

SOOTHE

#SootheQuilt



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Taking control of one's own mental health and wellbeing...towards a model of recovery

The Learnovate Process

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LEARNOVATE
Leading Learning Innovation



SOOTHE - Responding to Mental Health Concerns in Adults with Intellectual Disability

From Creative Ideas to Testable Solutions...

The Learnovate Approach

- **Participant workshop** to Gain insights into needs of workshop participants for supporting their' positive mental health and wellness
- **Ideation Sessions** with Learnovate team to develop solution ideas based on feedback from workshop
- **Rapid Prototyping** Sprint 1: Storyboards and Wireframes
- **Participant workshop** for validation of storyboarded and wireframes ideas
- **Rapid Prototyping** Sprint 2: Code three solutions into functional prototypes for iPad use
- **Validating** finalized solutions with participants

From Ideas to Solutions

Workshop 4

Ideation Sessions

Sprint Planning

Storyboarding

Workshop 5

Wireframing and Prototypes

Workshop 6

Trialling Solutions

Brainstorming with users

4. Music

- Bye bye, dinner time!
- I'm finding it hard to access some of the music.
- Playing music on the guitar makes me feel good.
- I have a music teacher.
- Not having any lessons at the moment.
- Play music on the speaker from the Karaoke machine.
- Having my own music device would be nice.
- I think a shared kitchen with tables in the house will work.
- Feel annoyed and frustrated.
- There's Karaoke downstairs.
- Can't sing with the others so I don't want to go.
- Would like to do more karaoke.
- Want to hear music on the phone.
- Would like to do more karaoke.

1. Main Room - Welcome Back

- Missed Zumba last week.
- It's a shame we missed Zumba class last week too.

3. Sleeping

- I like reading books.
- I'm a good sleeper.
- She has a habit of going out and playing with herself.
- Also showed her Word Search book.
- I like listening to music.
- Go to sleep with my teddy bears.
- Doesn't like reading.
- Would like a talking book.
- Would like to watch movies.
- Would like a talking book.
- I can't read my glasses in bed.
- I am fine with my sleeping.
- Doesn't like reading.
- Would like a talking book.
- Would like to watch movies.
- Would like a talking book.

2. Socialisation

- play cards (fish in the Pond) with friends.
- Has a smartphone.
- I can't see my brother on the phone.
- I wish I was at home.
- I miss going out a lot.
- I need help with coding on my phone.
- I need help using my phone.
- Zoom.
- When staying cards, you need to take the screen by hand.
- Watches movies on the iPad.
- Since covid, I miss going out with friends.
- Doesn't have a natural key-jest.
- Would really like to be able to learn new things.
- Not going to day services.
- Do knitting with friend.
- Did Bingo in the house.
- Has a phone and can use it herself.
- Some times go to the pub with Mum & Dad.
- Doing her exercise.
- Doesn't have a phone.
- I can manage on my own.
- One with it to be with my family.
- Miss bedtime with my family.
- I use my iPad for work.
- I like taking photos on my phone.
- Also sometimes using playing guitar.
- Likes activities e.g. Bingo.
- Play Bingo in the house.
- Would like to play Bingo in the house.
- Needs help.
- I have to choose if I pick the iPad.
- I like cooking.
- She likes going out with friends and playing guitar.
- Organised by the staff and only in my house.

