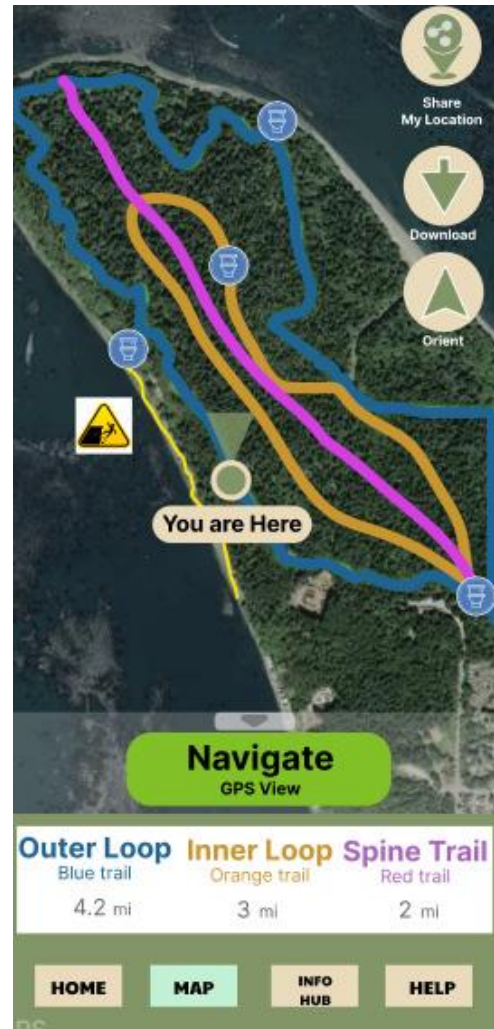
Revised



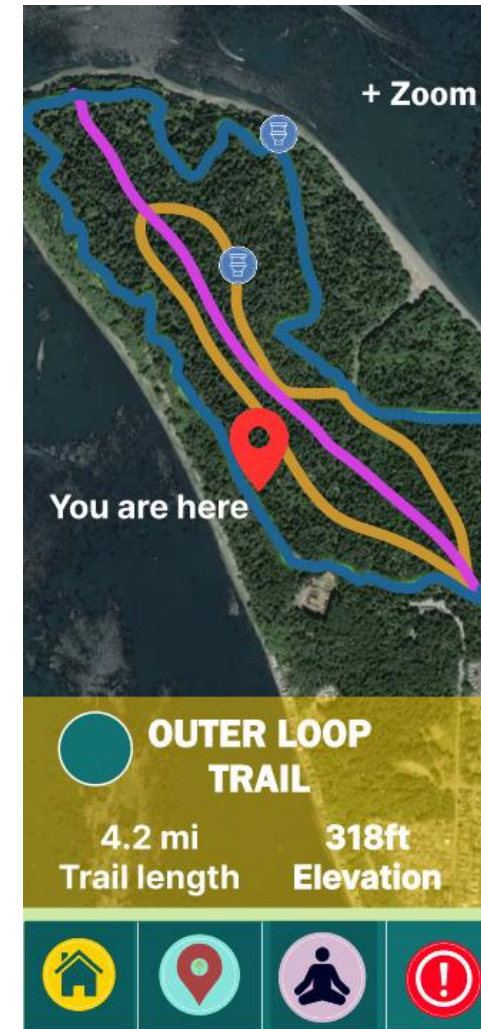
Map Functions

Trail Selection

Original

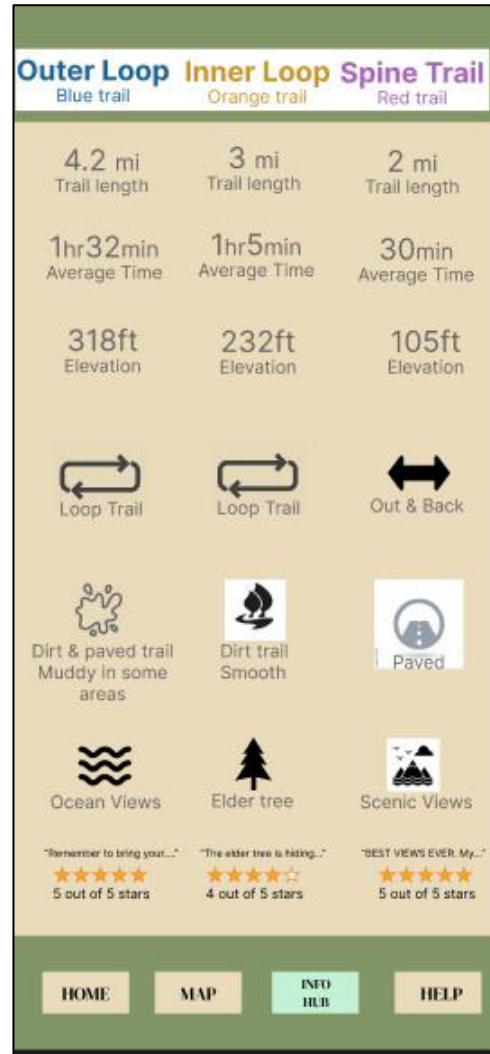


