I designed a health tracking system for my grandparents. My research began by exploring the world of wearables, and I found that they are worn by mostly young, healthy and athletically inclined users. I realized these were not the people who would be helped most by tracking their health.

The elderly people I interviewed and observed desire personal health data, but don’t see it as a need. Healthcare providers definitely want easily trackable statistics, like activity, heart rate and sleep patterns.

This data is very useful when developing healthcare plans for elderly patients. Today, doctors rarely receive the full picture of a patient’s health within limited appointment discussion time. The goal of my wearable is to provide more effective diagnoses for elderly patients through a history of their daily vitals.

The design consists of a discrete wearable sensor used to capture data such as heart rate, sleep pattern and activity level. This sensor has no interaction past the inclusion of one panic button in case of emergency. Since this piece of the system is physically small I wanted next to no user interaction to be included on the wearable piece.

The digital journal object visually requests information from users concerning food intake, medication usage, pain level and nausea. Since this criteria can be subjective, it is presented in a simple multiple choice fashion.

The digital journal actively tracks users food intake, medication usage, pain level and nausea.

The wearable sensor passively tracks users heart rate, sleep patterns and activity.

I designed a health tracking system for my grandparents.

The Collection of Healthcare Analytics for Loved Ones

Gordon Grado
Product Design Workshop
Fall 2014

User Insight

Current Information Exchange

Dorothy

90 years old
Mother of four
Grandmother of 13
Suffered a stroke last year
Makes awesome muffins
Has a Manhattan every evening

Fritz

93 years old
Father of four
Grandfather of 13
Survivor of Lung Cancer
Never misses a Packers game
Has a martini every evening

Steakholder Insight

If your Grandparents moved to Scottsdale we’d probably move too.” - Aunt Ann (Caregiver)

“I can’t rely on a patient to give me the full story. Based on the little information I receive I try to piece together the problem.” - Radiation Oncologist

“If I could see how patients are doing day to day we would be able to catch problems before they happen.” - Oncology Nurse

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