

APPLICATION OF HEALTH-ASSISTING KITS FOR THE ELDERLY IN LIVING SPACE AND BODY INTERACTION

AUTHORS

Assistant Professor Ching-Chun Liu
Shih Chien University Fashion Design, Taipei, Taiwan
oliveliu@g2.usc.edu.tw

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ABSTRACT

“Old” is not the same as “illness”. It is a natural degradation of physical functions and often faces physical and psychological shocks. In the field of design, how to serve this “aging” and “capable” group of elderly people is a big challenge and opportunity. If we can enhance or satisfy with auxiliary products that have both fun and health, The quality of life and psychological needs of life are achieved through leisure and entertainment or naturally active auxiliary products to achieve experience and fitness. In the process, I believe that there will be opportunities to slow down the rate of growth and growth. The process of aggravating the fear of falling, effectively strengthening the muscles of elderly people, and preventing sarcopenia, is the goal that has been advocated by serious health. From the popularity and use rate of smart products, the fatigue and growth of different parts of the body have also increased. Therefore, this study wants to explore the core of the elderly’s home health and fitness as the segmentation range. Inconvenience and reduction, if it can provide an opportunity that is convenient multi-dimensional, and effective at-home health sports products, this is the goal of this research. Under the condition of high intervention of existing health supplement products, they seem to be very cumbersome and huge, leading to difficulties and poor flexibility in the integration of living space. If it is possible to change the personality adjustment of health supplement products to be lighter or easier to integrate indoor spaces, this is another expected goal of this study. The focus of this research is on the demand form and field of home health exercise for the elderly. The research methods are contextual interviews, story-sharing, and behavior models. They try to start from the needs of elderly health activities and their homes. For the pain points of the current space application situation, interviews and data collection are conducted through various parties such as elderly needs, caregivers, and therapists. Home space and care institutions conduct static observations and records, and further dialogue with the agency managers Research methods to summarize and analyze the opportunities of “health support products”, “personal needs” and “space integration applications” in the care process of the elderly! In this study, the combined analysis of pain points and contact points in the method affects each other. “Home” is the main space integration field, and the upper limb movement of the elderly is the core of the main activity. It proposes design suggestions based on the use and interaction of form, material, space system, etc., and develops a preliminary prototype and a full-scale operable model. We hope to seek opportunities for future elderly home health activities and help achieve the elderly’s healthy and healthy quality of life indicators.