From Ideas to Solutions

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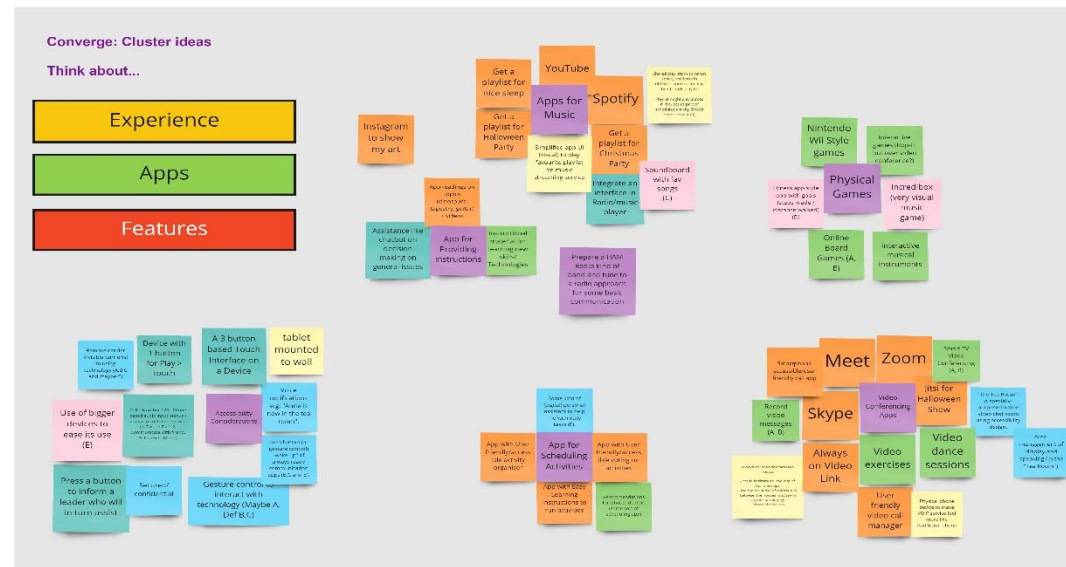
Workshop 5

Wireframing and Prototypes

Workshop 6

Trialling Prototypes

Diverging and Converging on Ideas



From Ideas to Solutions

How might we make online music accessible for a user?

How might we let them share the music experience?

