

A mix-method approach to involve people with dementia in the development of a platform for medication adherence B. Steunenberg, H. S. M. Kort

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Purpose From literature, it is known that 21 % of people with (starting) dementia (PwD) are exposed to polypharmacy (using daily 5 or more medications) while the onset of cognitive decline makes it challenging for them to self-manage their diseases and medication intake (Patterson, 2018). The aim of the MedGUIDE project (an EU-consortium project, <http://medguide-aal.eu/>) is to support persons with dementia, their informal and formal care network, with their medication intake utilizing an online tool. The tool is aimed at adherence, knowledge transference about dementia, supporting and integrating the care network, self-report of physical and social-emotional factors, and online communication options (Kort, Steunenberg & Van Hoof, 2019). The system is powered with contextual data (in the house of the PwD) from IoT devices. A polypharmacy management database is developed during the project. This can be a useful tool for formal caregivers. **Methods** As end-users, the PwD were actively involved in the development of the tool. First, we started with story-telling sessions in which the PwD spoke about the structure and routines in their daily life. This to adopt the developing system to these individual needs. Next, they gave feedback on pictures of already existing systems in the talking-sheets session. These sessions were done at home to get a better understanding of PwD daily routines in the search of finding reminders for medication adherence. Based on the findings of the story-telling phase a clickable design of the MedGUIDE platform was designed and researchers collected PwD feedback and suggestions for improvement in so-called mock-up sessions. **Results & Discussion** The feedback on the different sections of MedGUIDE was very important to us as researchers and developers. During these sessions at the homes of the PwD observations were executed regarding navigation exercises. This in order to adapt our tool based on the results of the observation and navigation exercises. For example, the instruction video was far too complicated and needed to play at a slower speed. Also, the font-colors and pictures in the tool were discussed. It is important to get acquainted with the respondent, so they feel at ease to respond and cooperate. The point of view of persons with dementia on online tools is important to consider in the development phase. They are still able to attend co-creation processes. The process to involve PwD is facilitated when you take the time to build a relationship with the older adults and use talking sheets to make your subject of research visible.

References

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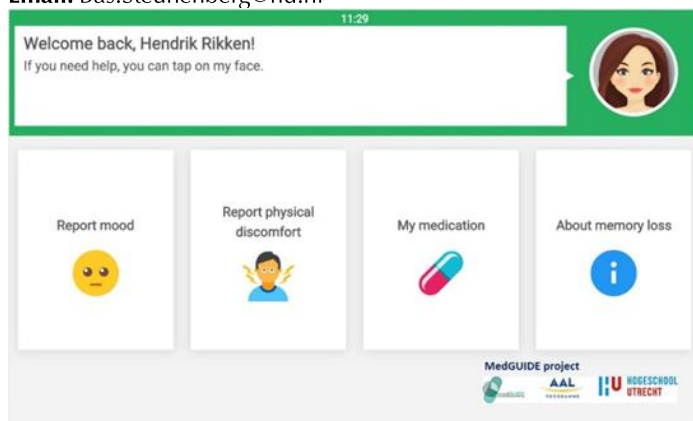


Figure 1 Dashboard of the MedGUIDE platform for Medication adherence