Silver Linings Yoga App

SILVER LININGS
YOGA FOR WELLNESS

By: Zainab, Anuvir, Suweyda

Our Team

Zainab Hamadi

Co-designer

Anuvir Dhaliwal

Co-designer

Suweyda Abdi

Co-designer

Paul Zuber-Fantulin

Asset Collector

Our Partnership

Our project was done in **partnership with Silver Linings.**

- **Our Client/Expert:** Dr. Adrienne Ione, an experienced integrative health practitioner who supports older people in their aging journey.

In collaboration with Dr. Ione, we designed **our Silver Linings Yoga App.**
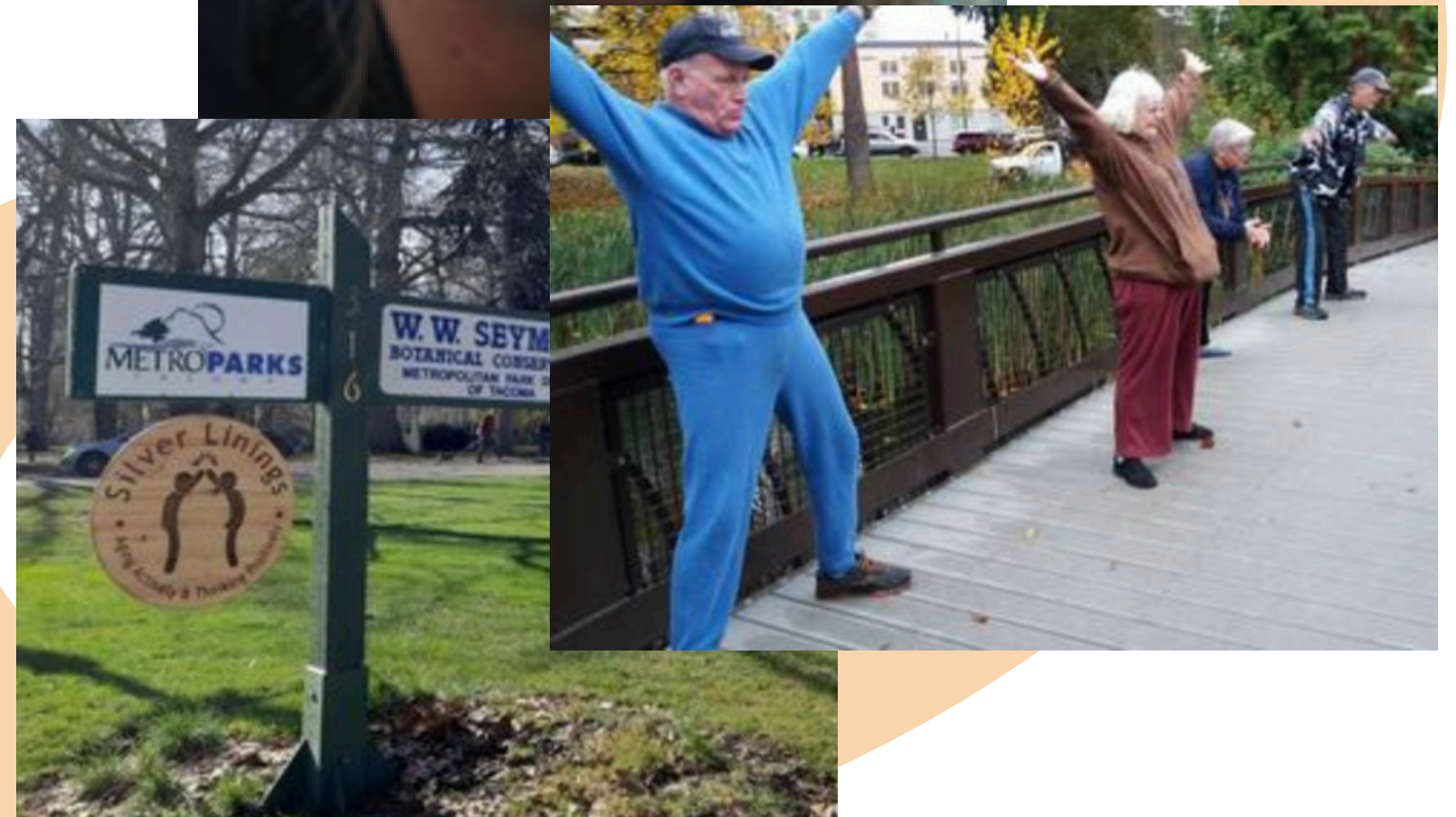
Table of Contents
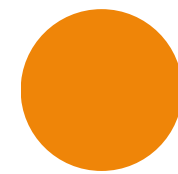
Problem Statement

As humans **age** they **face more hardships**. Health is one example of this concern, in which seniors face a decline in their physical abilities. One of the most severe forms of this decline is **Dementia**.

We took the initiative in solving this problem as it affects the **quality of life** for seniors with Dementia and puts a big emotional strain on families and healthcare systems.