Workshop 4

Ideation Sessions

Sprint Planning

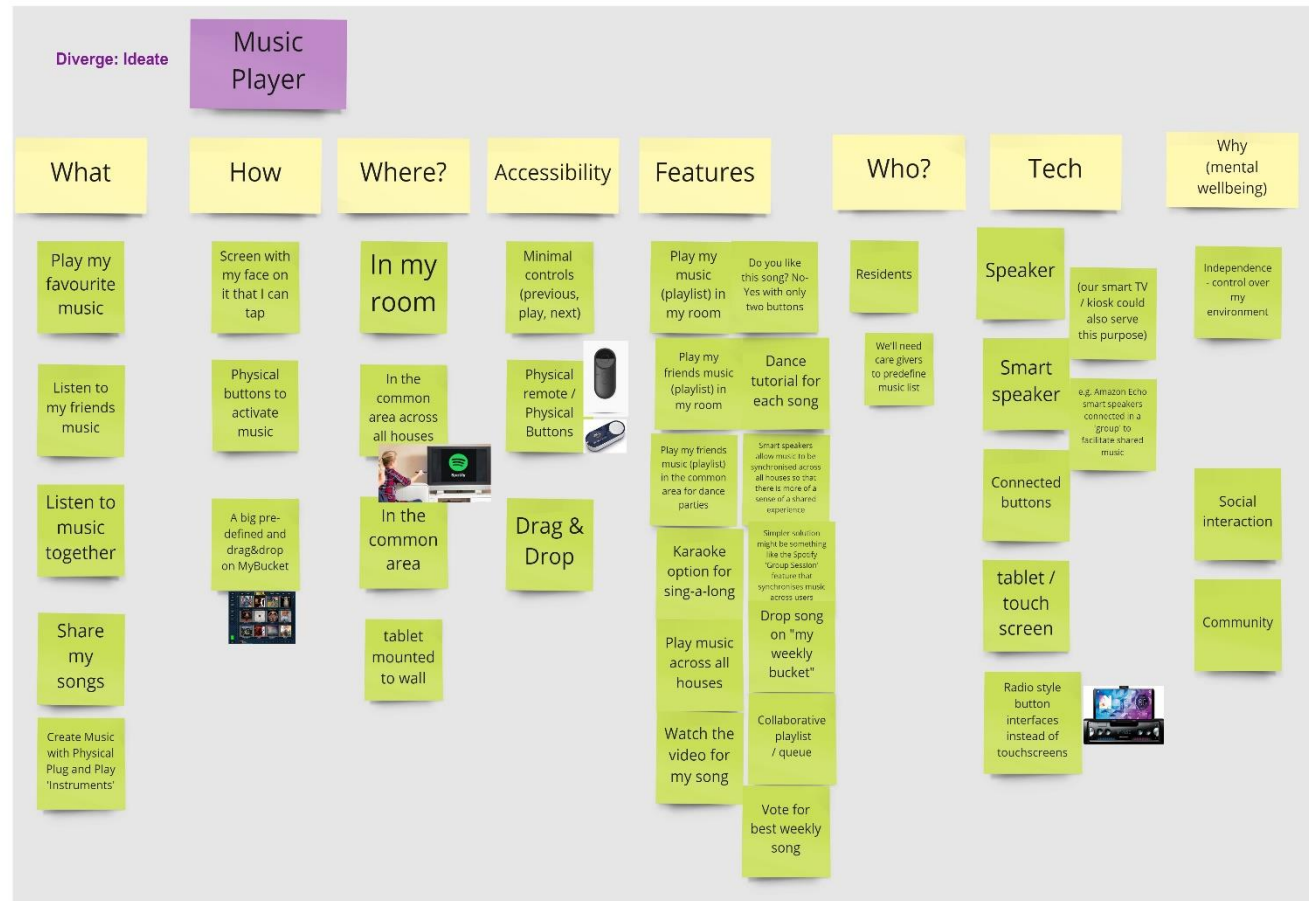
Storyboarding

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From