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Designing with and for People with Dementia: Developing a Mindful Interdisciplinary Co-Design Methodology

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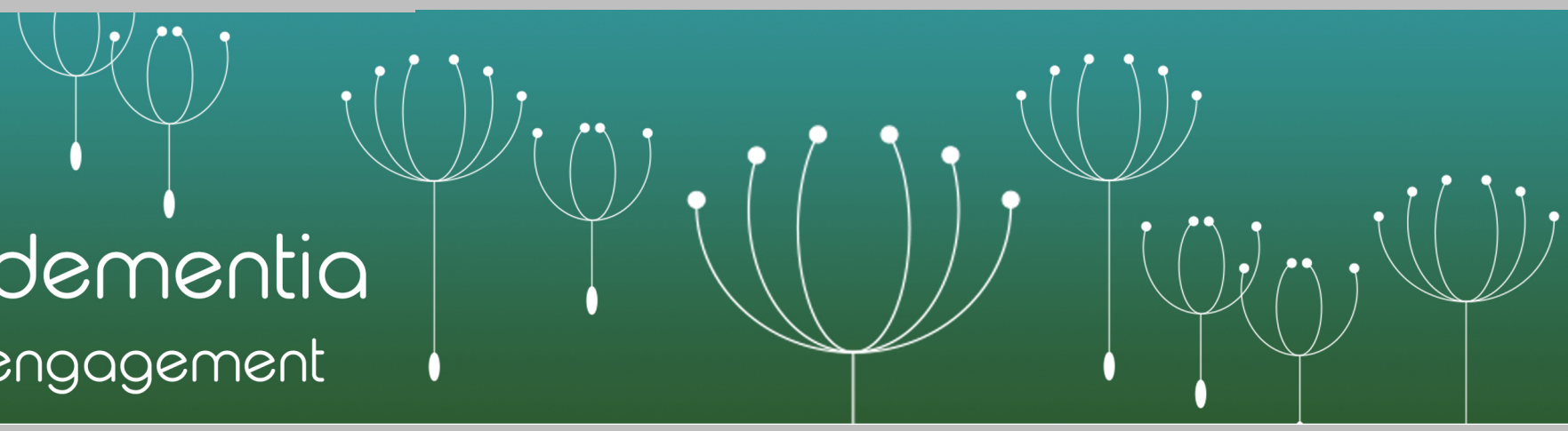
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MinD

designing for people with dementia
mindful self-empowerment and social engagement



Designing with and for People with Dementia: Developing a Mindful Interdisciplinary Co-Design Methodology

www.designingfordementia.eu



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MinD - Designing for people with Dementia - Project Aims

- Support people with Dementia and their carers
- Improve social engagement using design and mindfulness theory/practices

Two foci:

- Designing to help with personal difficulties with social engagement
- Designing the environment to help with social engagement



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Dementia care & Policy

Universities

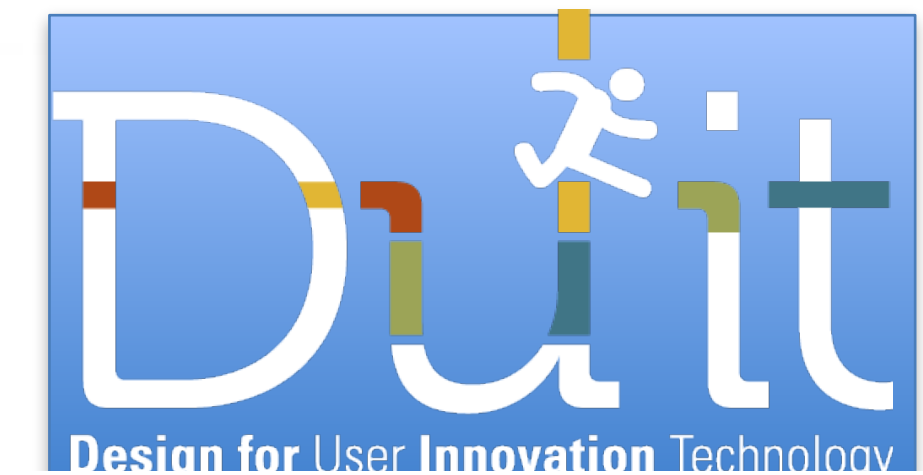
Design Agencies



UNIVERSITY OF TWENTE.