Goals & Objectives

Our goal for this app was **to support older users in becoming more active** to foster a healthy lifestyle and **alleviate symptoms of dementia through Yoga.**

- A catalog of step-by-step yoga lessons curated to the area of their bodies they want to target.
- Stick-figure esque representations to avoid creating expectations around one's body.
- Allow users to link their accounts with care providers so they can track their clients progress.
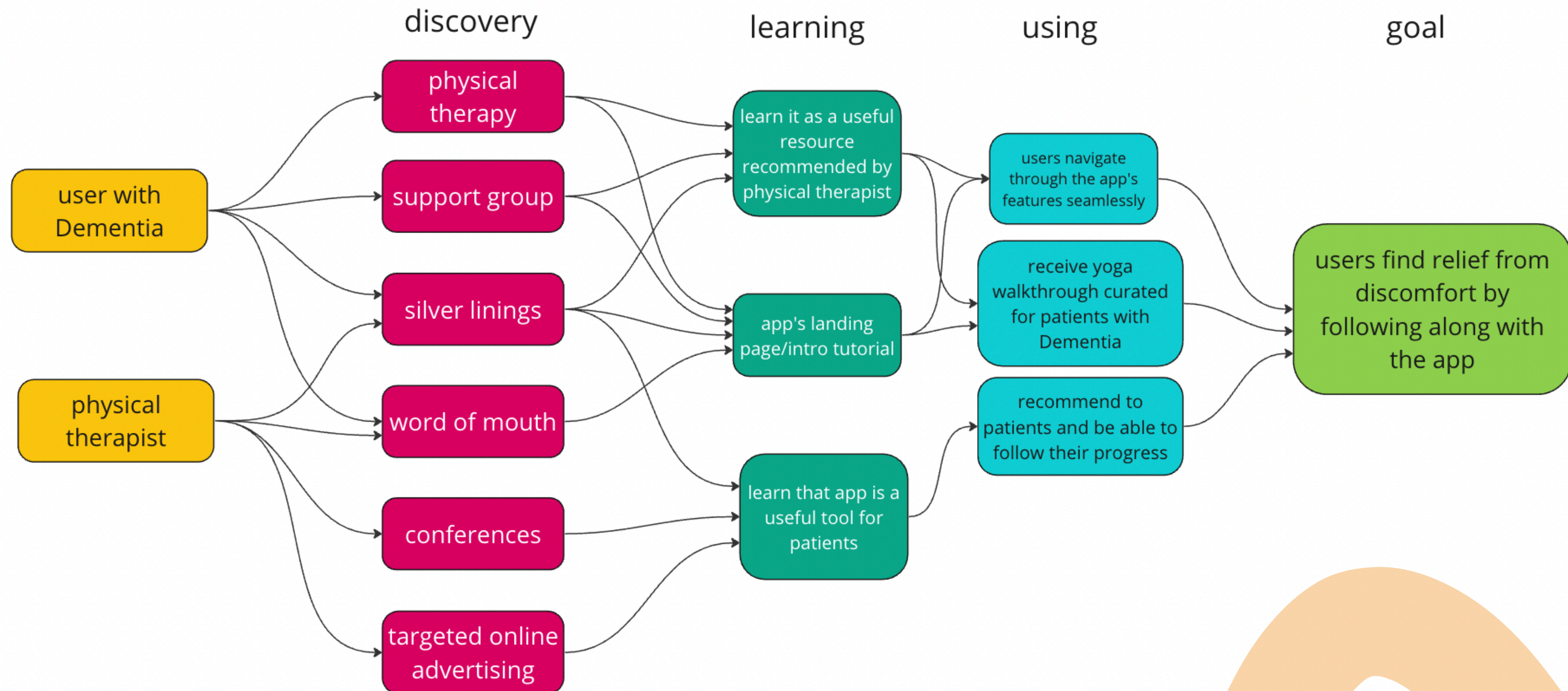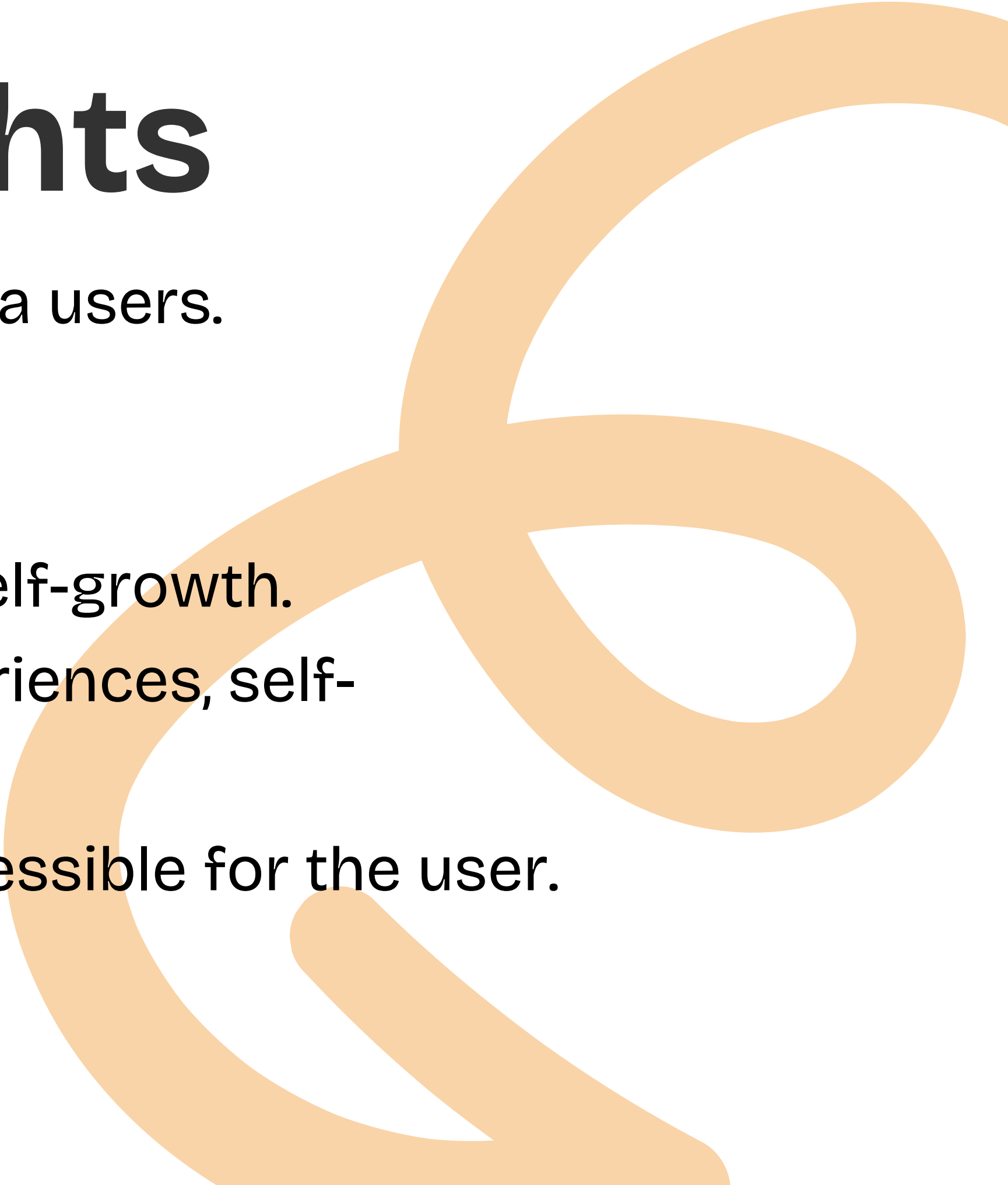
How Might We …