Ideas to Solutions

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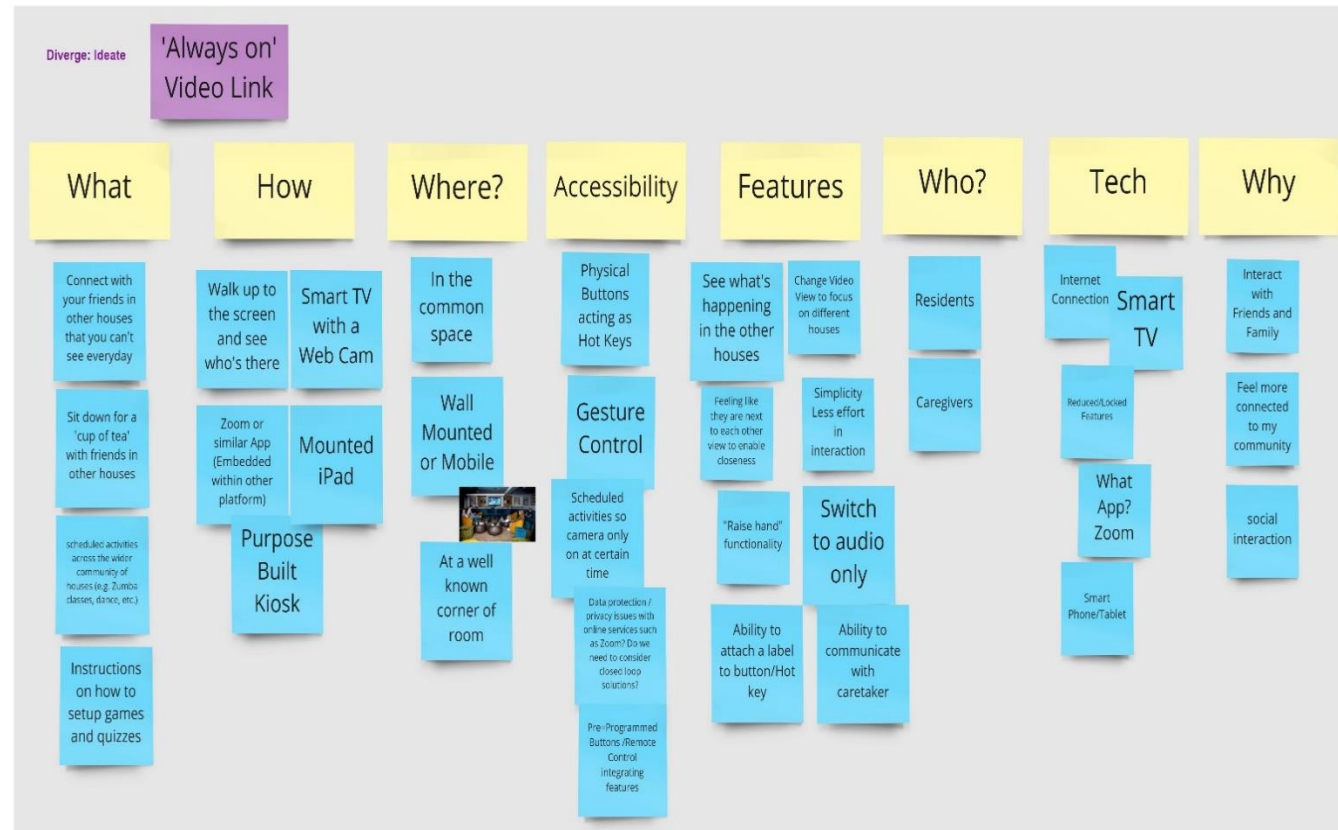
Wireframing and Prototypes