zorggroep sint maarten



Nottinghamshire Healthcare
NHS Foundation Trust



Rationale and Background - MinD project

This paper reports on the development of a mindful interdisciplinary design methodology in the context of the MinD project

Problems / Existing research:

- Focussed on functional support and safe-keeping from the perspective of the carer.
- Decision-making and empowerment are predominantly related to advance care planning.
- Caregivers tend to take a deficit-oriented perspective.

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Rationale and Background - This Paper

This paper discussed the design methodological framework and methods developed for the data collection and design development phases.

Aims:

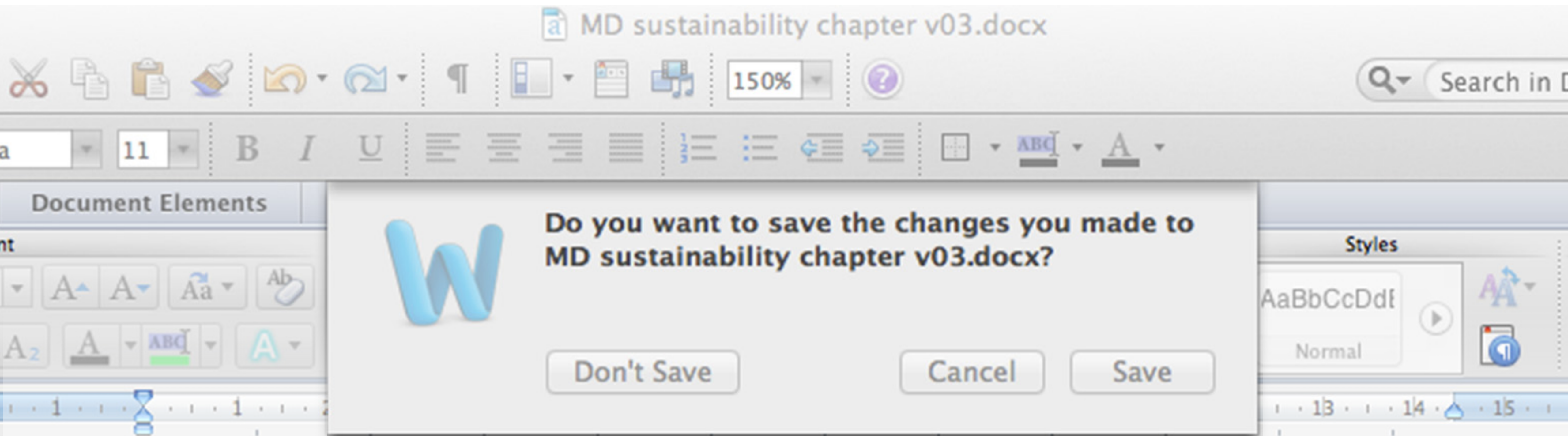
- Development of an interdisciplinary co-design methodology to give a voice to people with dementia.
- To better understanding and developing mindful design solutions that support people with dementia.



