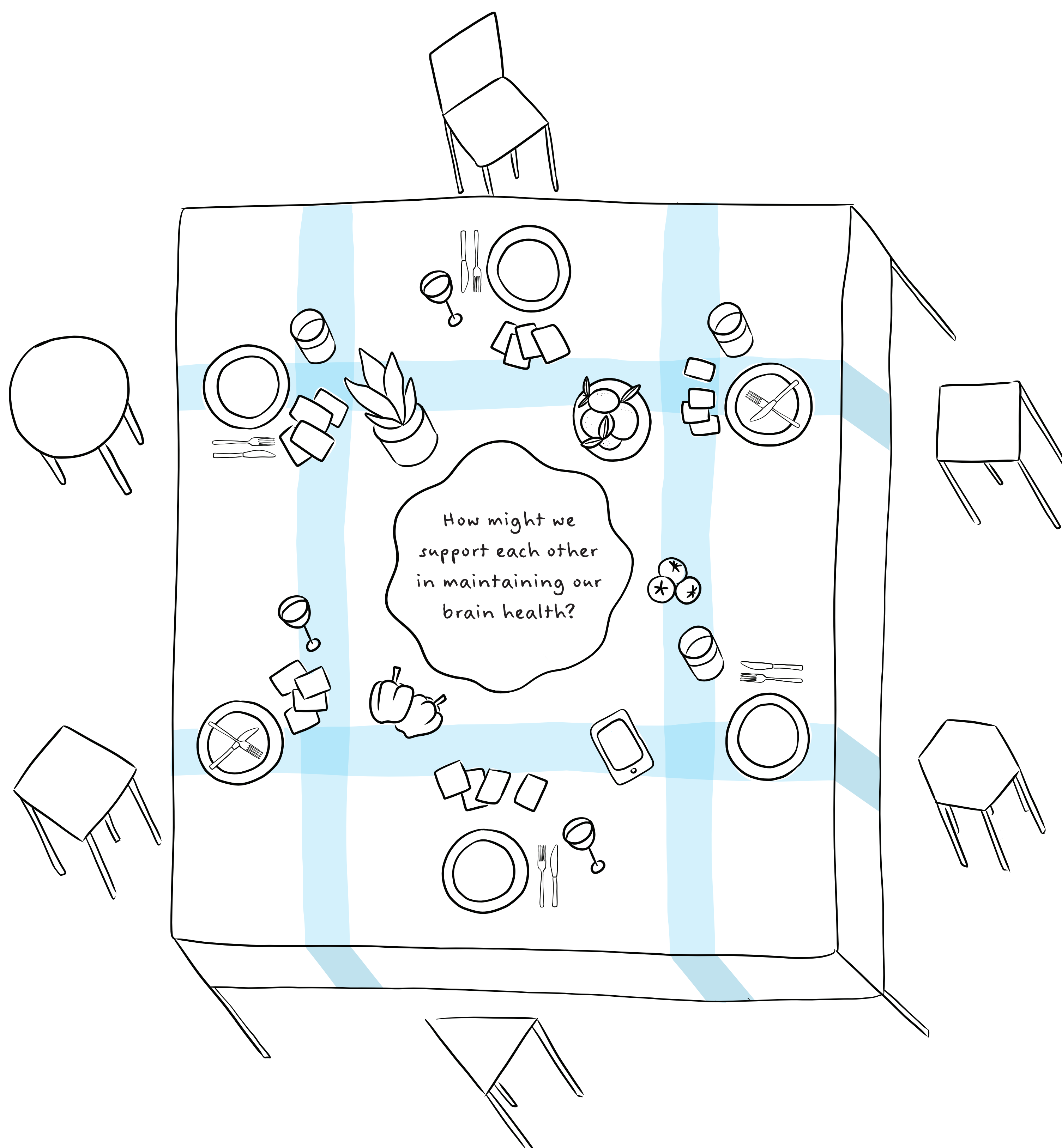


Social Design for Brain Health

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This research investigates how to design social interaction tools and frameworks for brain health in-person and online. The study tackles a health issue from a design perspective, a unique approach that helps us reveal new areas for improvement in our mission to prevent dementia and Alzheimer's disease. Alzheimer's disease is one of the most common types of dementia and is a significant public health priority. Alzheimer's disease has both non-modifiable and modifiable risk factors. Tailored interventions could help people autonomously engage with behaviours that address these factors to reduce the burden of dementia worldwide. Modifiable factors include sleep, stress, nutrition, physical activity, smoking, and social activity. The thesis guides readers through a design for brain health process including rapid prototyping and interviews while investigating human interactions and how mediating artefacts and frameworks could influence those interactions using cultural probes. The final results provide a set of design principles that could be used in communities and social technologies such as common narrative, safety around self-expression, activities combination, small groups, support matching, gratitude, stories, structure, and modelling.
