

Dementia Lab Conference 2022

Designing for People with Dementia: A Portuguese case study

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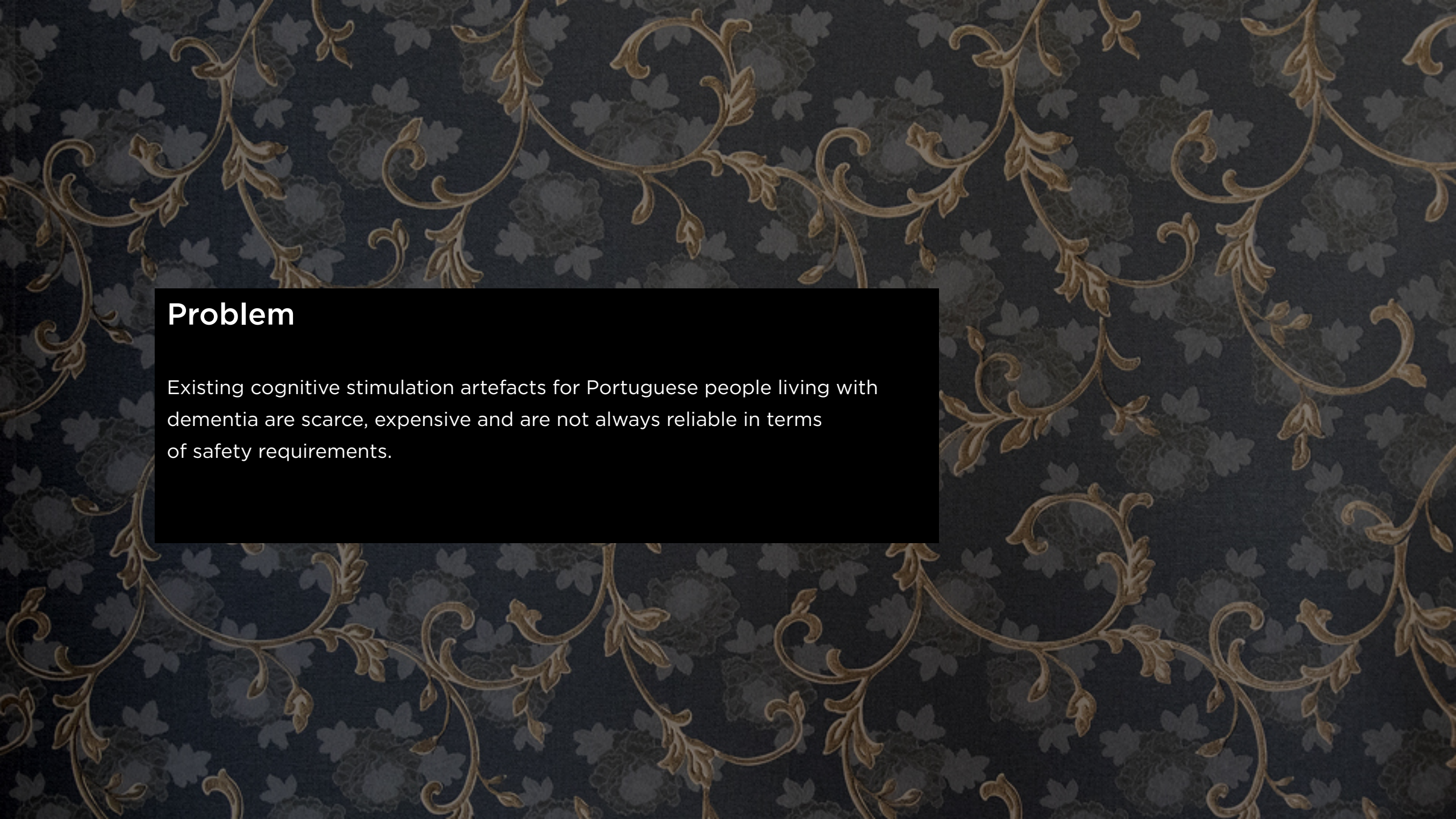
Universidade Lusófona do Porto