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Rationale and Background - Everyday Mindful Approaches



The disruption of function only works when it is accompanied by a second stage, the 'thematismation', which directs the user's attention towards some content for reflection. The thematisation will usually address one (or more) of the key factors elaborated by



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Existing Design Interventions for people with Dementia

Design of non-pharmacological interventions addressing various aspects of Dementia care can be categorised into four main areas (O'Neil *et al* 2011);

- Sensory Stimulation interventions
- Behaviour Management Techniques
- Cognitive / Emotion orientated interventions
- Other Psychosocial interventions



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Design for Dementia - Sensory Stimulation interventions



Stimulation Handrail - Zorggroep Sint Maarten (2015)



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Design for Dementia - Behaviour Management Techniques



ODE - Living Well with Dementia - Design Council (2011)



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Design for Dementia - Cognitive / Emotional Interventions



REMPAD - Reminiscence Therapy - Science Foundation Ireland (2013)



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Design for Dementia - Other Psychosocial interventions



Dementia Dog - Living Well with Dementia - Design Council (2011)



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MinD - Designing for People with Dementia - Framework

- The application of Mindfulness Theories (in design development / solutions)
- Self empowerment & subjective wellbeing (in a Dementia context)
Langer (2010) Kabat-Zinn (2003)

Dementia & social context

- Behaviour and psychosocial symptoms (can lead to withdrawal)

Mindfulness

- Acceptance (of emotion / situations) and reframing perspectives
Choice - Decision Making - Responsibility = Self Empowerment



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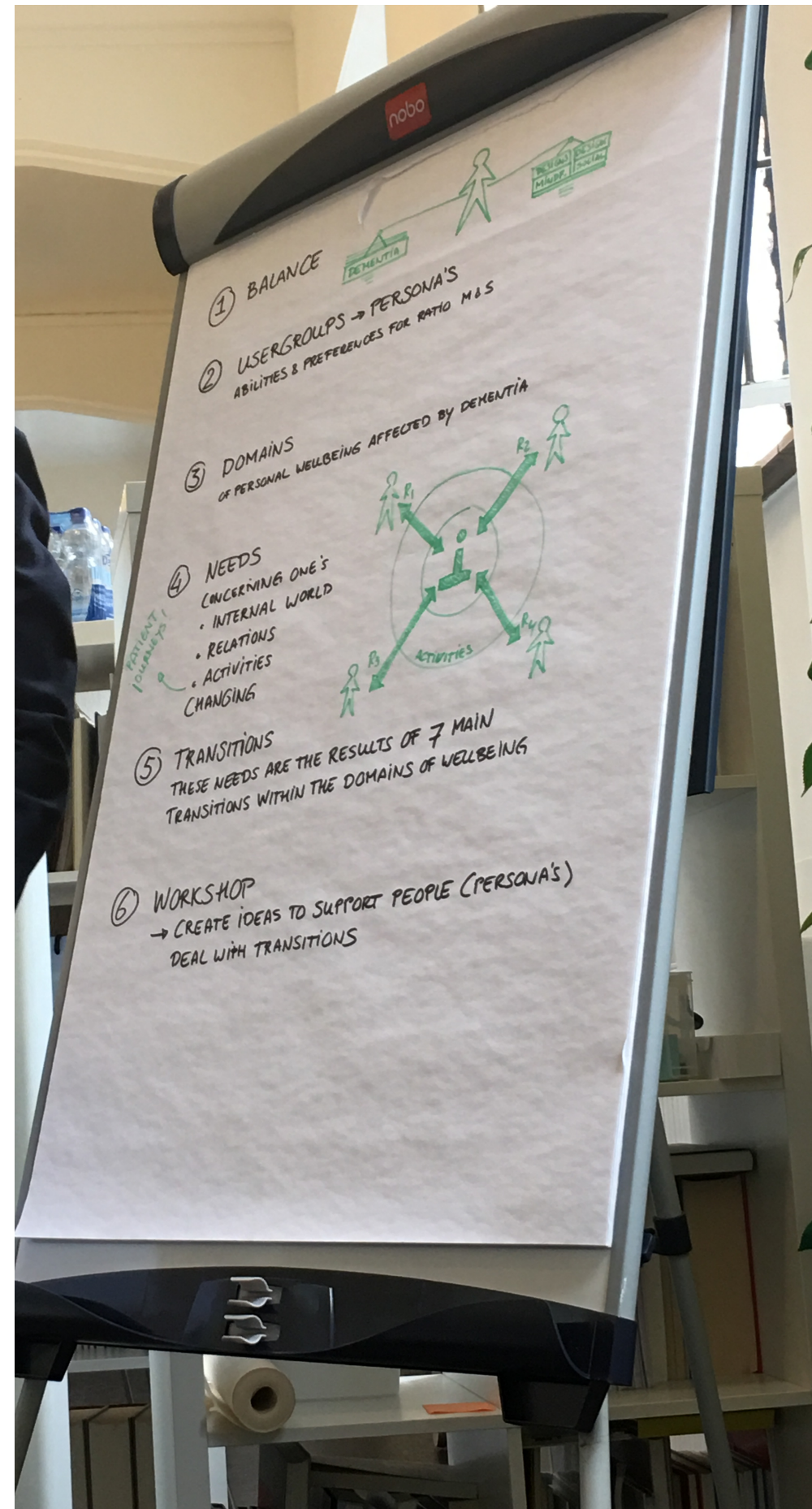
MinD - Designing for People with Dementia - Interdisciplinary