design an app that is simple and familiar for users with dementia?

Flow Mapping

Yoga App for Users Associated with Dementia

discovery | learning | using | goal

user with Dementia

physical therapist

- physical therapy
- support group
- silver linings
- word of mouth
- conferences
- targeted online advertising

- learn it as a useful resource recommended by physical therapist
- app's landing page/intro tutorial
- learn that app is a useful tool for patients

- users navigate through the app's features seamlessly
- receive yoga walkthrough curated for patients with Dementia
- recommend to patients and be able to follow their progress

users find relief from discomfort by following along with the app

Research Insights

- Target audience, 65+ and dementia users.
- Making app features more simple.
- Applicable to a positive lifestyle.
- Connect app with self-discover/self-growth.
- Individualize the app, record experiences, self-reflection, and journaling.
- Make the app motivating and accessible for the user.

Usability Testing

For our **Usability Testing procedure** we interviewed **three participants in the target user range (Ages 60+).** We provided the users with the following pages to navigate through:

- Login Page
- Landing + Yoga Walkthrough
- Goals and Progress Page
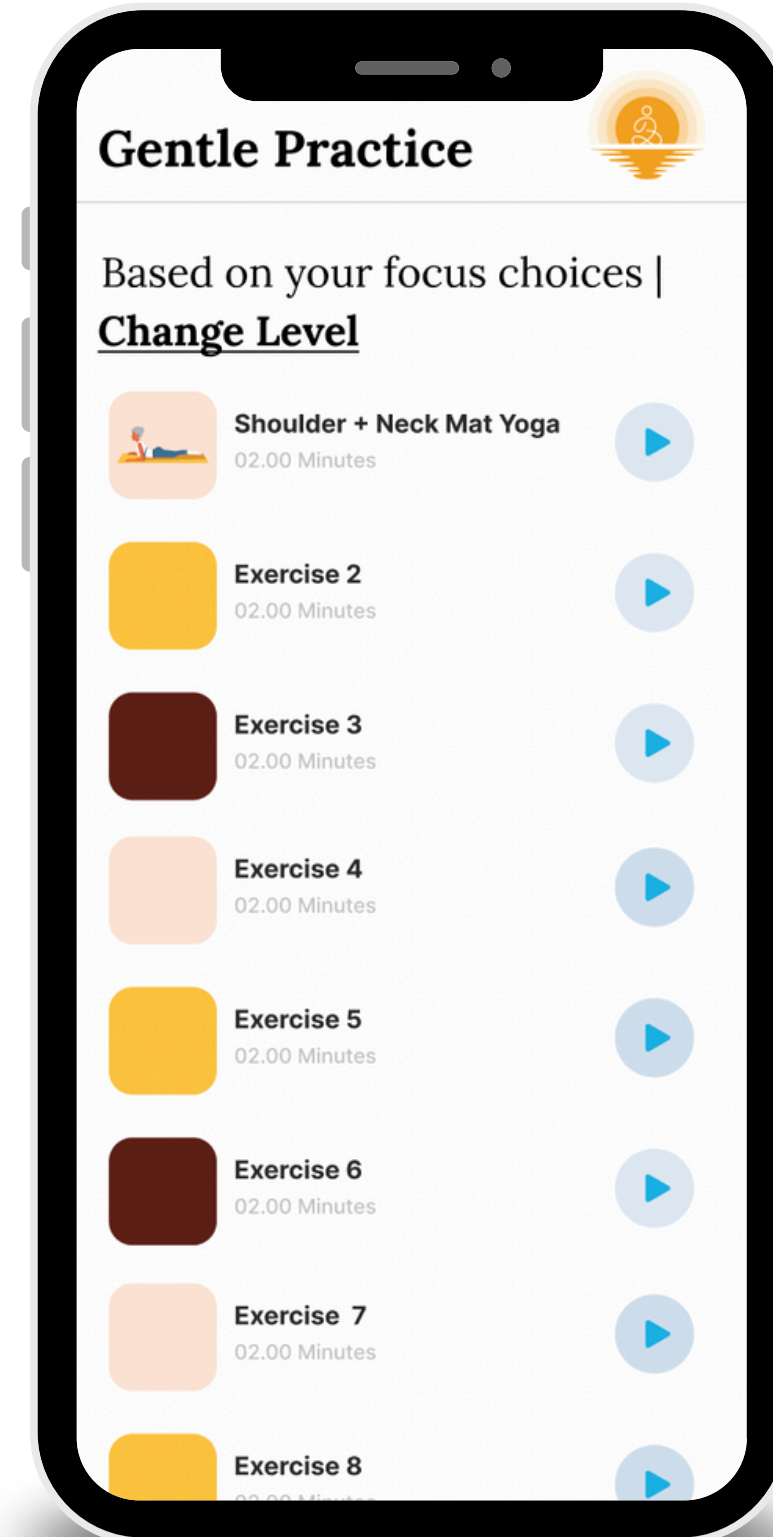- Settings Page

