

*Mylife*

# Multimedia technology for people with MCI

## First trial results

Anja Wilbrandt  
Eva Schulze

# Target group and aim of Mylife

## Target group

- People with memory problems, MCI
- People with dementia in an early stage

## Aim

- Support autonomy, increase quality of life and social participation
- Reduce stress for relatives/informal carer

## The survey

- Carried out in Norway, United Kingdom, Germany
- Duration: March 2012 – June 2012, testing Mylife for 8 weeks at home
- Aim: To test acceptance, usability and usefulness of Mylife
- Eligibility Criteria: Memory problems, at least 60 years old, living at home
- Participation as „user-pairs“: One person is using Mylife (user) and one person is adding information to Mylife (helper) via internet, e.g. appointments
- Altogether 36 of these pairs took part

# Features Mylife: Today

Wednesday 4. January 2012

10:00 Medication

12:20 - 12:50 Visit from John  
This appointment starts 8 minutes from n...  
John comes for a visit.

16:00 Dinner



DAY



Today



Calendar

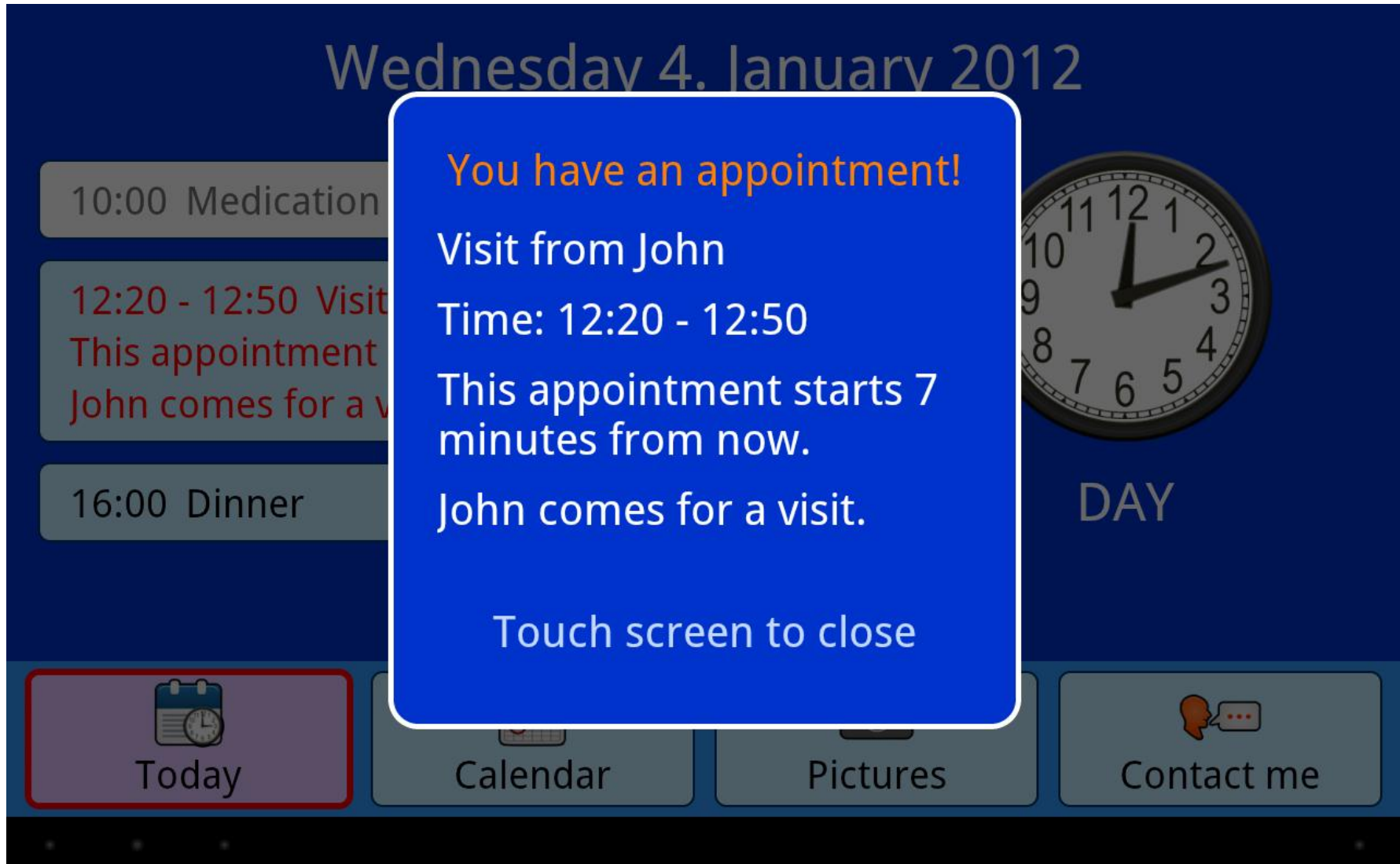


Pictures



Contact me

# Features: Reminder



# Features: Calendar

Press a date

← Previous month

January 2012

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					

Next month →

Today

**Calendar**

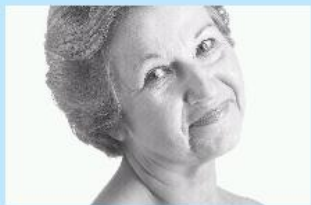
Pictures

Contact me

# Features: Pictures

## Pictures

Touch a picture to select album



My life



Flowers



Today



Calendar




Pictures



Contact me

# Features: Pictures



Turn ←

Turn →

Yellow tulips. Wild pansies are hiding.