September 2022



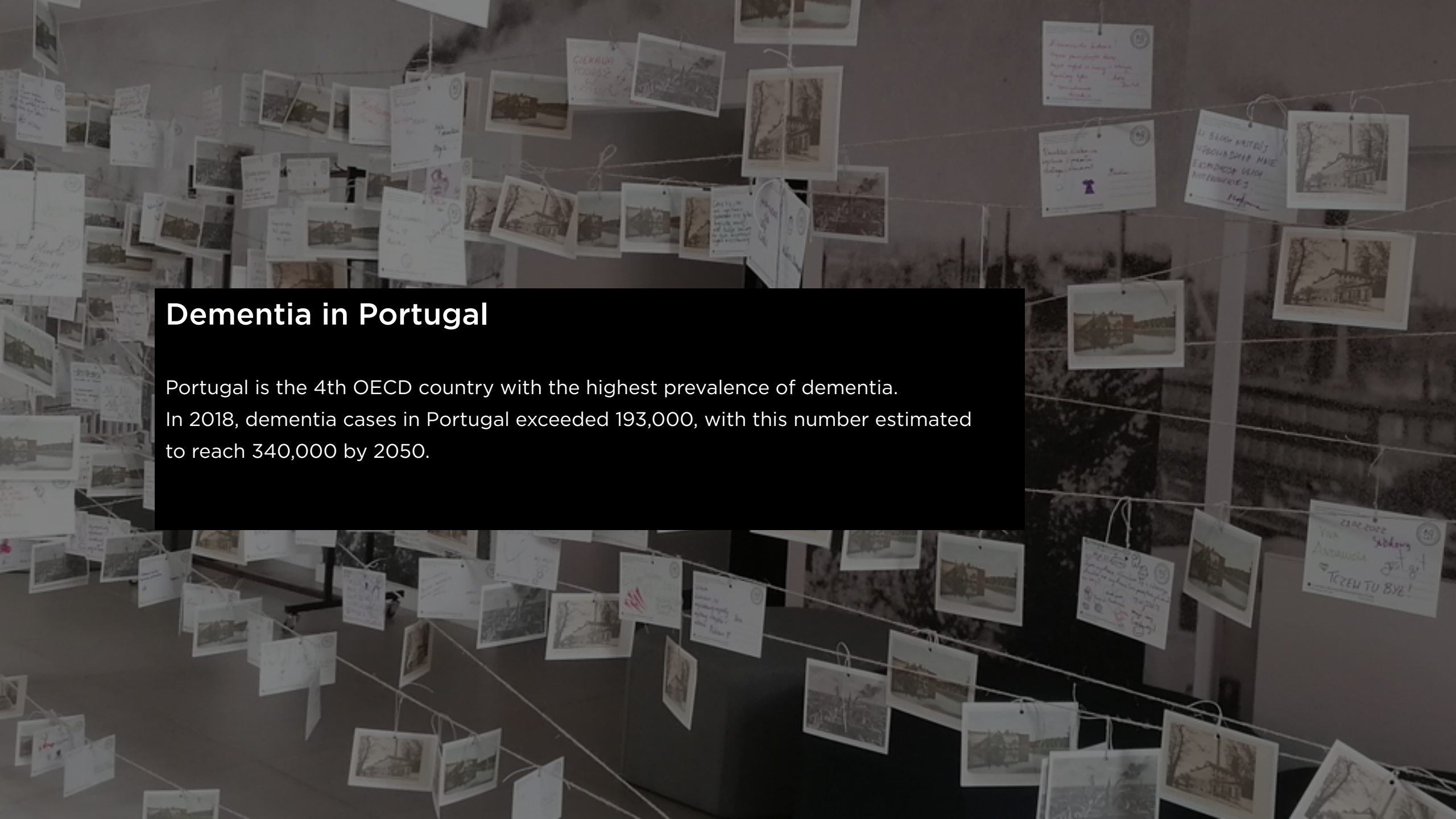
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Problem

Existing cognitive stimulation artefacts for Portuguese people living with dementia are scarce, expensive and are not always reliable in terms of safety requirements.

