Silver Linings Yoga App

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

01 Problem Statement

02 Goals & Objectives

03 User Flow Mapping

04 Research Insights

05 Usability Testing

06 Initial Prototypes

07 Final Deliverable

08 Conclusion Q&A
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

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

physical therapist
- discovery
- learning
- using
- goal

discovery
- learn it as a useful resource recommended by physical therapist

learning
- app's landing page/intro tutorial
- learn that app is a useful tool for patients

using
- users navigate through the app's features seamlessly
- recommend to patients and be able to follow their progress

goal
- 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.
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.
Final Prototype

Login/Sign-Up

Create your account

First Name

Last Name

Email

Phone Number

Create Password

Re-enter Password

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
- upper back
- other

Creating Your Plan...
Next
Landing Page & Yoga Lessons

Welcome, Janice

Gentle Practice
Begin with the basics
Start →

Advanced Practice
Break a sweat today
Start →

Challenging Practice
Reach a new milestone
Start →

Gentle Practice
Based on your focus choices
Change Level

Shoulder + Neck Mat Yoga
6 Steps

Standing Shoulder Yoga
4 Steps

Sitting Shoulder Stretches
8 Steps

Gentle Full Body Practice
6 Steps

Recent Lessons

Gentle Full Body Practice
5 Steps

Upper Body Stretches
8 Steps

Home  Progress  Settings  About

Home  Progress  Settings  About
Final Prototype
Lesson Countdown

Gentle Practice
Shoulder + Neck Mat Yoga

3
Go back

Gentle Practice
Shoulder + Neck Mat Yoga

2
Go back

Gentle Practice
Shoulder + Neck Mat Yoga

1
Go back
Yoga Walkthrough

Final Prototype
Lesson Completion

CONGRATS
You completed the lesson!

- Repeat Lesson
- Add Lesson to My Favorites
- Create Journal Entry

Final Prototype

Gentle Practice

Based on your focus choices | Change Level

- Standing Shoulder Yoga
  - 4 Steps

- Sitting Shoulder Stretches
  - 8 Steps

- Gentle Full Body Practice
  - 6 Steps

Recent Lessons

- Shoulder + Neck Mat Yoga
  - 6 Steps

- Gentle Full Body Practice
  - 6 Steps

- Upper Body Stretches
  - 6 Steps
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

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

JOURNAL ENTRY SUCCESSFULLY ADDED!

Continue

MY JOURNAL

JANUARY'S 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
9:35 AM

+ 22 minutes

Wasn’t feeling today’s lesson, but did it anyway.
Final Prototype

Goals & Progress

My Progress

23 JANUARY 2024
THIS WEEK

19 20 21 22 23 24 25
S M T W T F S

MY JOURNAL
Document your progress!

WEEKLY INSIGHT SUMMARY

-CURRENTLY COMPLETED
4 DAYS

TIME SPENT
FOCUS
90 MINS
SHOULDER, AND NECK

LEVEL
GENTLE PRACTICE

Keep it up, you’re doing great!

MY JOURNAL
Document your progress!

WEEKLY INSIGHT SUMMARY

-CURRENTLY COMPLETED
4 DAYS

TIME SPENT
FOCUS
90 MINS
SHOULDER, AND NECK

LEVEL
GENTLE PRACTICE

23 JAN 2024
2024 CALENDAR

Completed In-Complete

Home Progress Settings About
Final Prototype

Settings, About Us, & Privacy

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.

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

Log Out
Thank You!
QUESTIONS? COMMENTS?
VIEW OUR PROTOTYPE!