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Design & Mindfulness - in the design process / in the outcomes



Process

Data collection

Design Phase

Interdisciplinary Co-Design



Interviews
Focus Groups



Workshop with PPI

Tools

- Semi-structure questionnaires
- Visual Cards
- Diary probes

- Brainstorm
- Mindful Scenario Task Analysis (MSTA)
- Co-participation of PPI on: Methodology, feed-back and input of ideas generation,



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In the design process - Research - Visual Cards



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In the design process - Research - Diary Probes / Do Books



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In the design process - co-creation - PPI - EWGPWD (May 2017)



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in the outcome - product attributes - initial design concepts

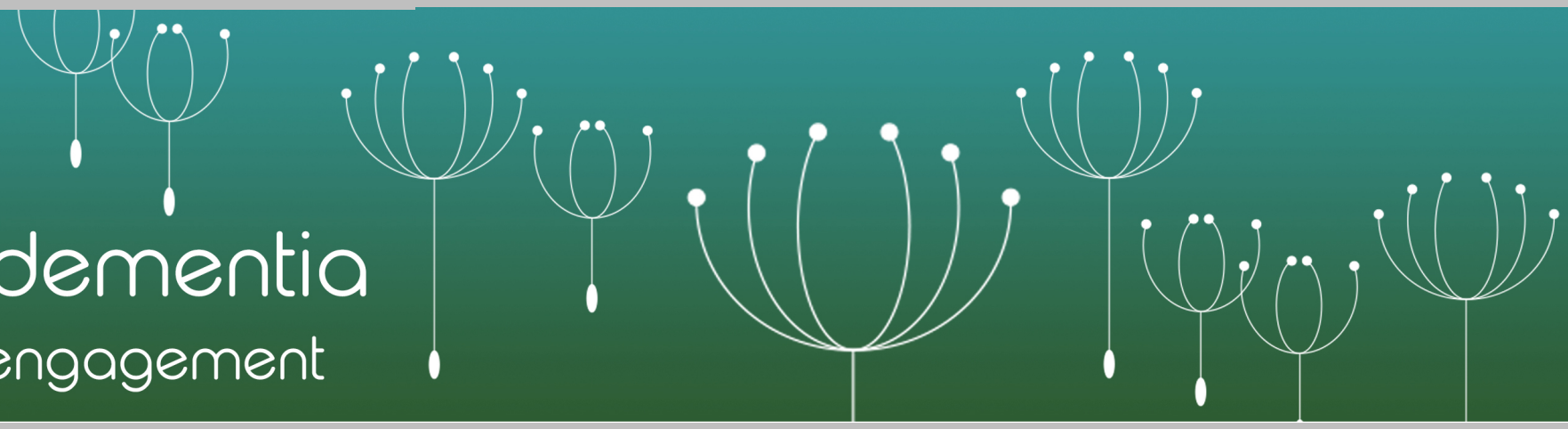


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MinDful Design Approaches - Framework