Workshop 6

Trialling Prototypes

How might we allow users to spend time with each other when remotely?

How might we create a sense of community between care houses?



From Ideas to Solutions

How might we help people to check what activities are taking place in their house?

Workshop 4

Ideation Sessions

Sprint Planning

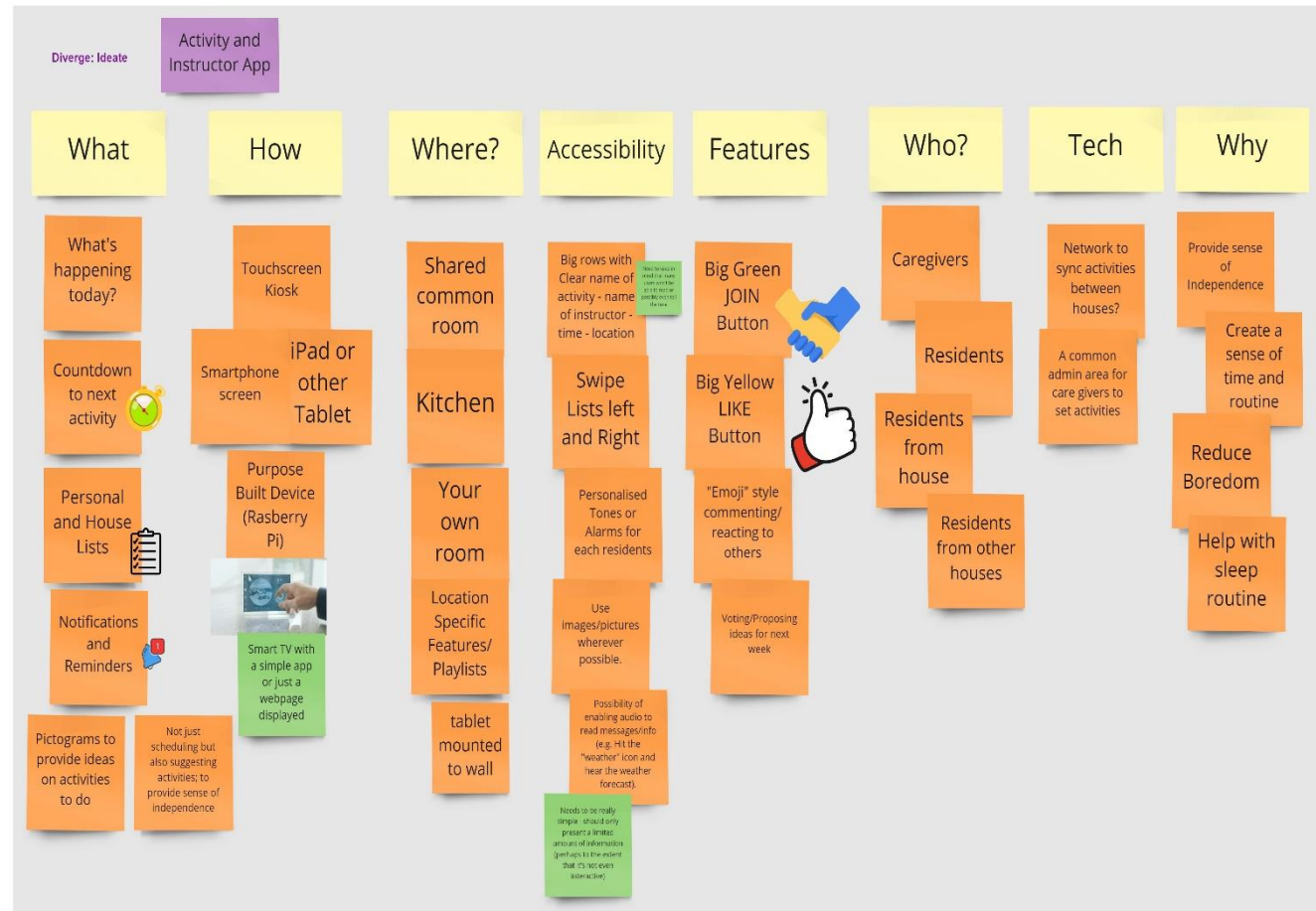
Storyboarding

Workshop 5

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From Ideas to Solutions

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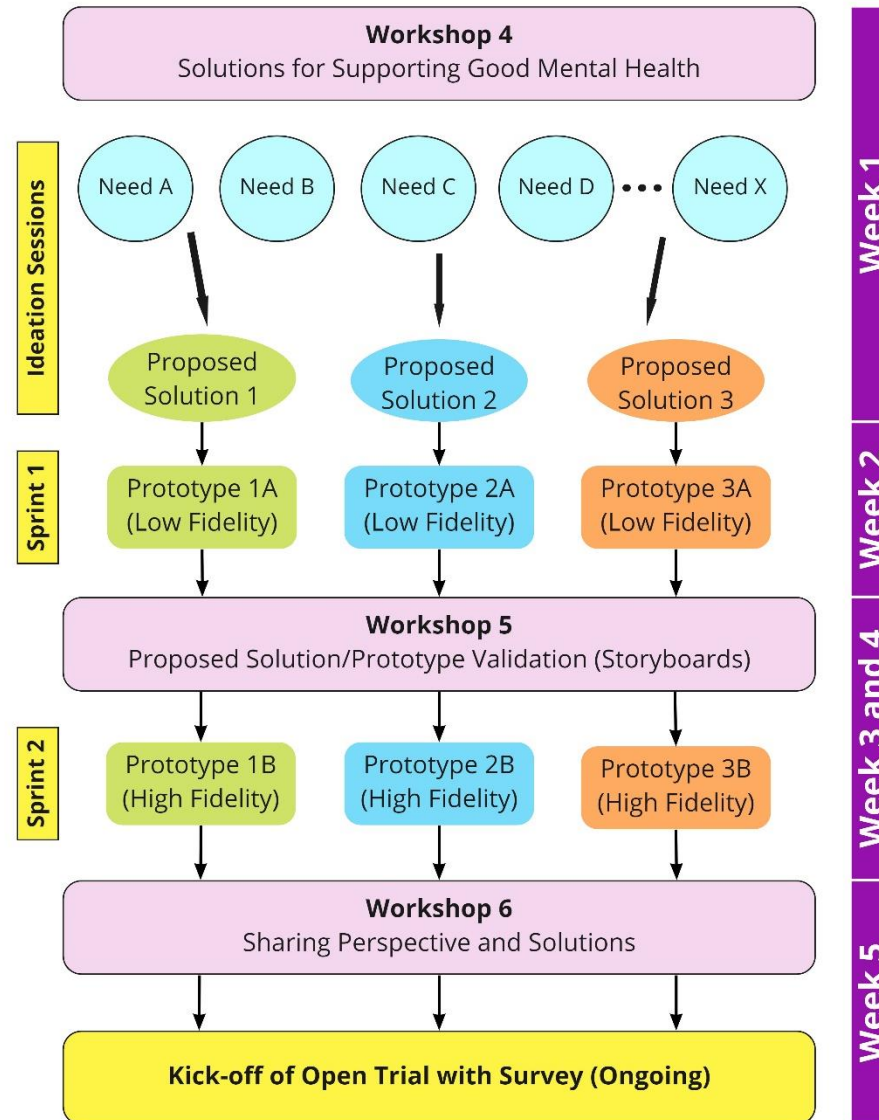
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Wireframing and Prototypes

