Track: Work - Leisure - Volunteering Presentation: A memory stick

P. KUOSMANEN, S. PEKKARINEN, K. KEMPAS, H. MELKAS, R. VALVE, A. KARISTO. Developing the 'mStick' concept: Experiences and impacts. Gerontechnology 2012;11(2):413; doi:10.4017/gt.2012.11.02.286.00 Purpose This small-scale pilot study focuses on the memory and reminiscence stick (mStick) concept. It is a biographical memory store; personal documents such as family photographs, texts, audio and video clips, as well as materials linked to the owner's hobbies and interests, are stored on a USB-stick. The mStick concept has a background philosophy that focuses on reminiscence; the essence is not the technology itself, and future platforms may well be different. The mStick provides meaningful entertainment to independent elderly people and those living in residential care or long-term care and suffering from memory and communication problems. Narrative gerontology and reminiscence studies over the years have shown that memories and personal life stories are important resources in the later life. Method Nine pilots were launched in Lahti Region in Finland, in 2010 and 2011, to examine user experiences. The pilots were investigated throughout the implementation process to assess impact and usability of the mSticks. Qualitative data were collected in 2010-2011 by means of interviews (33 end-users, 29 workers/students), learning diaries, photographs, memos, and participatory observation diaries (about 200 pages and over 200 photos) in the process of co-creation of the innovative concept. In this study, experiences gained during the development of the mStick are analyzed with the help of 'Gerontechnology's Five Ways'1: prevention, enhancement, compensation, care, and research. Results & Discussion Our results indicate the mStick prevents a narrowing of the world which easily follows when health and functional abilities deteriorate. Reminiscence work enables people who are confined to bed to be connected to other places and times. The mStick concept creates 'generational intelligence'2, an ability to put oneself in the position of age-others by increasing intergenerational interaction and transmitting family history to younger generations. It also acts as an assistive device for care workers who organize reminiscence sessions and alike. It helps to see patients as whole human beings and facilitates communication between them and care personnel - thus potentially renewing the care culture. The contribution of this study is to bring forth experiences of 'hybrid care', a combination of services and products. The results are encouraging, as they show that the mStick has a positive impact at many levels. There seems to be potential for cultural change in care practices, highlighting the need for a biographical approach in care work.

## References

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Table 1. Impacts of the mStick analyzed with the help of 'Gerontechnology's Five Ways'

Way	Examples of the impacts of the mStick
Prevention	Cognitive impacts: memory exercise
Enhancement	Increases intergenerational interaction; transmits the family history
Compensation	Enables people who are confined to bed to be connected to other
	places and times
Care	Helps to see patients as whole human beings; facilitates communica-
	tion between patients and the care personnel
Research	Memory exercises and tests