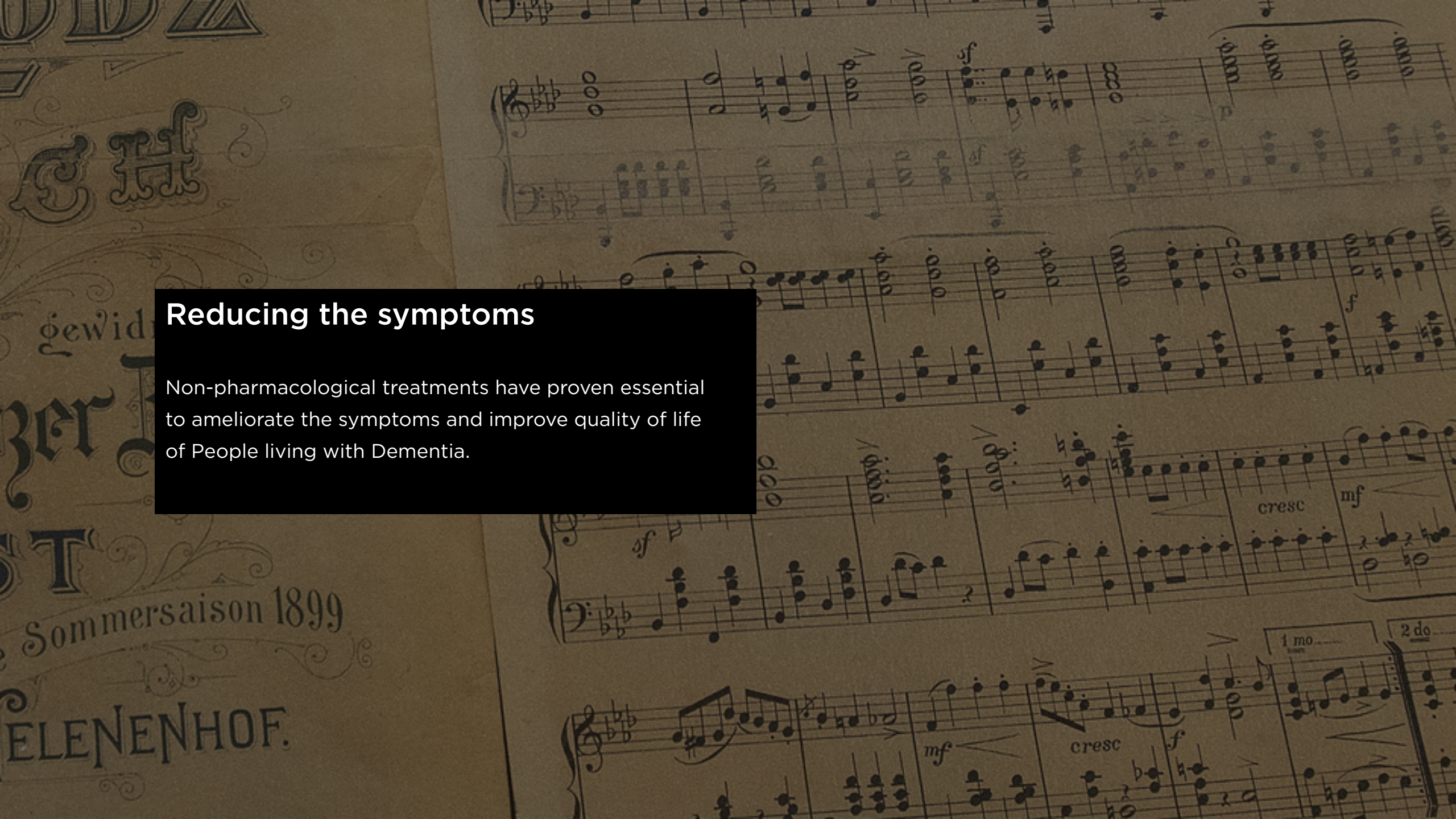


Dementia in Portugal

Portugal is the 4th OECD country with the highest prevalence of dementia. In 2018, dementia cases in Portugal exceeded 193,000, with this number estimated to reach 340,000 by 2050.

