

THEME 1: HEALTHY MIND, FRAIL BODY

Hello, I am Anni.

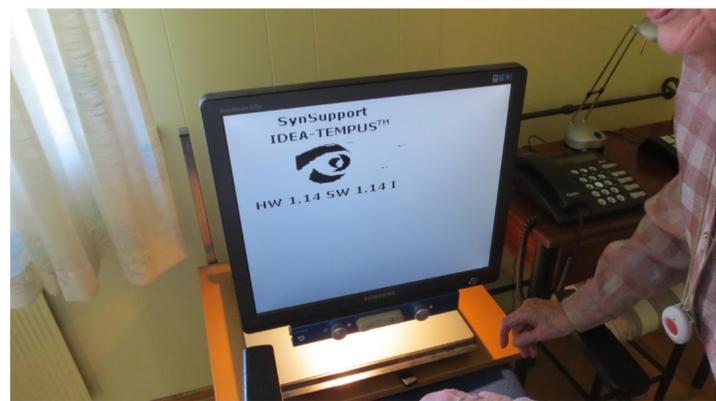
I'm eighty-six years old and live alone in my apartment. I feel lucky to live in my own home in the area where I was born and raised. I'm able to live alone, but I have physical constraints that make moving and cooking difficult for me. This is where I get help from my children and visiting workers from the elderly centre. Without their help I probably would have to live in an institution, but luckily that's not the case.

I still feel young and active, but I'm not able to do all the things I'm used to. My bad

eyesight limits my actions as well as my weak legs. Regardless, I regularly visit the elderly centre to meet with my friends. I feel that it's crucial to be as active as possible within one's abilities, meet people and learn new things.

I'm concerned about memory sickness as my late husband suffered from Alzheimer's. That's why I keep my mind fit by following what's going on in the world and local politics. Sometimes I feel like my body is holding me back but I stay positive and act within my limits.

“I used to be able to read books with this device. It magnifies the text for my eyes. But nowadays I only listen to audio books.”



DESIGN DRIVERS KEEP THESE IN MIND

1. HELP SOCIALISE AND CONNECT

Elderly need to stay in touch with their friends and relatives but physical limitations often make it difficult. We need to create ways of staying in touch and meeting despite failing health.

2. DESIGN FOR ALL SENSES

With a bad eyesight reading normal-sized letters and moving in new places becomes difficult. Other senses support dealing with vision-related tasks.