Today

Calendar

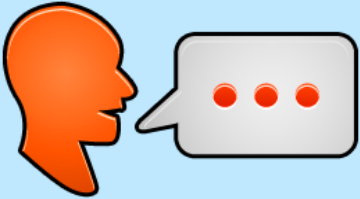
**Pictures**

Contact me



# Features: „Contact me“ message

Touch here



to send a "contact me" message

Today

Calendar

Pictures

Contact me

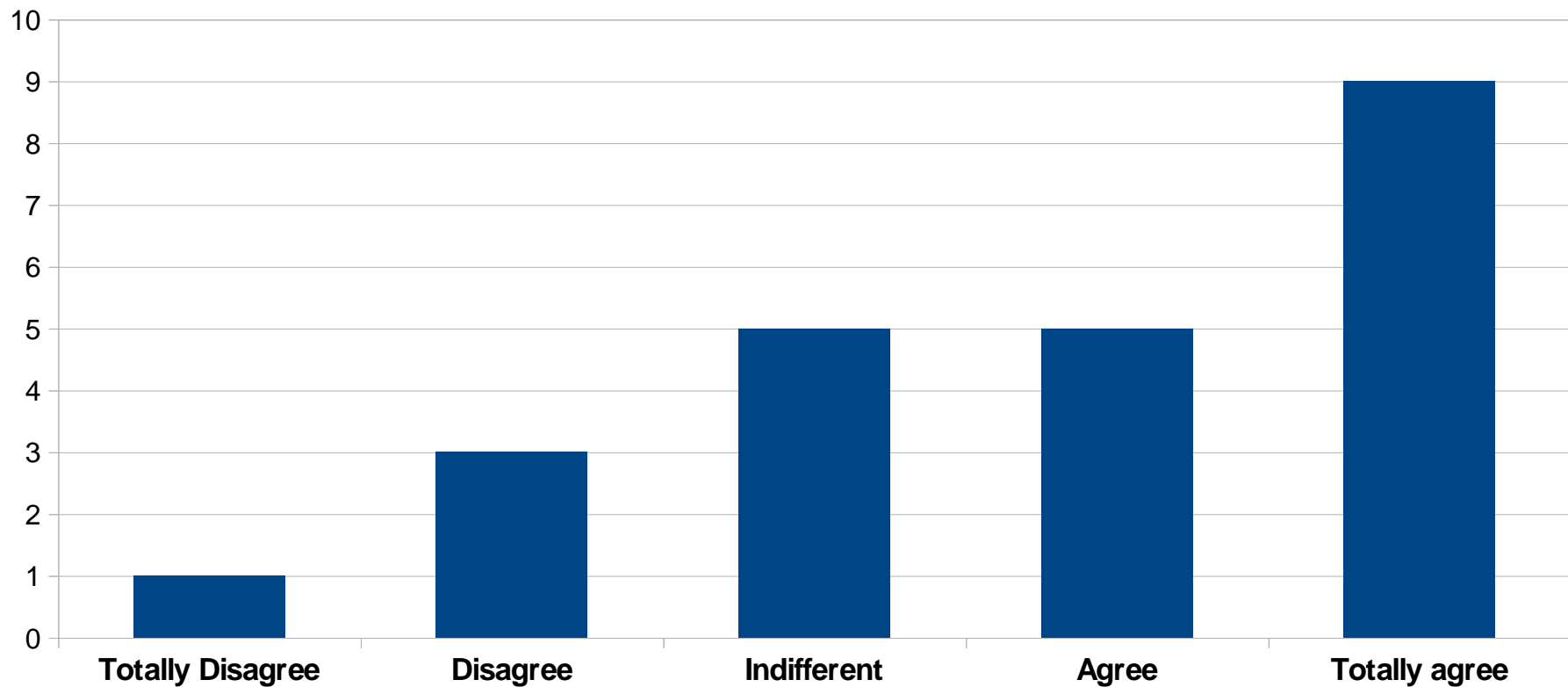
## Results: Opinion of the user

- **Symbols are easy to understand**
- **Elements are clearly arranged**
- **Simple visual appearance**
- **Good button-size (one exception: buttons for the date)**
- **Menu navigation can be used intuitively**