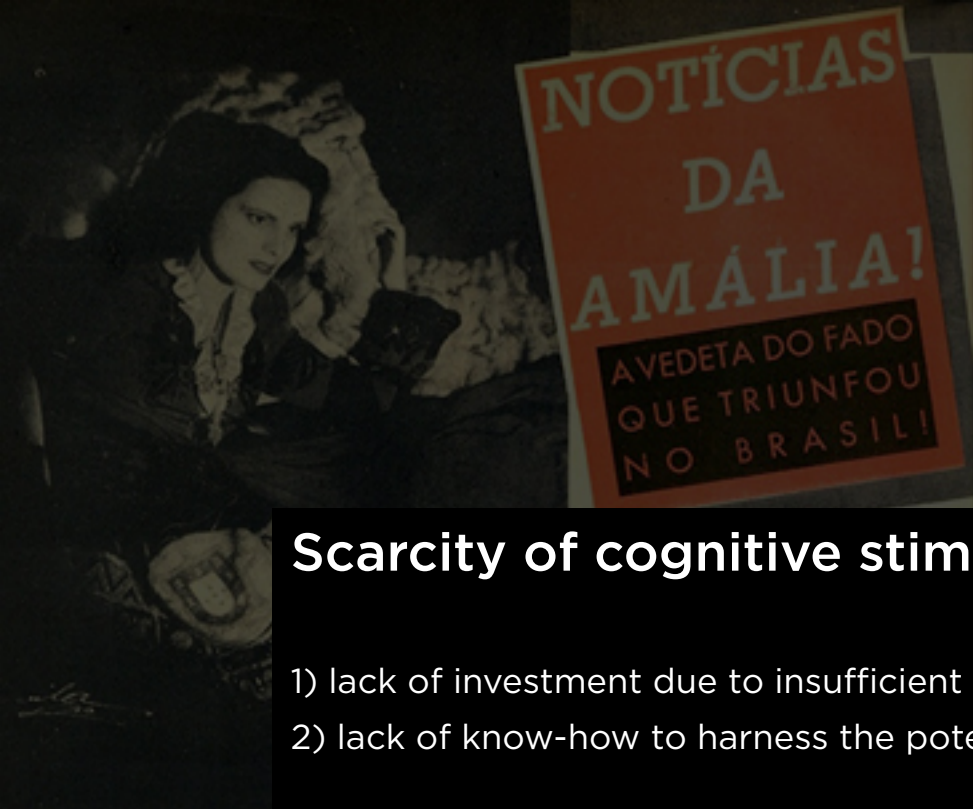
Main symptoms of dementia

- memory loss
- difficulty performing familiar tasks;
- problems with language;
- disorientation in time and place;
- poor or decreased judgement;
- problems with concentration, planning or organising;
- misplacing things;
- changes in mood or behaviour;
- trouble with images or spatial relationships;
- withdrawal from work or social activities...

The background is a close-up of a vintage musical score. It features multiple staves with handwritten musical notation, including notes, rests, and dynamic markings like 'f' (forte) and 'cresc' (crescendo). On the left side, there are large, ornate, decorative letters, possibly 'G H' and 'T', and some printed text in a historical style, including 'Gewid', 'Sommerseason 1899', and 'ELENENHOF'. A solid black rectangular box is superimposed over the center-left of the image, containing white text.

Reducing the symptoms

Non-pharmacological treatments have proven essential to ameliorate the symptoms and improve quality of life of People living with Dementia.



Scarcity of cognitive stimulation artefacts

- 1) lack of investment due to insufficient financial resources;
- 2) lack of know-how to harness the potential of Design tools.



A blue-tinted photograph of a group of students in a classroom or workshop. They are seated at desks, working on laptops. Some students are looking at their screens, while others are engaged in conversation. The background shows a wall with various posters and notices, including one titled 'Tipografia'.

Case study

Memória de Mim Day Care Centre (Alzheimer Portugal):

- Study of signage materials for the Day Care Centre
- The study of cognitive stimulation artefacts based on biographical and cultural features of people living with dementia.

