Creating a user touchscreen tablets guide for and with people with dementia

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Introduction
In a previous study aimed at raising awareness on the uses of touchscreen tablets for people with dementia, some participants expressed the need to have a guide to help them use the tablets alone. We decided to create together a practical guide for and with people with dementia according to their needs and difficulties of use.

Participants:
8 women from a day care centre
Mean age = 81.25 (+/- 6.27)
Mini Mental State Examination (MMSE) Mean score = 18.57 (+/- 4.5)

Protocol:
2 focus groups: needs, content and appearance of the guide
Observations of independent use to identify difficulties

Devices:
iPad 6th generation version 13.3.1

Results
Due to Covid-19 outbreak, only steps 1 and 2 could be carried out.

Difficulties of use:
- turn on the tablet,
- surfing on the internet,
- and manage notifications.

Users needs:
- research on internet,
- watch videos and communicate with relatives.

Guide content:
- gestures required for actions,
- images indicating where to tap and explanations about applications.

Appearance of the guide:
- short sentences,
- tablet sized format,
- legible and pleasant illustrations,
- different colors for each chapter,
- text in black with important elements in bold and features to watch out for written in red.

Six Chapters:
- General information,
- Explore (Google and YouTube),
- Photos and videos (camera and photos management),
- Communicate with relatives (mail, contacts, messages, FaceTime),
- Getting organized (calendar),
- Getting further (AppStore).

Conclusion
This first version still need to be evaluated by the participants involved in the project and other people with dementia to ensure that the guide is adapted and that it does not create additional difficulties. After the evaluation, the guide will be modified and will go through a final validation by participants. This guide can be used by people with dementia themselves, with the help of their caregivers or by anyone wishing to use a tablet. Its use promotes digital inclusion.

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Methods
1. Focus groups and observations
2. Graphic design conception
3. Prototype presentation
4. User tests
5. Modifications if necessary
6. Validation

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