- **Provides date, time and appointments at a glance (fast orientation)**
- **Reminder is very useful, helps to feel secure**
- **Pictures with captions help to remember**
- **TODAY is the most helpful feature and the one that was used the most**

# Results: Opinion of the helper

Mylife is easy to use for the user (all countries)

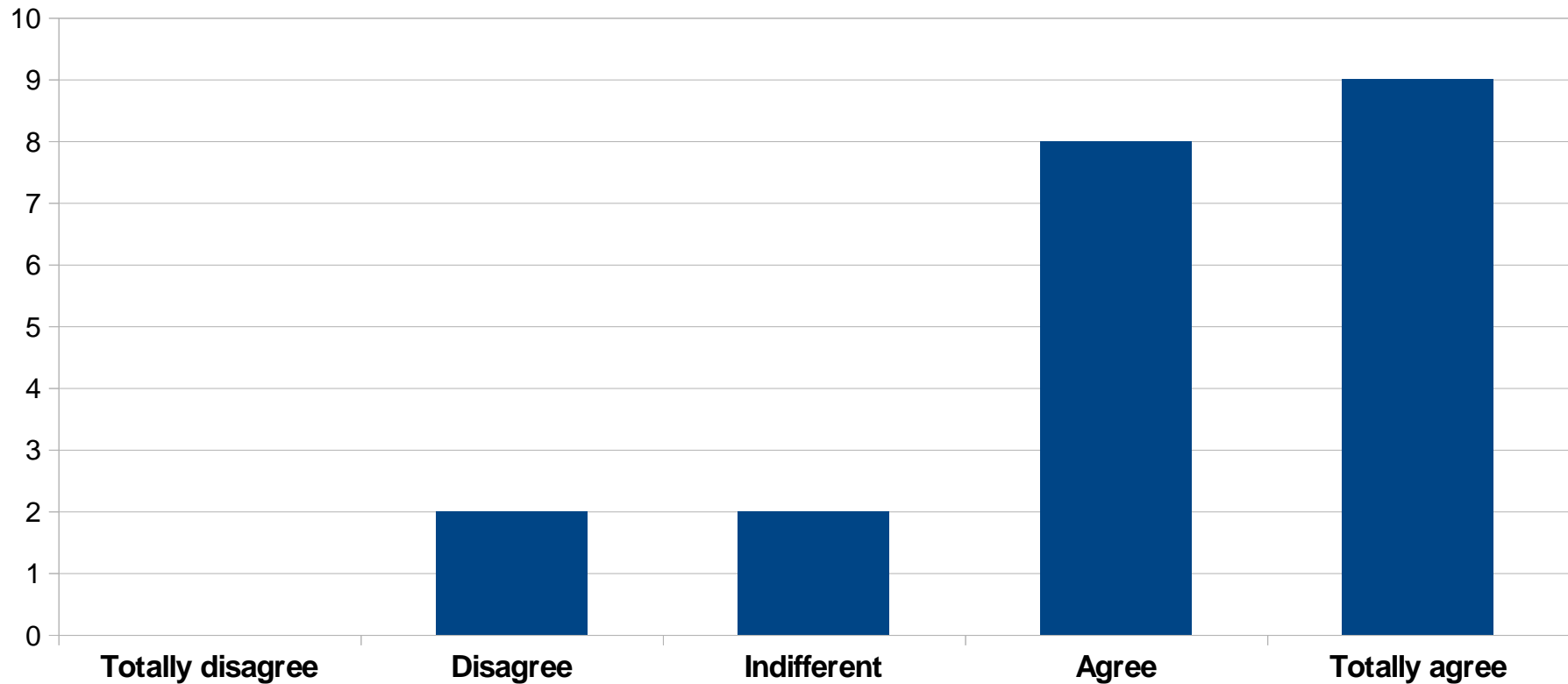
After using Mylife for 8 weeks



# Results: Opinion of the helper

The user has fun using Mylife (all countries)