Research — Projects around Alzheimer

Problem definition

Project presentation by the Centre's Director

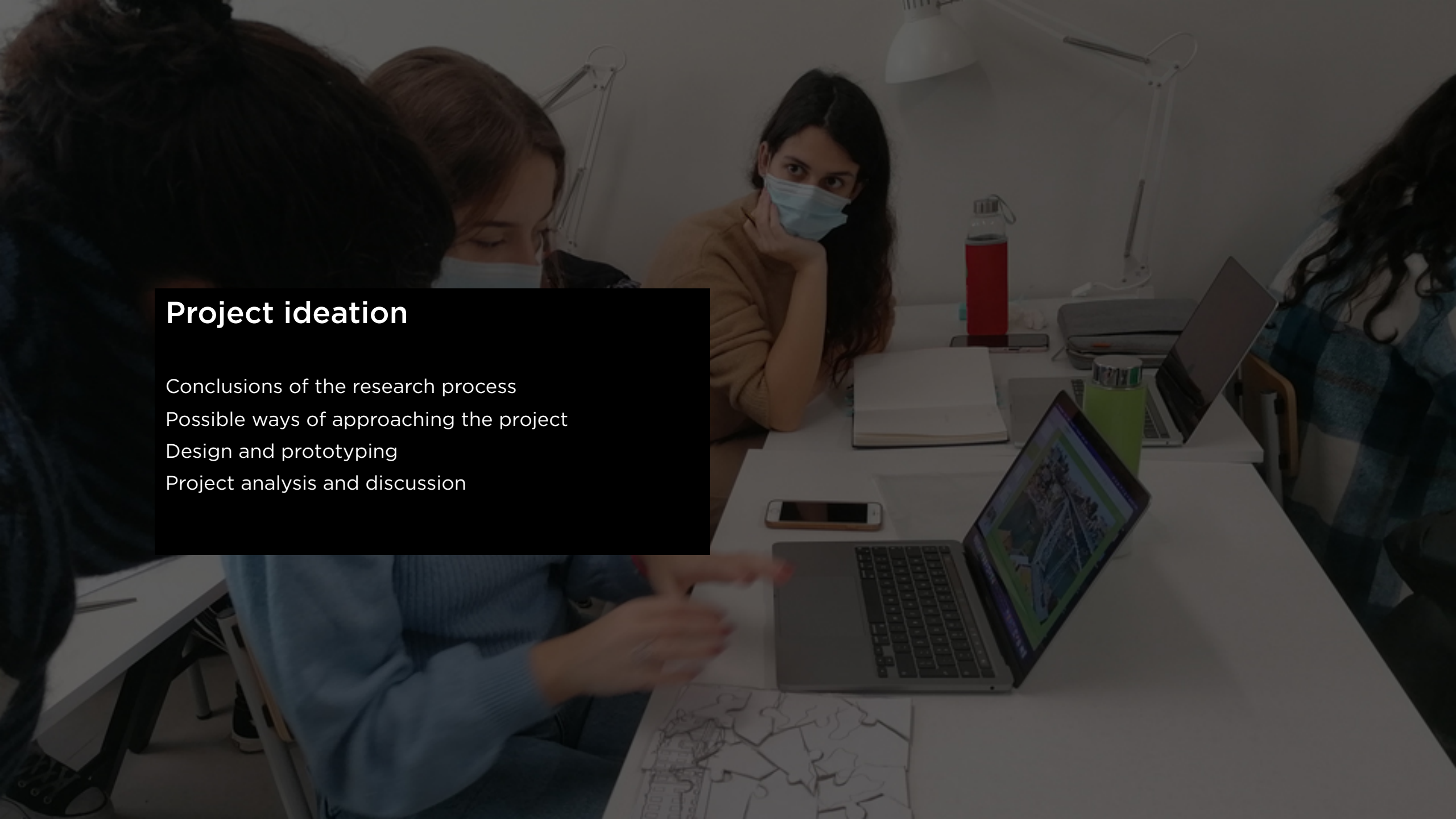
Research on dementia

Research of existing cognitive stimulation materials



Alzheimer's Photography Project - Gregg Segal

Present-day portrait of a person living with Alzheimer's combined with a projected image from the past.

A group of students are sitting at a long white table in a classroom or workshop. They are all wearing face masks. One student in the foreground is pointing at a laptop screen. Another student is looking at a tablet. There are laptops, a smartphone, a red water bottle, and a green cup on the table. The background shows a white wall and a desk lamp.

Project ideation

Conclusions of the research process

Possible ways of approaching the project

Design and prototyping

Project analysis and discussion



Artefacts developed

Lockers identification
Way-finding
Decorative seasonal illustrations
Illustrated puzzle
Goose Game (Jogo da Glória)
Bingo Game
Colouring Book