Workshop 6

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Planning Prototyping Sprints



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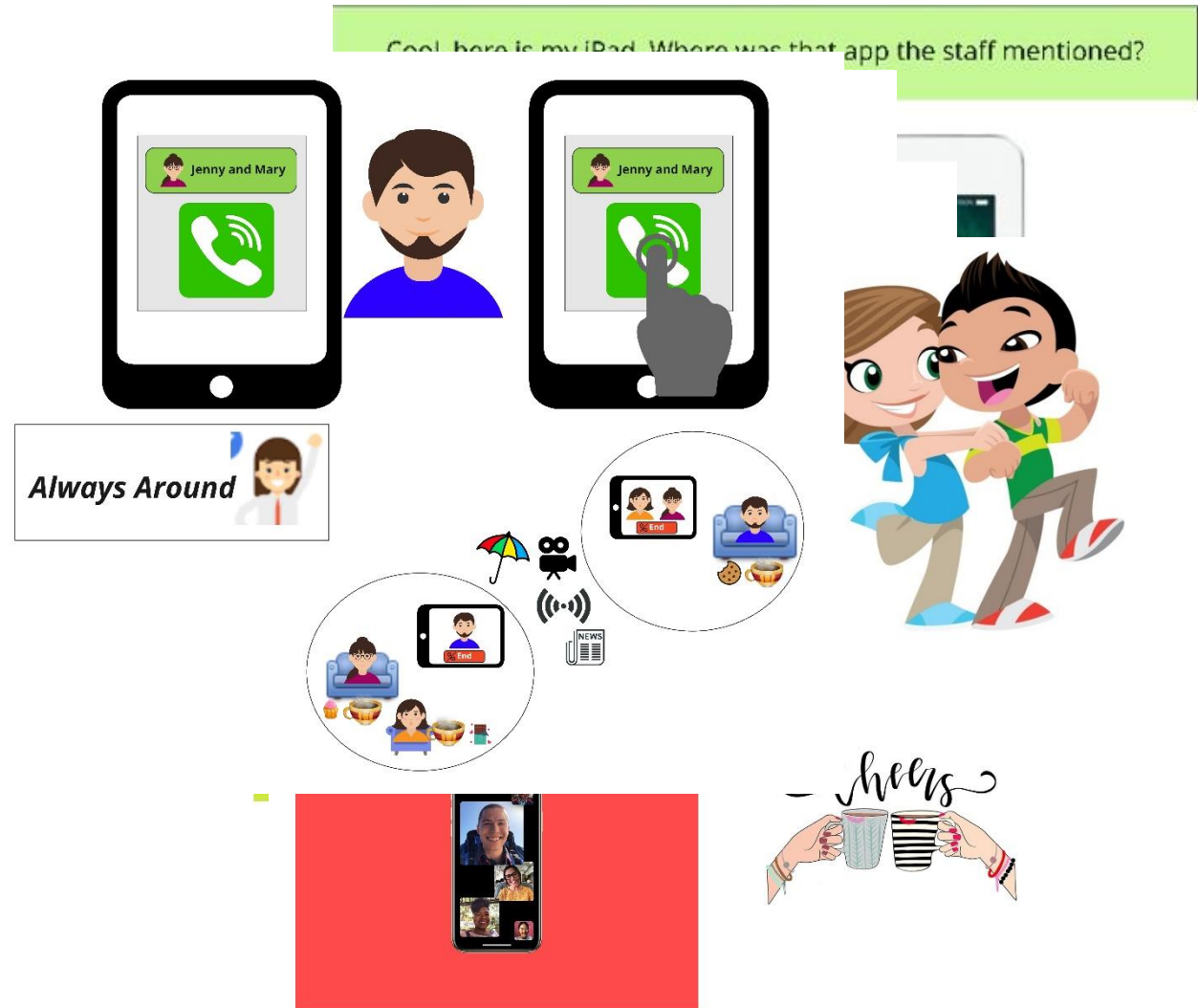
Workshop 5