- MDA.1 - Environment design & Multi-Sensory Stimulation
- MDA.2 - Supporting Mindful Practice (in therapeutic contexts)
- MDA.3 - Mindfulness Training Tools (i.e. thought distancing / visualisation)
- MDA.4 - Create Self Awareness (in therapy & everyday contexts)
- MDA.5 - Embed Mindful Choices (in everyday actions / social interaction)



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MDA.1 - Environment design & Multi-Sensory Stimulation

Environment design may be used to improve relaxation and mood through multisensory stimulation (artificial or natural), with or without therapeutic context.

For example, multi-sensorial (e.g. sight, sense of smell, taste, touch, etc.) stimulation is typically found in gardening and through being in contact with nature, but can also be created artificially, such as in the Snoezelen (controlled multisensory environment) approach (Ozdemir and Akdemir, 2009).



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MDA.2 - Supporting Mindful Practice

Design may be used to support mindfulness practices in therapeutic contexts.

For example, Thieme et al (2013) have designed an interactive handheld light globe to support mindfulness practice in a mental health/depression therapy context.



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MDA.3 - Mindfulness Training Tools

Design may be used as a tool to deliver mindfulness training.

An example is the thought-distancing training delivered via a mobile app: “AEON allows the user to enter his/her thoughts and visualize them as written in ink on a parchment placed under water.

By touching the screen, the user can interact with the water and produce waves that progressively dissolve each written thought.” (Chittaro and Vianella, 2013).



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MDA.4 - Create Self Awareness

Create self-awareness to initiate mindfulness practice in everyday (or therapy) contexts.

A basic application of this idea can be found in the health feature in the Apple watch, which vibrates ‘tapping’ the user on the wrist every hour to alert them to stand up for a minute, or to prompt them to breathe more deeply.



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MDA.5 - Embed Mindful Choices

Drawing on cognitive mindfulness, design can be used to direct awareness to other issues, unrelated of therapeutic purposes, such as social and environ-mental issues, cultural values and beliefs, expectations or preconceptions.

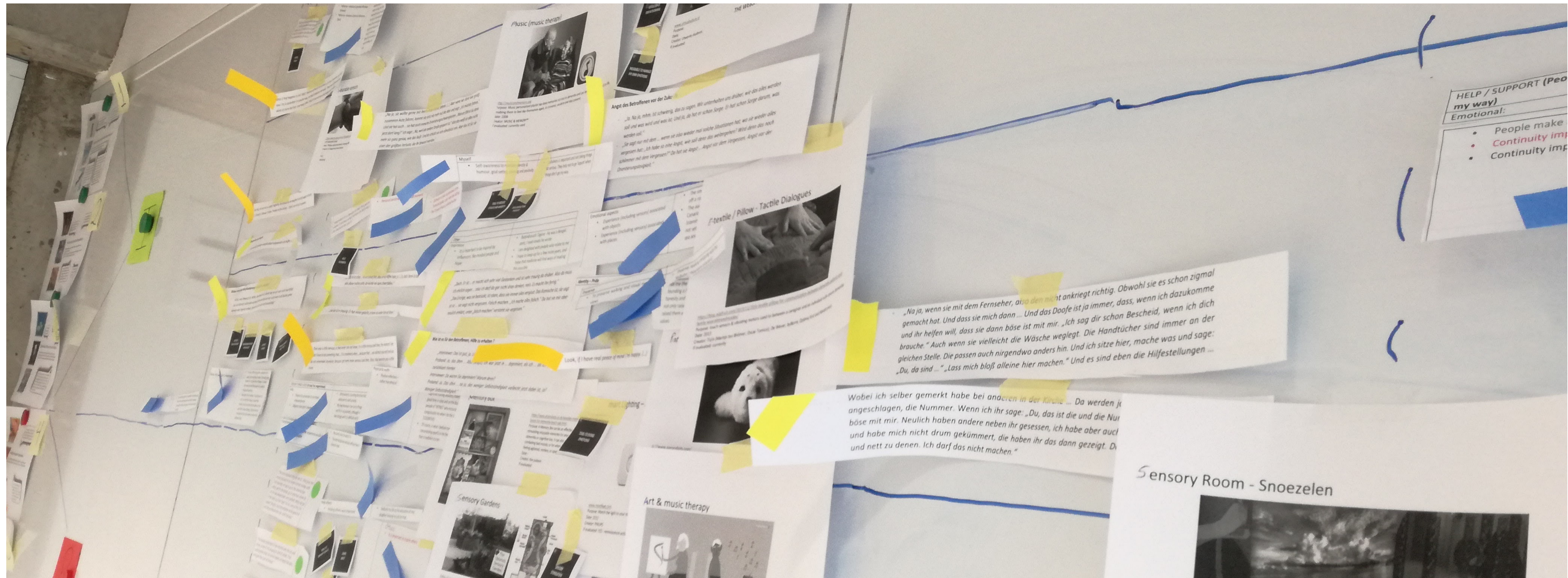
It can offer the ability to activate and direct mindful awareness and reflection towards relevant issues or goals within everyday contexts through choices embedded in the design (Niedderer 2014).



