

iris

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Context





“How can we help ME patients to have a better everyday life by providing an increased understanding of their own situation and helping to communicate this to others?”

Goal

«To design an app that helps people with ME to better understand their own situation and illness, and help them communicate this to others.»

TARGET GROUP

Myalgic

Encephalomyelitis

(Chronic fatigue syndrom)

*People in the early stage of the
illness. Moderate stage.*

Disabling and complex illness.

SUSTAINABILITY





3 GOOD HEALTH AND WELL-BEING



UN sustainable development goals

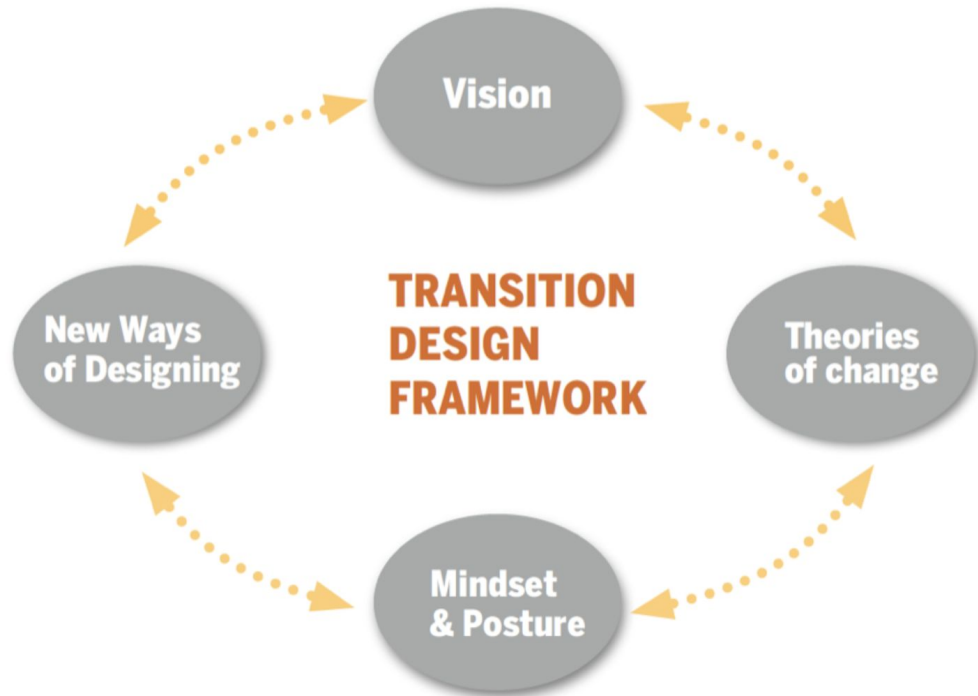
“Ensure healthy lives and promote well-being for all at all ages.”

Key concepts

- Research Through Design
- Minimal interaction
- Sustainability
- Social Innovation
- Transition design framework

TRANSITION DESIGN





Vision ✨

«The app will be used over a longer period of time, adapt and evolve when it is needed. It will make it easier to help people in all ages with overall better health and well-being.»

Theories of change

- Changes in daily routines
- Become a natural part of everyday life
- *Social Practice Theory*
- eg. communication with doctors and NAV

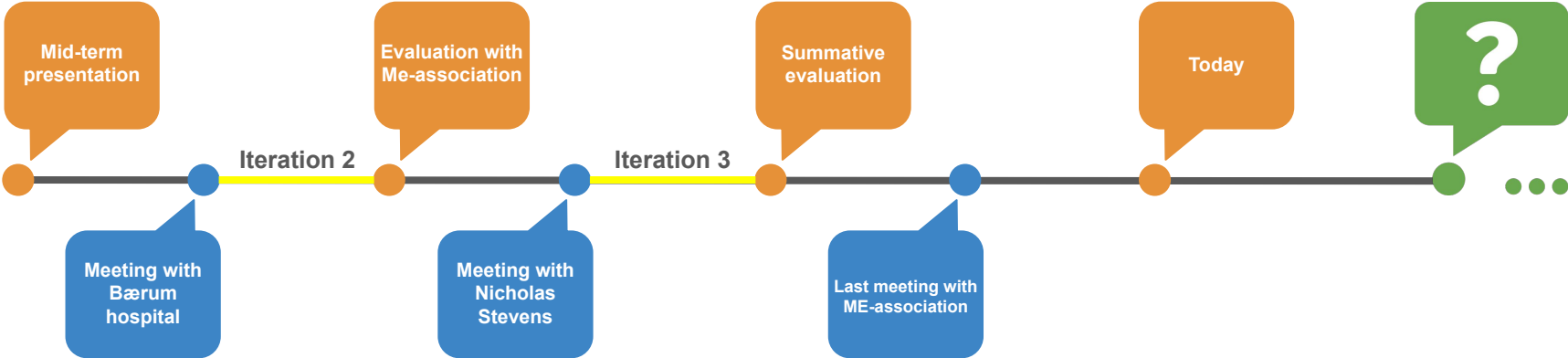
Mindset and Posture

- How we as designers think and adapt
- Holistic approach
- Openness to learn and understand the complex situation around ME