Yoga Walkthrough

What the pages originally included:
- Select a lesson based on focus choice.
- Walkthrough of poses using a timer supported by visual aid of yoga pose.

Feedback received on the pages:
- There should be option for audio.
- Have a countdown before timer.
- Compress the layout so navigation fits on the bottom.

Gentle Practice

Based on your focus choices |
Change Level

Shoulder + Neck Mat Yoga
02.00 Minutes

Exercise 2
02.00 Minutes

Exercise 3
02.00 Minutes

Exercise 4
02.00 Minutes

Exercise 5
02.00 Minutes

Exercise 6
02.00 Minutes

Exercise 7
02.00 Minutes

Exercise 8

Cow Pose
Inhale Deeply

4/6

Prev 00:10 Next

Up Next
Extended Puppy Pose
>>>

Goals & Progress

What the pages originally included:

- A calendar view of both monthly and yearly progress.
- A color-coded key.
- Insight summary of user data.

## Feedback received on the pages:

- Show weekly progress.
- Make it clearer to differentiate meaning in the calendar.
- Make information easier to read for the user.
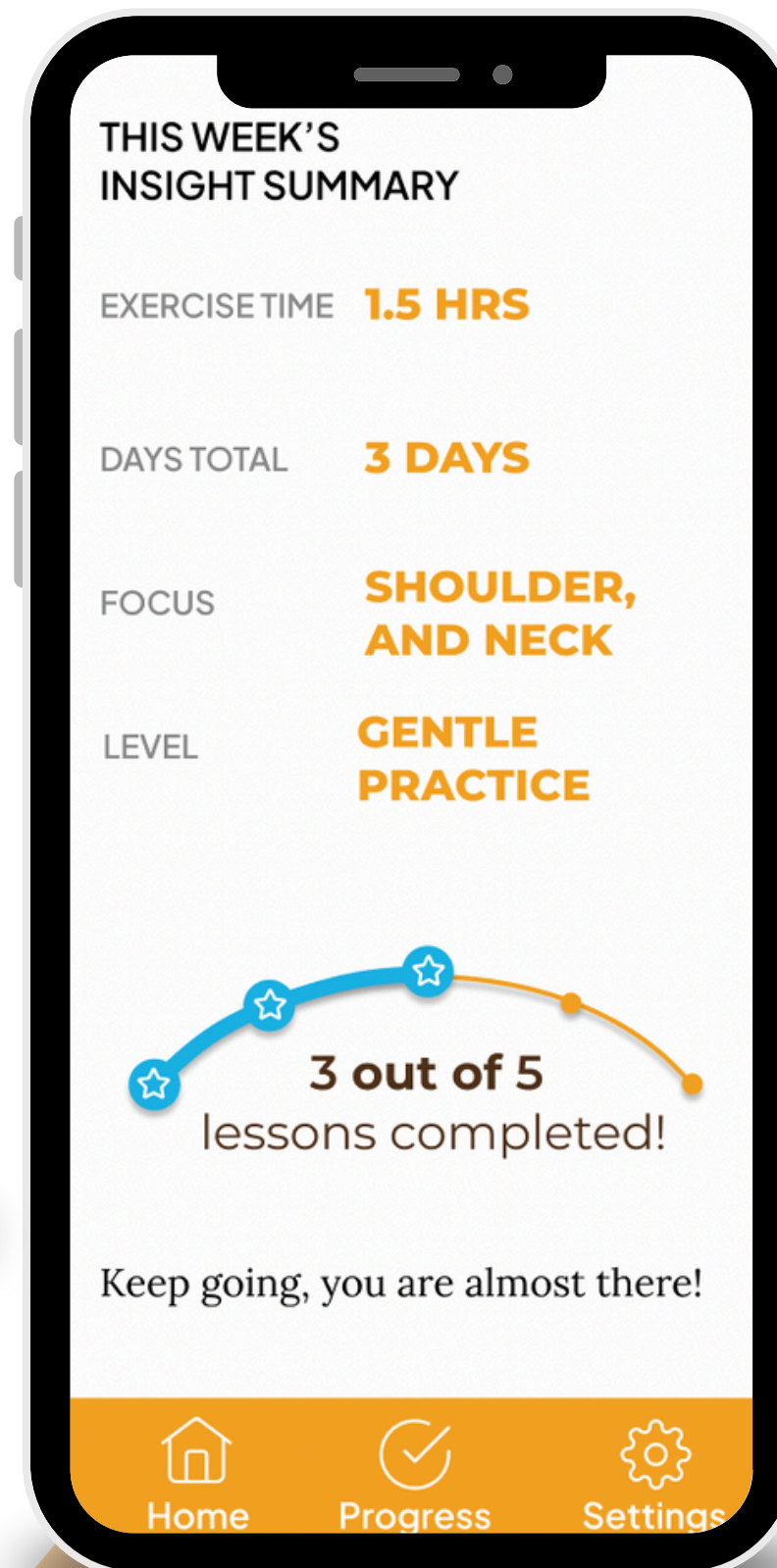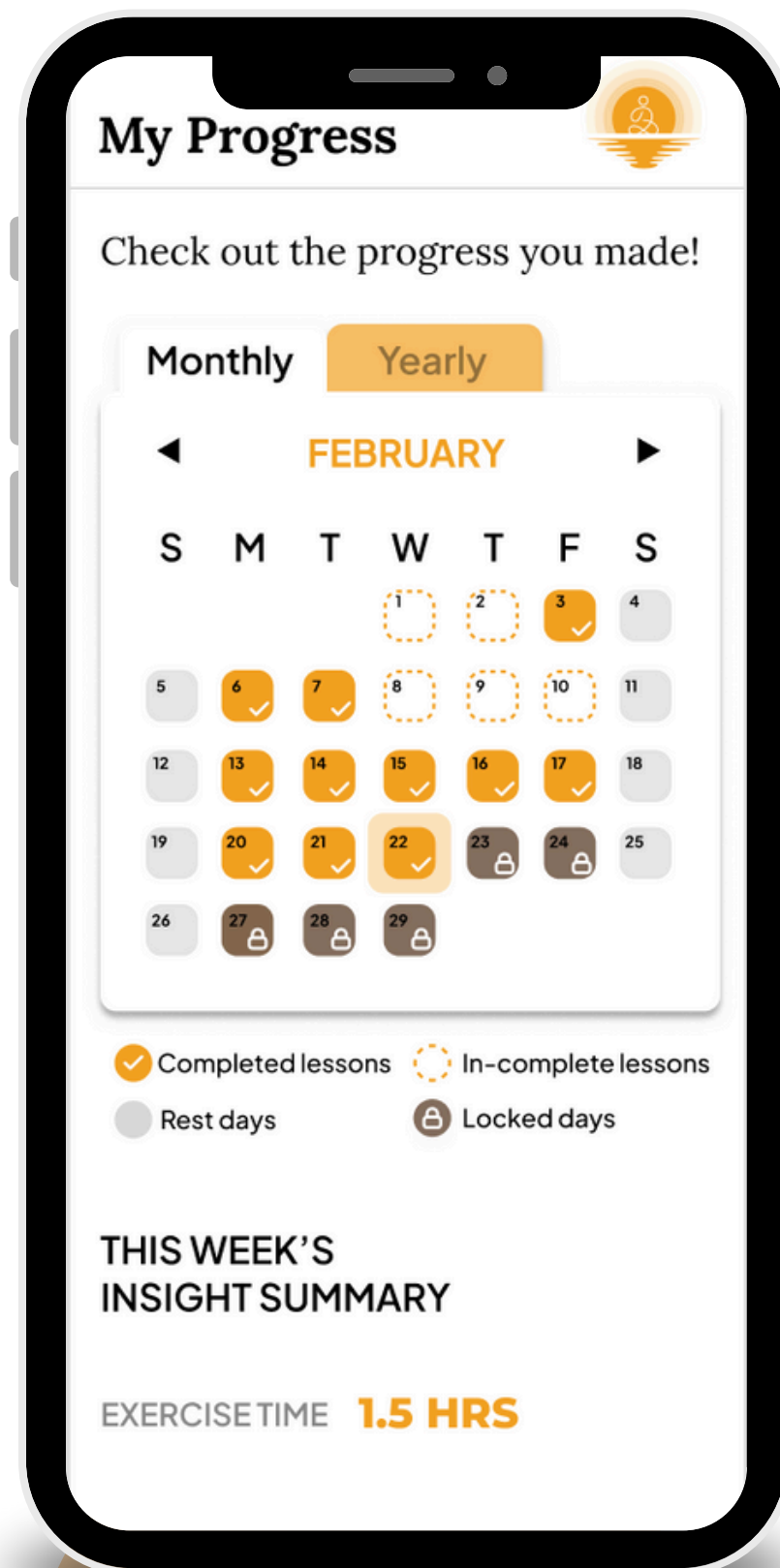
Prototype Iterations