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MinD Concepts - product attributes - initial design ideas



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Conclusion

To offer a brief review of the aims of the MinD Project.

To show the benefits and the different ways to introduce the concept of Mindfulness and how to use it through the design process for PwD.

The Implementation of mindful design methodology using participant and PPI co-production.

Mindful design approaches; supporting / embedding mindfulness through design.

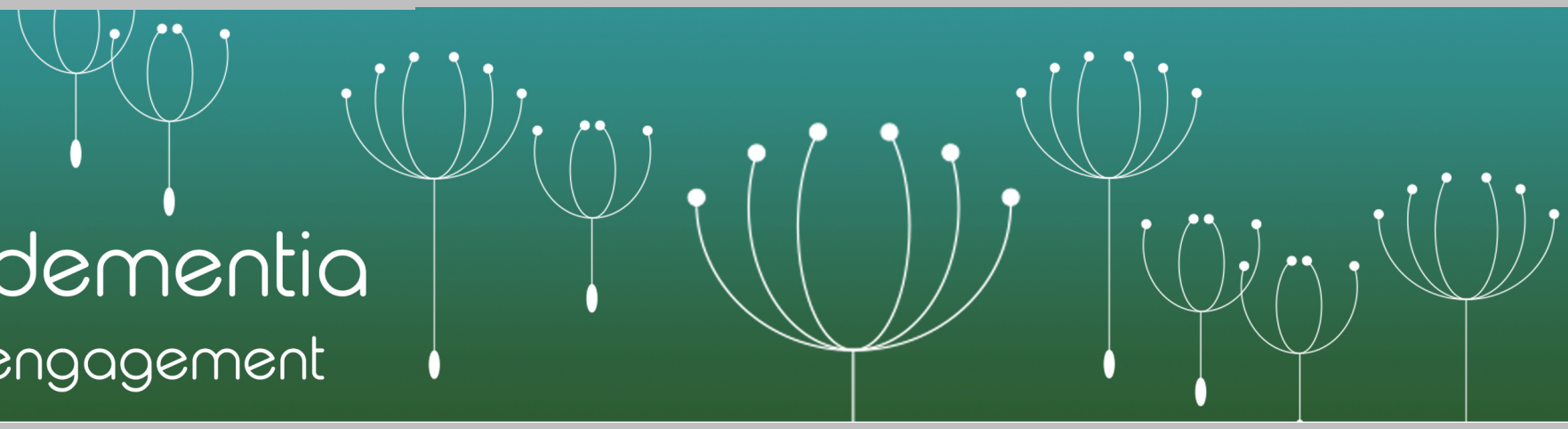


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