Revised

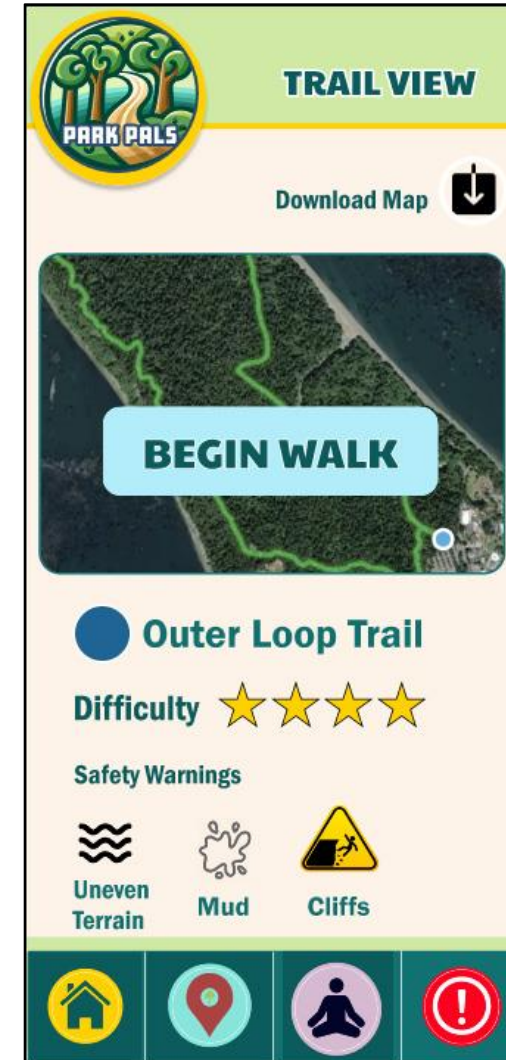


Map Functions Difficulty Ratings

Original



Revised

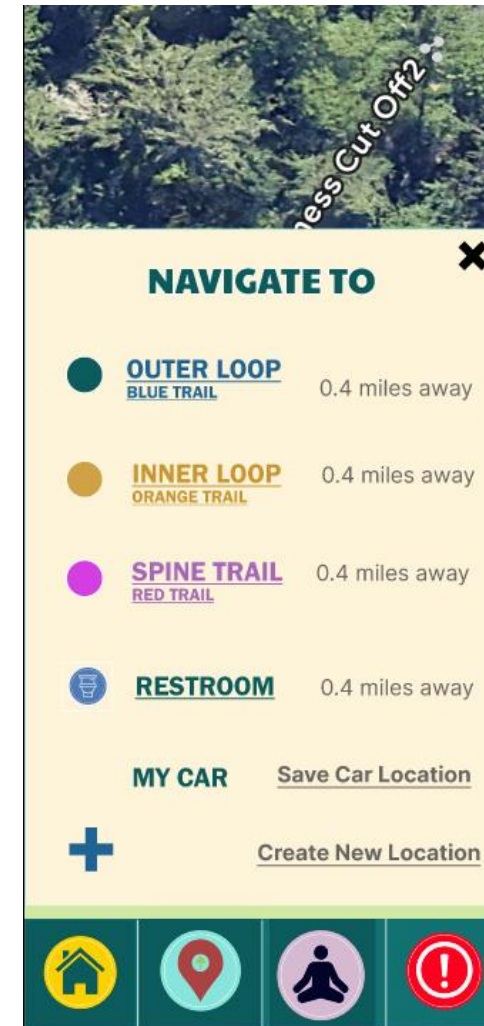


Map Functions GPS Navigation