Final Design Showcase

Our prototype was **tested with users** and from those results we encountered some design and content issues that needed to be **revised to improve the user experience.**
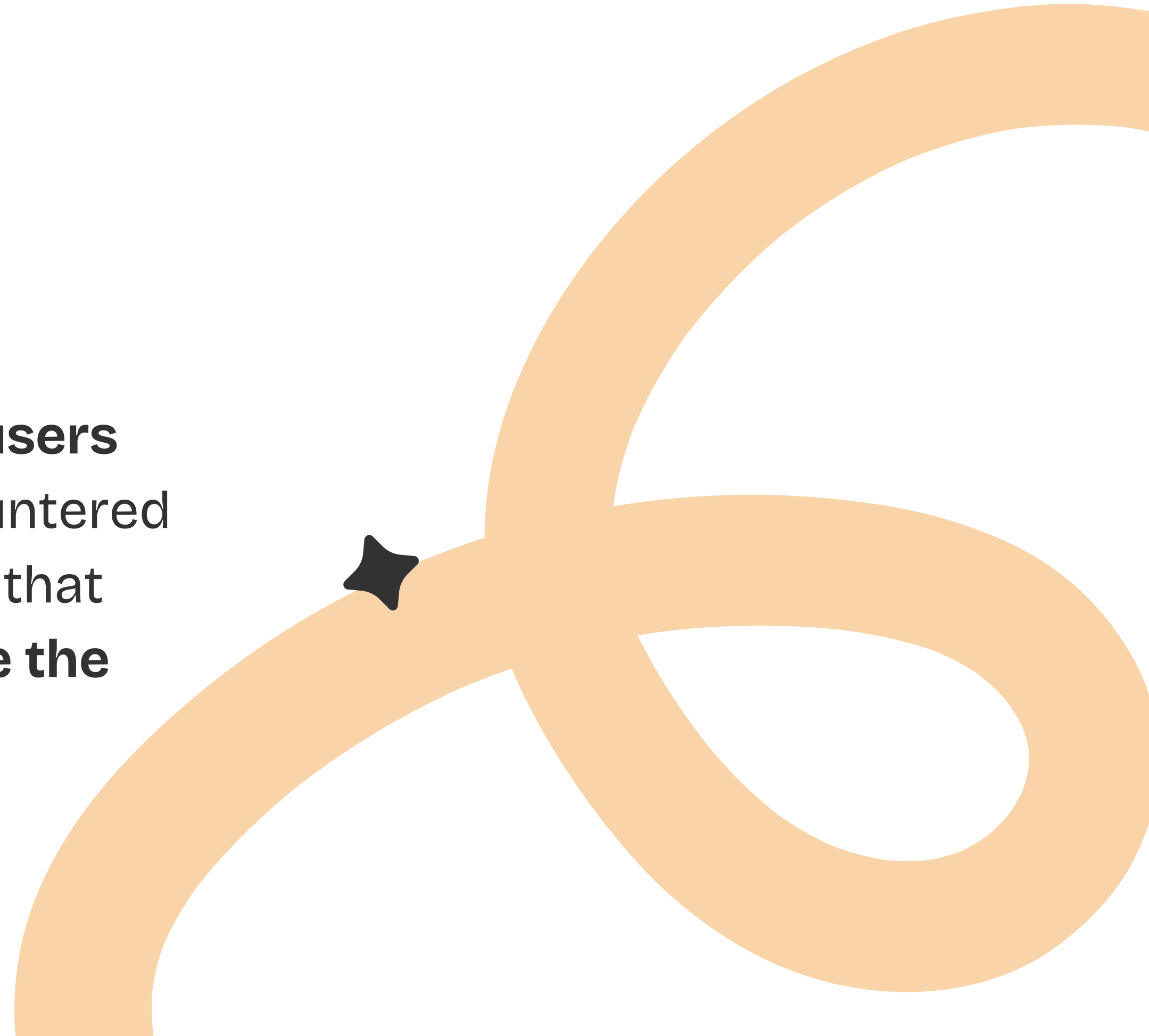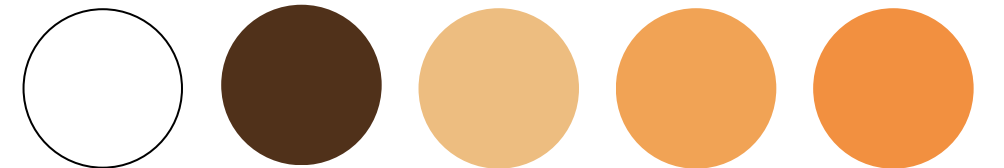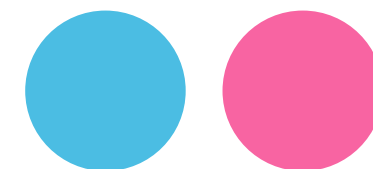
Brand/Logo

- A color palette of monochromatic shades of orange, white, and brown as they are **warm, energetic and promote mindfulness.**