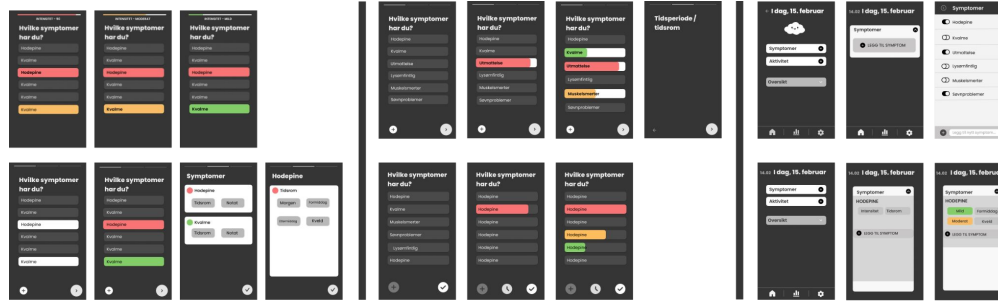
New ways of designing

- *Where can our application help?*
- *What will it really be used for?*
- Open up for new opportunities
- The app is not *finished* - always improving, evolving and changing

Process



Iteration 1 - Prototypes

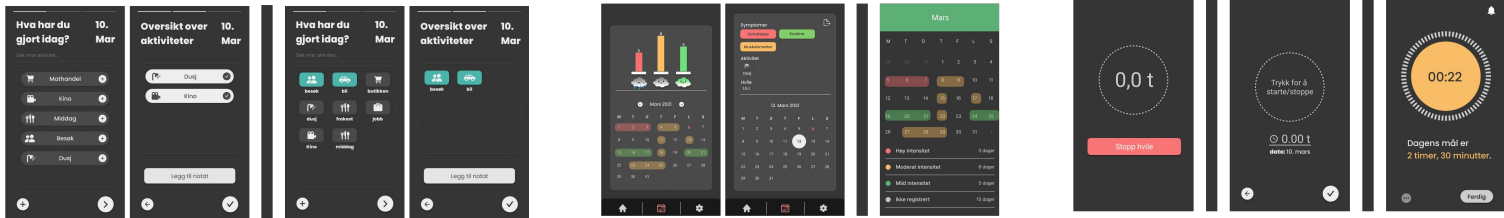


Prototype 1

Prototype 2

Prototype 3

Iteration 2 - Prototypes



Prototype 1

Prototype 2

Prototype 1

Prototype 2

Prototype 1

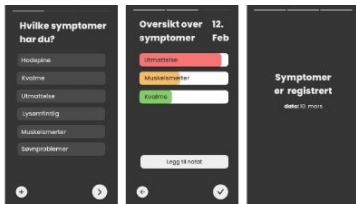
Prototype 2

Prototype 3

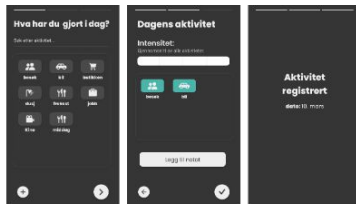
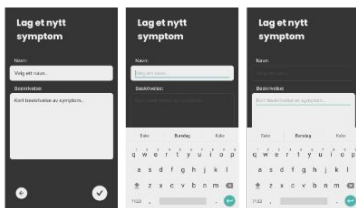
Iteration 3 - Prototypes



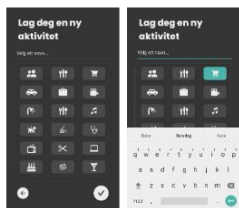
Hjemskjerm



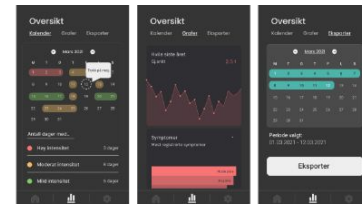
Symptomregistrering



Aktivitetsregistrering



Hvile registrering



Oversikt



Results of the prototyping



Reflections



Future work

- The possibility of mistrust
- Possibilities more technology integrated
- Short-, mid- and long term vision



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