Original

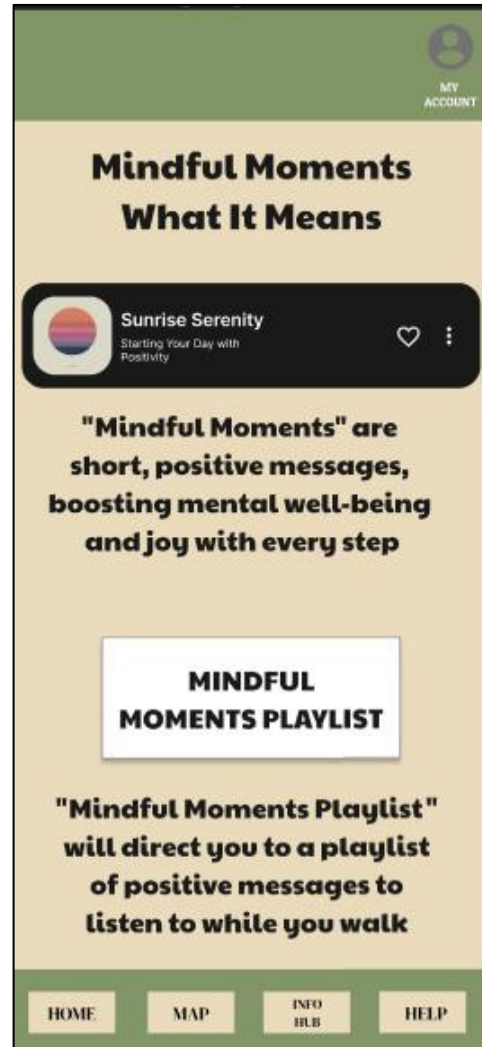


Revised

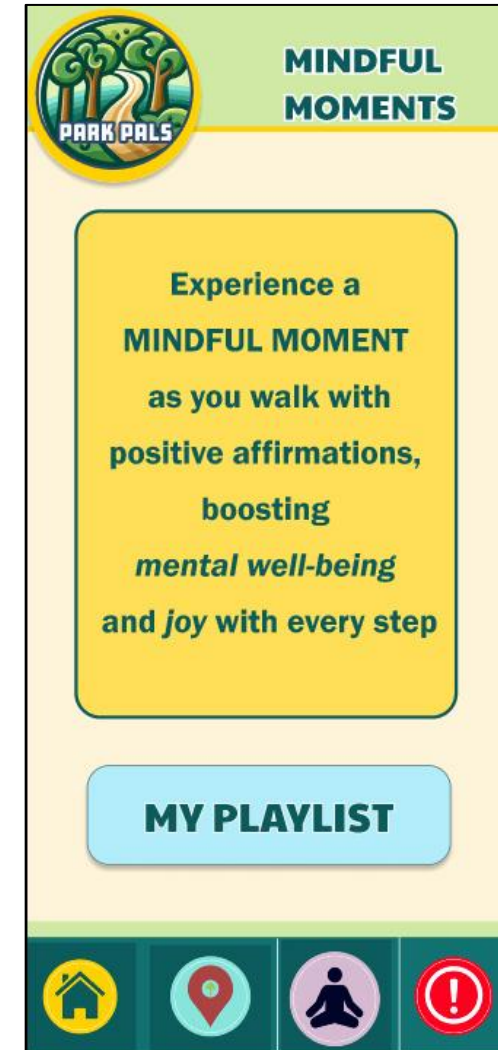


Mindful Moments Landing Page

Original



Revised