SILVER LININGS
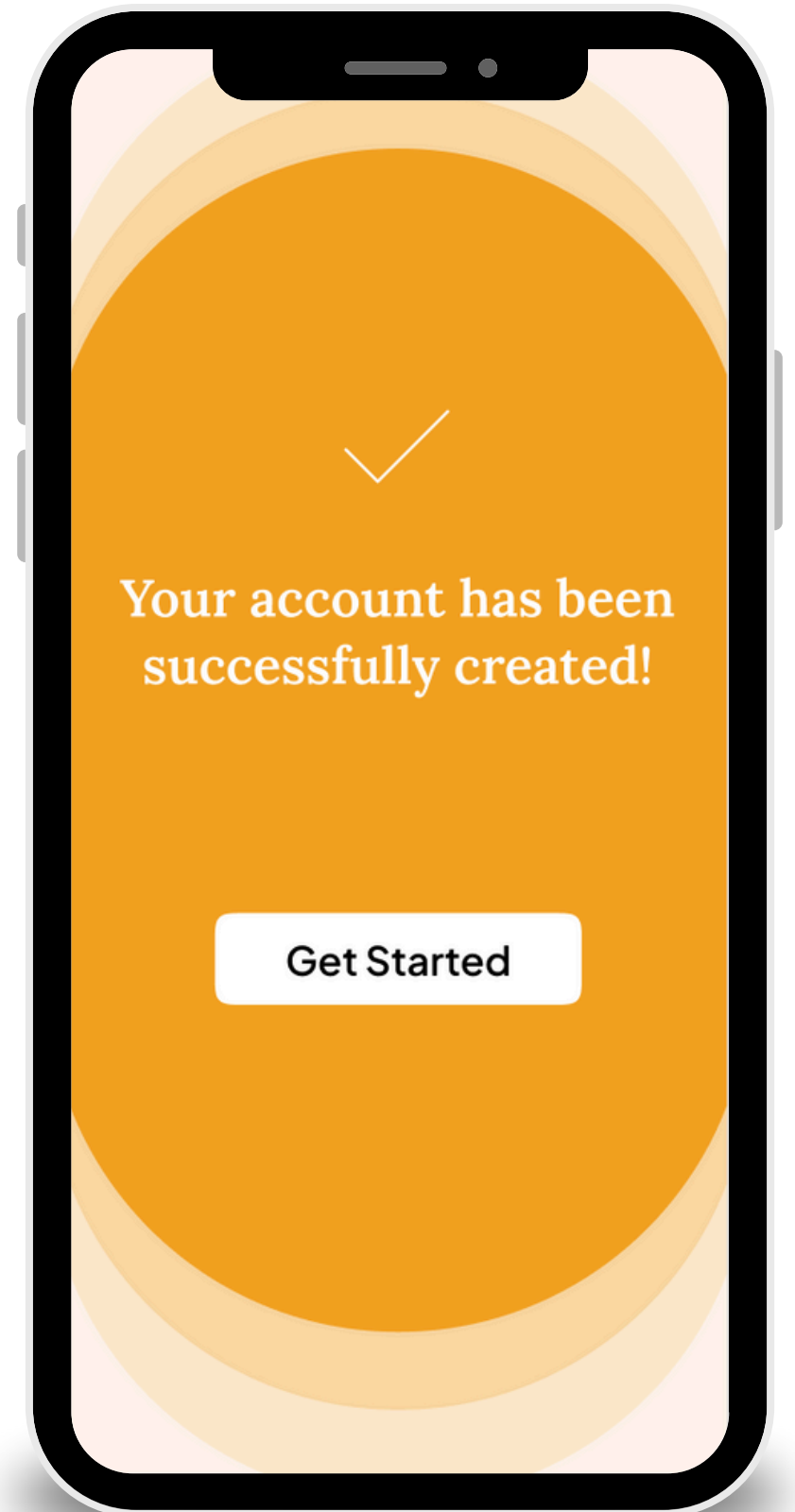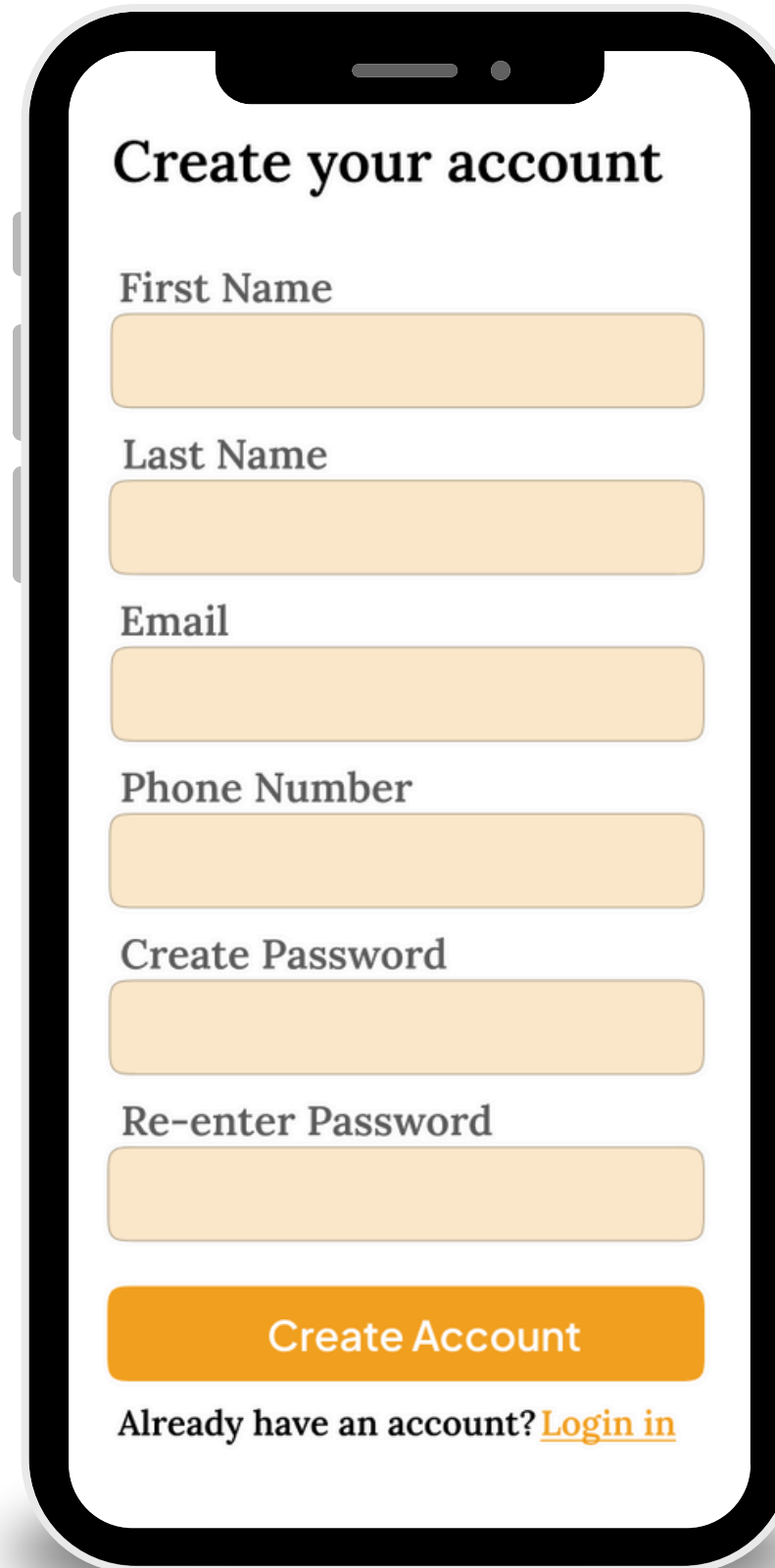YOGA FOR WELLNESS