AVANÇA
E RECUA



MÚSICA



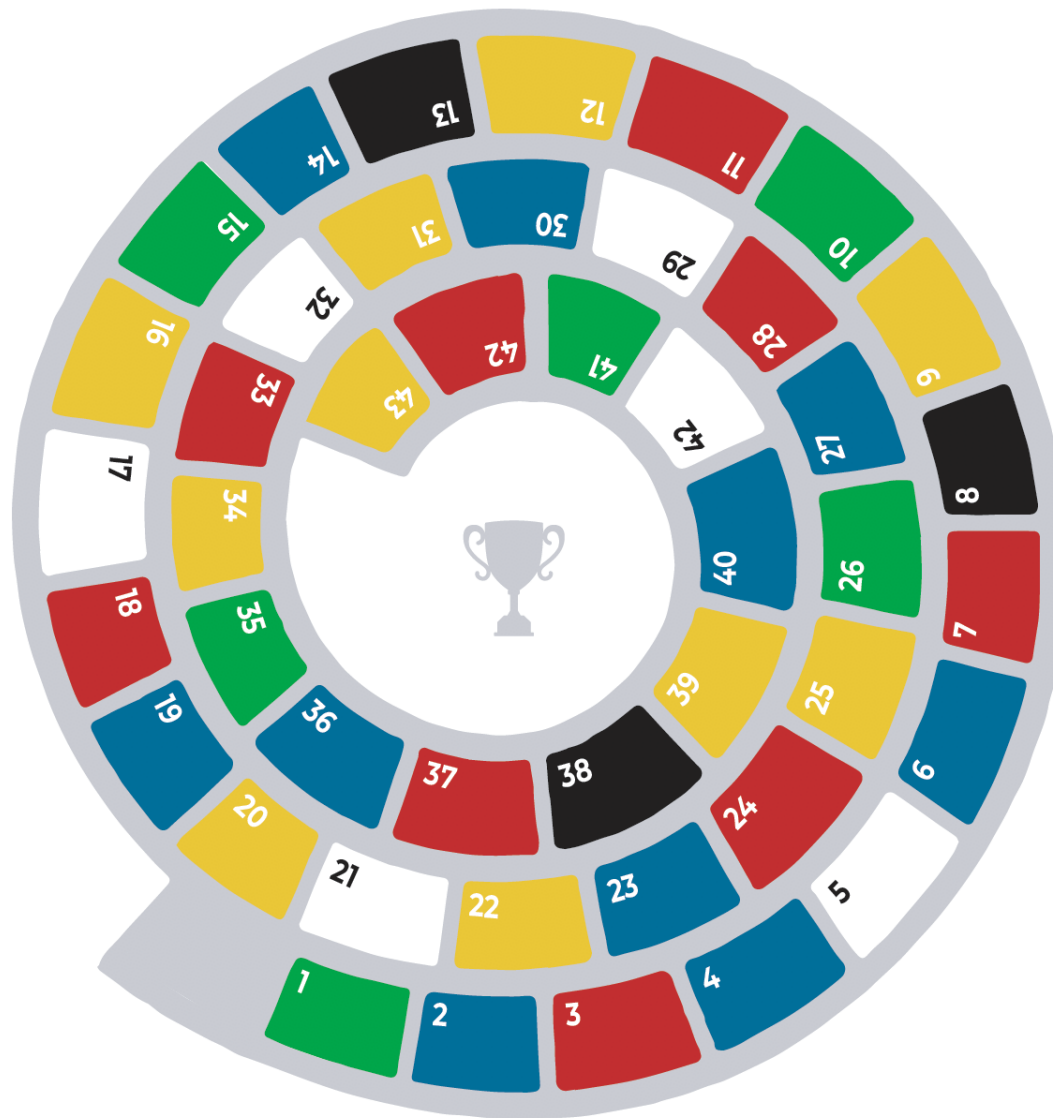
DITADOS
POPULARES



ALIMENTAÇÃO



EXPERIÊNCIAS



MEMÓRIA DE MIM

O jogador lança os dados e a soma dos dados, indica o número de casas que deve avançar.