Mindful Moments Playlist

Original

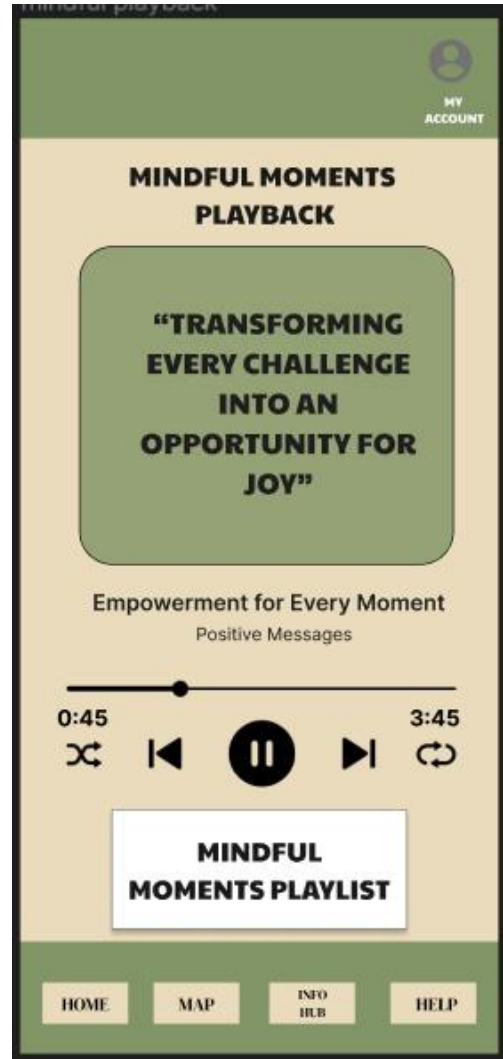


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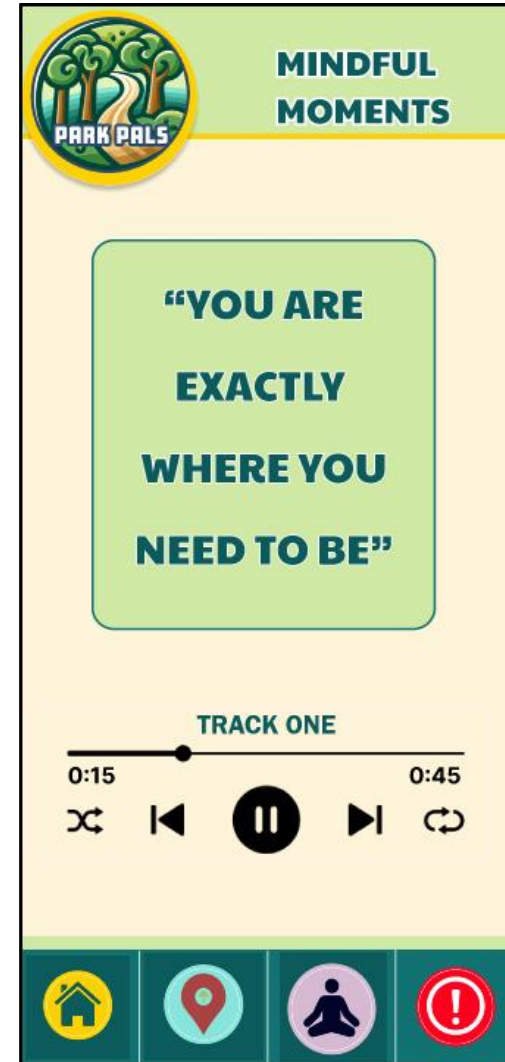