Wireframing and Prototypes

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Trialling Prototypes

Iterative Storyboarding Sessions



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Trialling Prototypes

Storyboards were validated with end-users

Q & A session

User Experience
&
Engagement

Technology

Aesthetics, Navigation
&
General Functionality

Extra Features

From Ideas to Solutions

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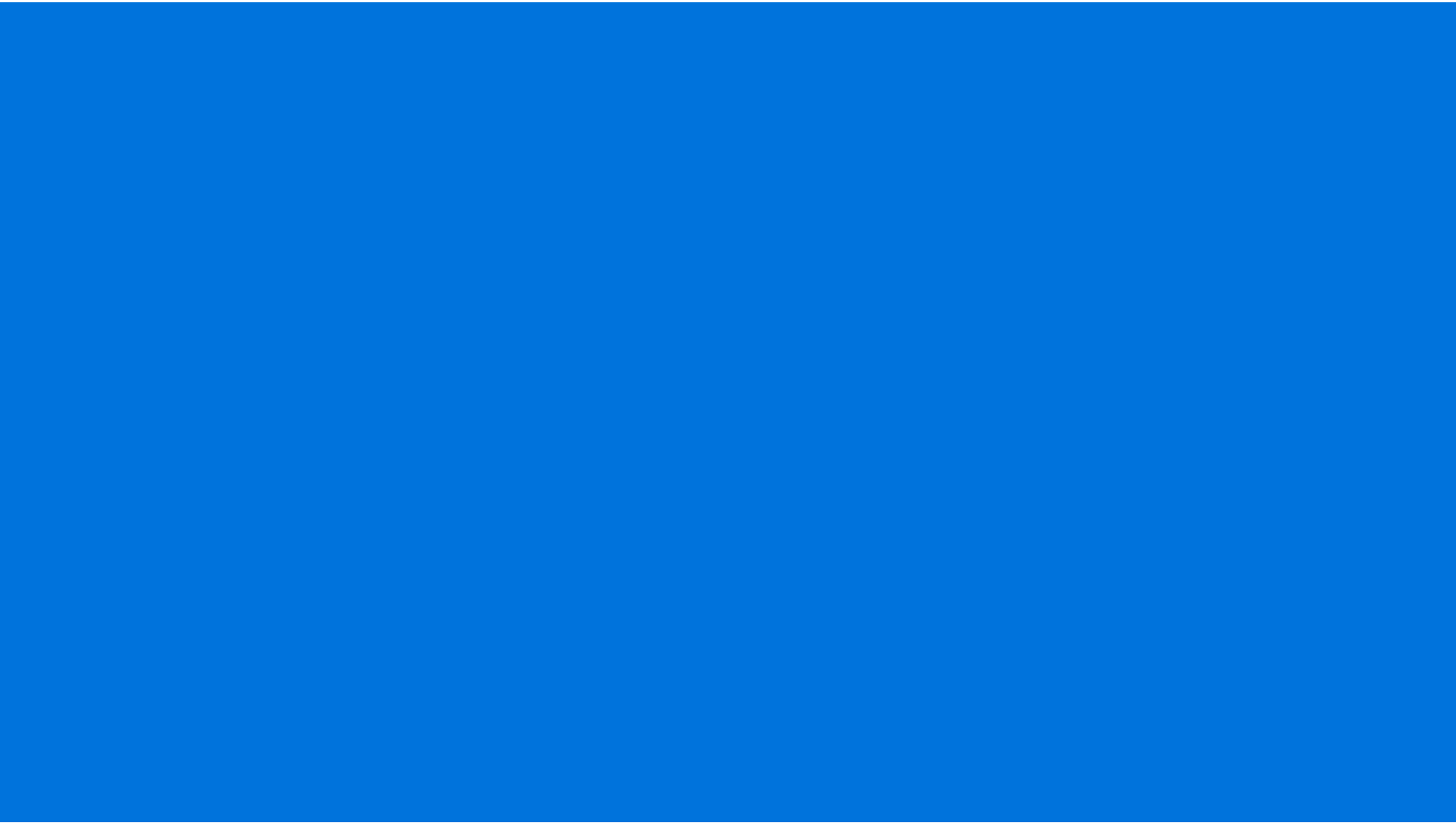
Wireframing and
Prototypes