Primary Color Palette:

Secondary Color Palette:

Login/Sign-Up

SILVER LININGS
YOGA FOR WELLNESS

Log In

OR

Sign Up

SILVER LININGS
YOGA FOR WELLNESS

Username

Password

Forgot Password

Log In

Don't have an account? Sign Up

Create your account

First Name

Last Name

Email

Phone Number

Create Password

Re-enter Password

Create Account

Already have an account? Login in

Your account has been successfully created!

Get Started

Setting Up Preferences

Select the areas you want to mainly focus on during yoga..

Choose at least one

shoulder	neck
wrist	legs
feet	ankles
back	hips
chest	lower back
other	

Select the areas you want to mainly focus on during yoga..

shoulder	neck	hands
wrist	legs	hamstrings
feet	ankles	arms
back	hips	knees
chest	lower back	upper back
other		

Next

Creating Your Plan...

Next

Final Prototype

Landing Page & Yoga Lessons

Lesson Countdown

Gentle Practice

**Shoulder + Neck
Mat Yoga**

3

Go back

Home   Progress   Settings   About

Gentle Practice

**Shoulder + Neck
Mat Yoga**

2

Go back

Home   Progress   Settings   About

Gentle Practice

**Shoulder + Neck
Mat Yoga**

1

Go back

Home   Progress   Settings   About

Lesson Completion

CONGRATS
You completed
the lesson!

Repeat Lesson

Add Lesson to
My Favorites

Create Journal
Entry

Home   Progress   Settings   About

Gentle Practice

Based on your focus choices |
Change Level

Standing Shoulder Yoga
4 Steps

Sitting Shoulder Stretches
8 Steps

G   Body Practice
6 Step

Recent Lessons

Shoulder + Neck Mat Yoga
6 Steps ❤

Gentle Full Body Practice
5 Steps ♡

Upper Body Stretches
6 Steps ❤

Home   Progress   Settings   About

Final Prototype

My Journal

CREATE JOURNAL ENTRY

TODAY: JANUARY 23, 2024 | 9:21 AM

Provide details from your lesson

HOW LONG DID YOU EXERCISE?

20 MIN

HOW DO YOU FEEL?

GREAT OKAY POOR

NOTES

🎤 Press and hold to record note

Did two lessons today. One was shoulder and neck, and some upper body stretches. Good warm up for the day.

CANCEL SAVE

JANUARY'S GOAL Edit goal

COMPLETE TWO EXERCISES A DAY

+ Add Journal Entry

JOURNAL ENTRY SUCCESSFULLY ADDED!

Continue

WEDNESDAY, JANUARY 22, 2024

9:14 AM + 25 minutes

Completed my two lesson. Today I focused on my shoulders. I enjoyed these lessons! Will try them again.

TUESDAY, JANUARY 21, 2024

9:35 AM + 22 minutes

✕ Close

MY JOURNAL

JANUARY'S GOAL Edit goal

COMPLETE TWO EXERCISES A DAY

+ Add Journal Entry

THURSDAY, JANUARY 23, 2024

9:21 AM + 20 minutes

Did two lessons today. One was shoulder and neck, and some upper body stretches. Good warm up for the day.

WEDNESDAY, JANUARY 22, 2024

9:14 AM + 25 minutes

Completed my two lesson. Today I focused on my shoulders. I enjoyed these lessons! Will try them again.

TUESDAY, JANUARY 21, 2024

Final Prototype
Goals & Progress

Settings, About Us, & Privacy

Settings

Janice Waters

Account
Edit Profile
Privacy
Sync MyHealth

Audio
General Notification
Sound
Vibrate

Log Out

Home   Progress   Settings   About

ABOUT US

Silver Linings yoga app is designed specifically for individuals diagnosed with dementia.
Our mission is to provide accessible and effective yoga instruction uniquely made to the needs of older individuals.

Read Privacy Policy

Home   Progress   Settings   About

OUR PRIVACY POLICY

Here at Silver Linings we make it our top priority to protect our users privacy. We are committed to ensuring that your information is secure and maintained confidentially.

Read More

Go Back

Home   Progress   Settings   About

Global Engagement Conference 2024

Thank You!

QUESTIONS? COMMENTS?

VIEW OUR PROTOTYPE!