Temas das casas

- Experiências
- Alimentação
- Ditados Populares
- Música
- Avança e Recua
- Escolha uma cor



Elétrico
Património



Pião de Madeira
Património



Folar
Páscoa



12 Passas
Ano Novo



Pão de Ló
Páscoa



Martelo
S. João



Marmelada
Outono



Ovos de Páscoa
Páscoa



Elétrico
Património



Pião de Madeira
Património



Folar
Páscoa



Folclore
Património



Varina
Profissão



Martelo
S. João



Cravo
25 de Abril



Ovos de Páscoa
Páscoa



Cravo
25 de Abril



Vinho Tinto
Inverno



Azulejo
Património



12 Passas
Ano Novo



Varina
Profissão



Folar
Páscoa



Pescador
Profissão



Barris de vinho
Património



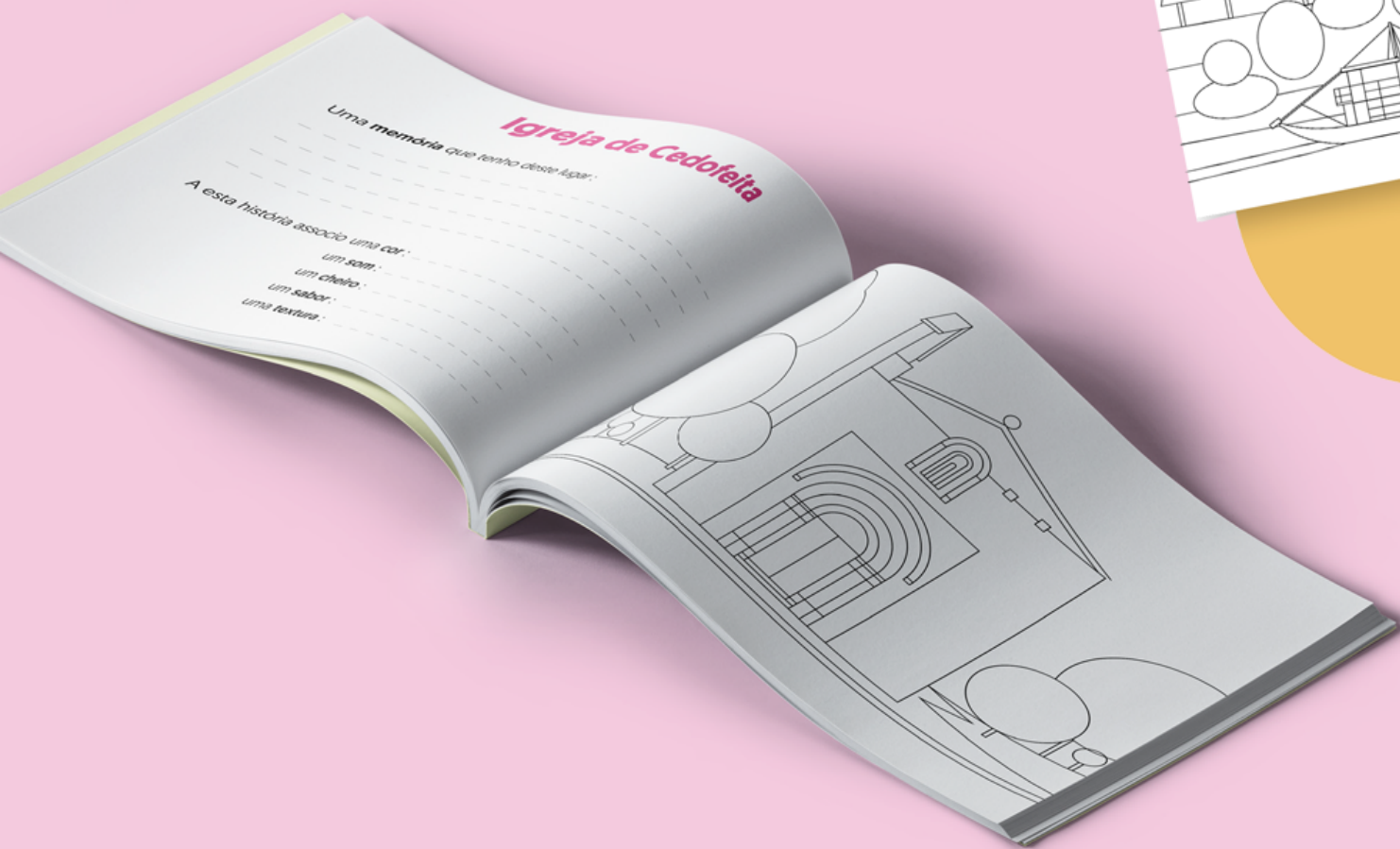
Fadista
Profissão



Elétrico