Workshop 6

Trialling Prototypes

Final Solutions Shared with Participants

- Solutions presentation
- Screen sharing
- Apps flow review
- Feedback collecting



From Ideas to Solutions

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Trialling Prototypes

Trial Stage and Feedback

- Trial Instructions and Guide
- Online Survey for Feedback

SOOTHE Feedback Form

Thank you for providing feedback on the use of the prototype application.
Please provide the name of the participant and their email address (if you wish) at the end of the survey.
This will be used to contact you if we need further information or if we have any questions.

1. What is your name?*

 Coffee Together Skip to question 2 Music Together Skip to question 3

2. Which app were you using?*
 Mark only one oval.
 Coffee Together Skip to question 2 Music Together Skip to question 3

3. Did you enjoy the meeting?*
 Mark only one oval.
 Yes
 No
 Don't know

4. Were you happy to see your friends?*
 Mark only one oval.
 Yes
 No
 Don't know

5. Would you like to be able to have a meeting like this every day?*
 Mark only one oval.
 Yes
 No
 Don't know

Step to section 2 (End of Survey)
MUSIC Together

16. What would you do if you want to play music?*

17. What would you do if you don't like the current song that is playing?*

COFFEE Together

3. Can you start a meeting with your friends?*
 Mark only one oval.
 Yes
 No

4. Can you talk to your friends on the screen?*
 Mark only one oval.
 Yes
 No

5. Can you end the meeting when you're finished?*
 Mark only one oval.
 Yes
 No

6. Did you find it easy to use the meeting app?*
 Mark only one oval.
 Yes
 No
 Don't know

10. How would you stop the music?*

15. What would happen if you tapped a button's photo?*

14. How would you share a song with a friend?*

15. Try and play a different type of music.*
 Mark only one oval.
 Can do it
 Can't do it

16. Did you find it easy to use the music app?*
 Mark only one oval.
 Yes
 No
 Don't know

17. Did you enjoy using the app to listen to music?*
 Mark only one oval.
 Yes
 No
 Don't know

18. Did you like sharing music with your friends?*
 Mark only one oval.
 Yes
 No
 Don't know

19. Would you like to be able to use the music app to listen to music more often?*
 Mark only one oval.
 Yes
 No
 Don't know

Step to section 8 (End of Survey)
Day Together

23. Which button would you tap to see what is happening now?*
 Mark only one oval.
 Tap
 Draw
 Write
 Orange
 Don't know

25. Did you find it easy to use the my day app?*
 Mark only one oval.
 Yes
 No
 Don't know

26. Do you like knowing what is happening during the day?*
 Mark only one oval.
 Yes
 No
 Don't know

27. Would you like to use the my day app again?*
 Mark only one oval.
 Yes
 No
 Don't know

Step to section 8 (End of Survey)
 End of Survey

Thanks for participating. Don't forget to fill in the details.

Lessons Learned

- **Adaptability:** shortened time, people circumstances and availability
- **Visual:** moving workshops online
- **Co-creation:** focus on participants' real needs
- **Simplicity:** ideate, design and deliver simple solutions
- **Tech invisible:** focus on people, their mental health and their wellbeing

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Thank You Questions?

