

Help Yourself- a tool for managing dementia

by Ana Sarasola, Clark Kellogg, Johan Mullern-Aspegren, and Vinod Kizhakke



WHOM IS IT FOR?

For all of us as we grow older and rather have the devices around us adapt to us than the other way around

WHY IS IT RELEVANT?

Dementia means gradually losing the ability to perform daily tasks such as brushing teeth, preparing a meal, paying bills and taking medication.

And as an effect of the virus; Washing hands, a person with dementia is typically in a risk group and contracting covid-19 may be fatal. However, the most efficient, simple and inexpensive counter measure is hard to bring by someone with dementia. Learning new procedures is hard and just as hard is it for the caregiver to know whether it was done or not.

Help Yourself tells the story about how deep-fake is about to change the way we cope with dementia globally and protect some of our most vulnerable groups from the ongoing pandemic

EVERY DAY Diane Evans (not her real name), from her home in London, calls her 85-year-old mother, who lives on her own in Wales. Every day she asks if she is remembering to wash her hands regularly and to keep a social distance from other people. Every day her mother is perplexed by the question. Every day the facts of life during the coronavirus epidemic are explained to her yet again, with an heroic absence of exasperation. Every day Ms Evans worries that her mother will put herself at unnecessary risk of contracting the covid-19 virus

(<https://www.economist.com/international/2020/04/26/for-people-with-dementia-the-coronavirus-pandemic-is-a-nightmare>)

- 2015 there were 46 000 000 persons suffering from dementia globally
- As life expectancy increases, this number is feared and expected to increase
- In ages 85+ almost half of the population is suffering from dementia
- There is no cure to dementia today but the suffering of the patient and relatives can be milder

People with dementia will often respond positively to pictures and music that trigger old memories, they may not recognize the last house they lived in last but very well the home where they were raised. When suffering from dementia, being shown is better than being told and way better than having to rely on written notes. Thus, a visual support that builds on the old memories of the patient could be a key to improving the lives for people suffering from dementia.

- 1) Record short videos of actors performing daily tasks (Hand washing, brushing teeth, etc)
- 2) For each patient create personalized versions of the videos using deep-fake tech
- 3) Display the video of the patient performing tasks in planned intervals based on time of day and need

WHAT IS NEEDED TO IMPLEMENT THE IDEA?

A trusting relationship to a person suffering from dementia and his/her care giver

Video equipment to record the first videos

Access to deep-fake editor software

WHO CAN CONTRIBUTE?

Software Developers/ Architects
Design Researchers
UX Designers
UI Designers