Património

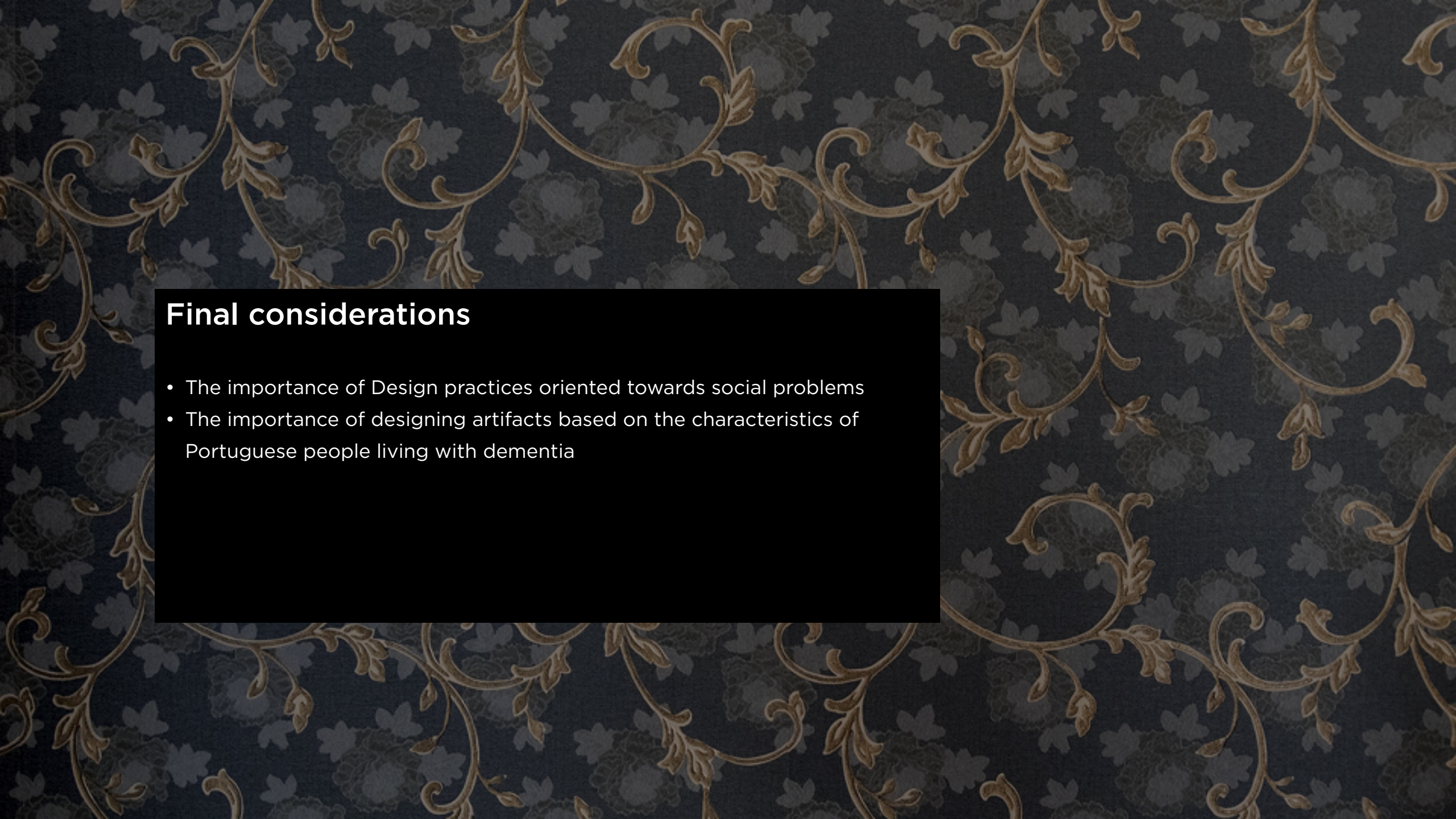


Capote Alentejano
Património



Limitations

- There was no direct contact with the public under study due to Covid restrictions
- Financial limitations
- Not all projects were subject of usability tests to date



Final considerations

- The importance of Design practices oriented towards social problems
- The importance of designing artifacts based on the characteristics of Portuguese people living with dementia



Participant students

Alexandra Sayenko // Ana Teresa Rafael //
Anabela Cardoso // Anna Le Floch // Diana Cruz //
Diogo Sousa // Lara Guivarch // Mafalda Marinho //
Miguel Ferreira

Thank you!

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