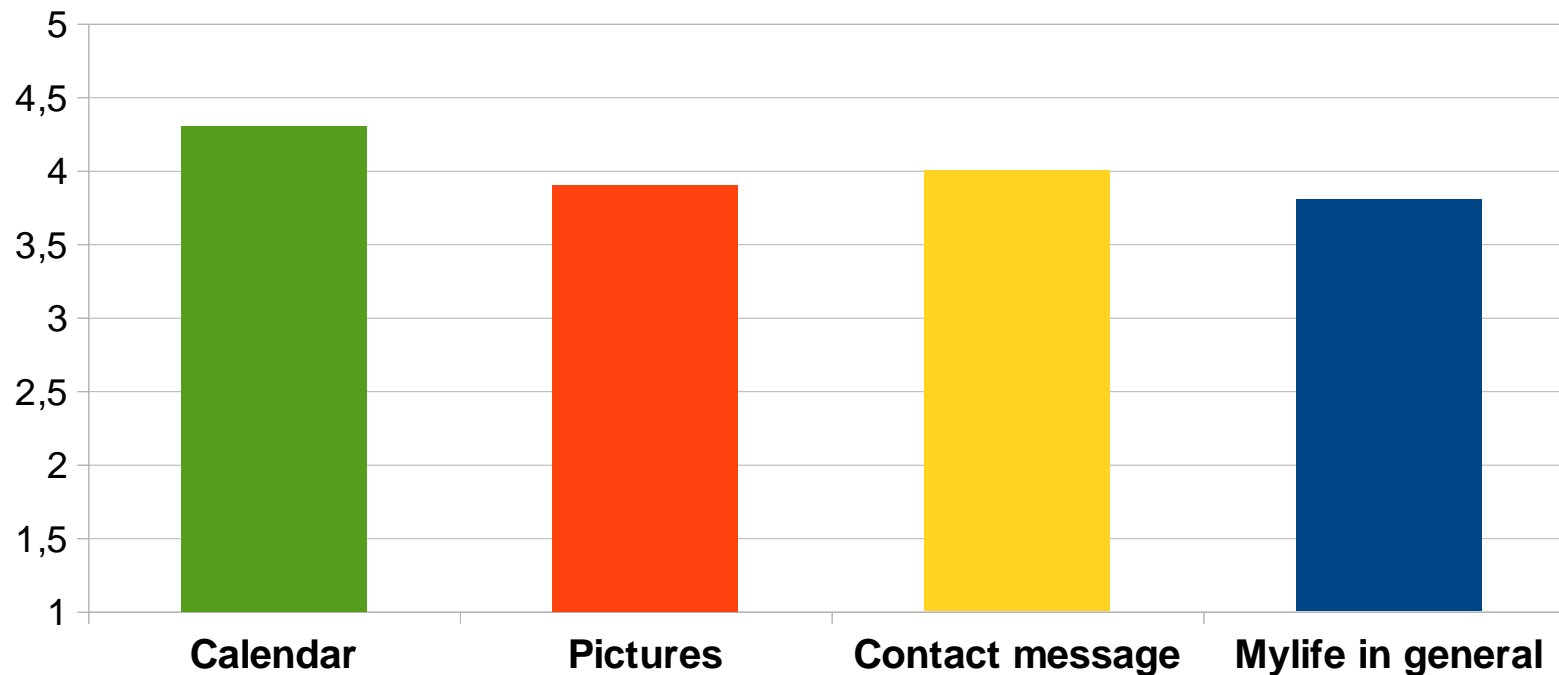
After using Mylife for 8 weeks



# Results: Opinion of the helper

I think this feature/Mylife in general is useful (all countries)

After 8 weeks of using Mylife, average of the answers



1 = Totally disagree, 2 = Disagree, 3 = Indifferent, 4 = Agree, 5 = Totally agree

# Disadvantages

- **No opportunity to add appointments directly at the tablet**
- **No weekly calendar**
- **Difficult to take it with you**
- **Difficult to add or edit appointments spontaneously**
- **Technical problems (data transfer, screen)**

## Next steps

- **After the first trial some small changes were made according to the evaluation results and participant's wishes**
- **Implementation of new features: Newspaper, radio, weather forecast**
- **Second trial with the new system will start in October**

**Thank you for your attention!**



**Anja Wilbrandt  
Eva Schulze  
BIS – Berliner Institut für Sozialforschung  
Brandenburgische Str. 16  
10707 Berlin**

**Tel: 030 / 310 009 0  
E-mail: [a.wilbrandt@bis-berlin.de](mailto:a.wilbrandt@bis-berlin.de)  
www: [www.bis-berlin.de](http://www.bis-berlin.de)**