Map app for older adults
“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

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
The "HELP" section of the app has a map view, including a precise location for the user. It also shows which trail color the user is on, and a list of their group members' phone numbers.

A "HELP" beacon is sent out to anyone else using the app, pinpointing the user's location.

A QR code on a physical sign along the path will bring up the map options for help.
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.
Wireframes

• Map Overview
• Location Map
• Help Center
• Group Contacts
Home & Map Screens

Beta

Figures 1-3 created by Anna LaPella.
Mindful Moments For Mental Health Beta

Figure 4

Figure 5

Figure 6

“TRANSFORMING EVERY CHALLENGE INTO AN OPPORTUNITY FOR JOY”

Figures 4-6 created by Desirae Grandin
Prototype Beta Tests

Discovering Key Insights

• Visual contrast
• Simple navigation
• Concise text
• Safety focus
Home Screen

Original

Welcome To Supportive Parks!
(Add Slogan Here)

GET STARTED!

Revised

PARKS NEAR YOU
Map Functions
Trail Selection

Original

Revised
Map Functions Difficulty Ratings
Map
Functions
GPS Navigation
Mindful Moments

Landing Page

**Original**

Mindful Moments

What It Means

“Mindful Moments” are short, positive messages, boosting mental well-being and joy with every step

MINDFUL MOMENTS PLAYLIST

“Mindful Moments Playlist” will direct you to a playlist of positive messages to listen to while you walk

**Revised**

Mindful Moments

What It Means

“Mindful Moments” are short, positive messages, boosting mental well-being and joy with every step

Experience a MINDFUL MOMENT as you walk with positive affirmations, boosting mental well-being and joy with every step

MY PLAYLIST
Mindful Moments Playlist

Original

Revised

Empowerment Mantra
Positive Messages

Awaken Your Potential
Daily inspiration

Overcoming Obstacles
Messages of Hope

Power Hour
Overcoming Challenges

Sunset Reflections
Guidance and Growth

Happiness Habits
Owning Your Truth

Sunrise Serenity
Starting Your Day with Positivity

Empowerment for Every Moment
Mindful Messages

Awaken Your Potential
Daily read more

Overcoming Obstacles
Messages of Hope
Mindful Moments Playback

Original

"TRANSFORMING EVERY CHALLENGE INTO AN OPPORTUNITY FOR JOY"

Revised

"YOU ARE EXACTLY WHERE YOU NEED TO BE"
Emergency Menu
New Safety Features
My Group
Danger Warning
Instrumental and Social Affordances

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

Pre-scouting locations based on difficulty
Positive affirmations for mental health
Tracking fitness progress
Discovering new parks