Mindful Moments Playback

Original

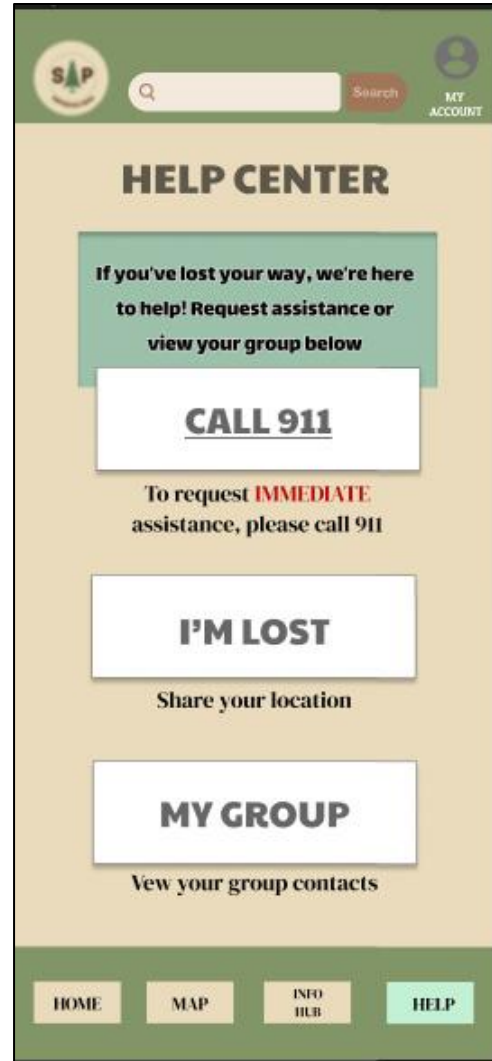


Revised



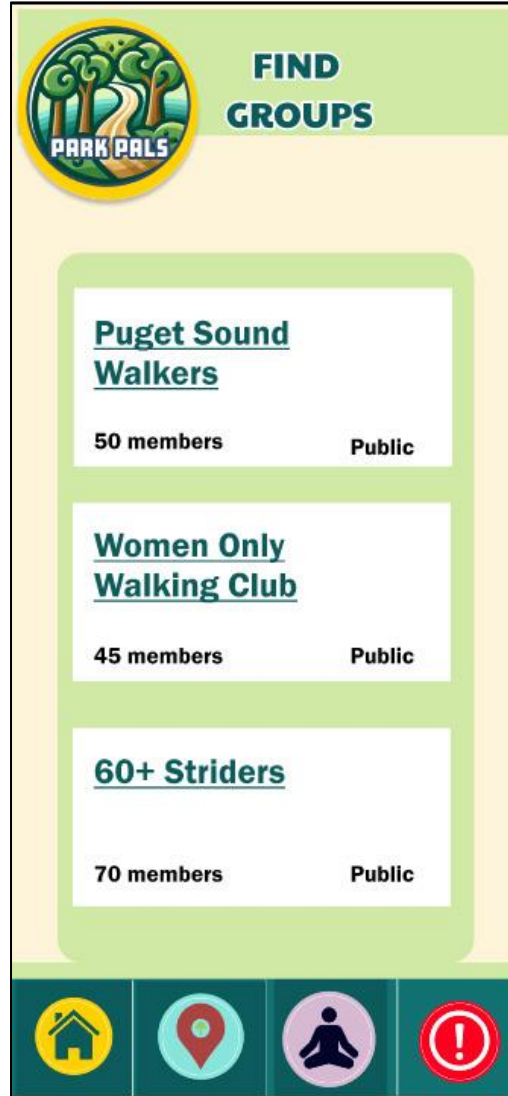
Emergency Menu

Original



Revised





**New
Safety
Features**
Parks New You
Find Groups

New Safety Features

My Group
Danger Warning



Instrumental and Social Affordances



Pre-scouting
locations based
on difficulty



Positive
affirmations for
mental health



Tracking fitness
progress



Discovering new
parks

- Improved social connections
- Increased physical activity
- Community engagement
- Safe access