MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

Module 9 - Experiential Training session (9.2)
Health Apps for the Elderly

Partners

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Experiential Training Session: Content

1. Specific Example of a Health App for the Elderly

2. Real Life Integration Challenge – using the e-Training Platform

Objectives

✓ To learn about the features and characteristics of one specific Health App for healthy ageing.

✓ To comprehend in depth the usefulness of SMART goals and to be familiar with their utilization.

✓ To apply theoretical knowledge and reflection skills learned in the teaching session.

✓ To be invited to complete the real-life integration challenge using the e-Training Platform.

Source: Image by nuraghies on Freepik

Competences

✓ To be able to download and use one Health App relevant to ones own key area of healthy.

✓ To be able to apply knowledge about SMART goals.

✓ To be able to apply knowledge about healthy ageing and strategies to assess potential benefits as well as to identify barriers and facilitators for constant usage.

✓ Constantly reflecting usage by keeping a user's diary on the e-Training platform.

Image by vectorjuice on Freepik
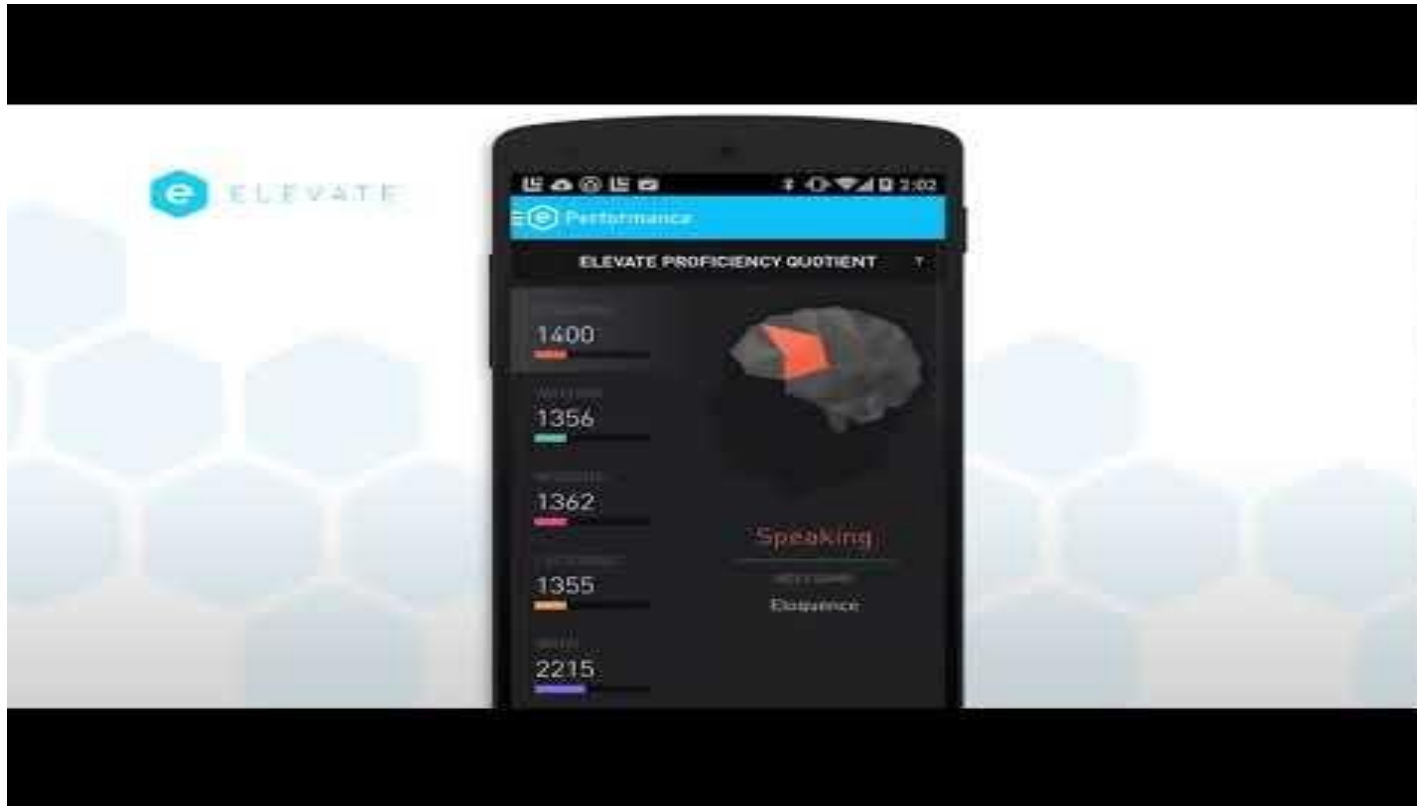
9.2.1
Specific example of a Health App for

Objectives

- To be familiar with the process of downloading and using an app for the first time

- To understand its characteristics and how to explore the features for the first time.

- Understanding where to find additional information for a specific app.

Example: „Elevate" as App for Healthy Ageing

Source

Factsheet

- Name: Elevate – Brain Training Games

- Owner: Elevate, Inc.

- Website: https://elevateapp.com/

- Available on Apple App Store and Google Play Store

- App usable on smartphones and tablet PCs

- App requires user account

- Language of App: English

- Elevate offers a free 7 day trial – after completion a yearly subscription comes at a cost of 37,99€

- You can cancel your membership during the first 7 days and enjoy the 7 day trial without costs

Description and Features

- „Elevate is a brain training program designed to improve your mind's focus, memory, speaking abilities, processing speed, math skills, and more. Each person is provided with a personalized training program that adjusts over time to maximize results"

- Offers 40+ Brain Training Games

- Shows Performance Tracking

- Personalized Workouts and Adaptation to your level

- Workout Calendar and Notifications to keep you motivated

Get started: Download App

1. Go to your App Store and type in App name – „Elevate"

2. Look for Elevate App icon and click download (here: „Laden")

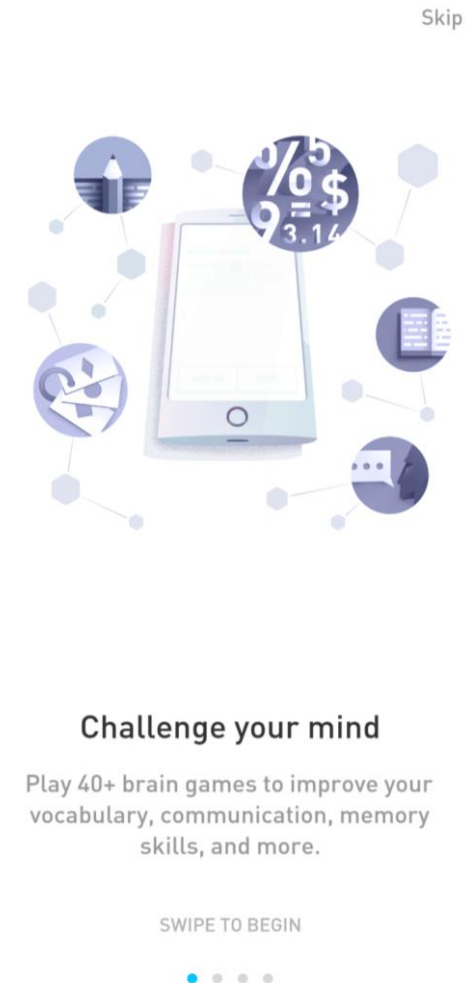3. Wait for App to download and open App on your device
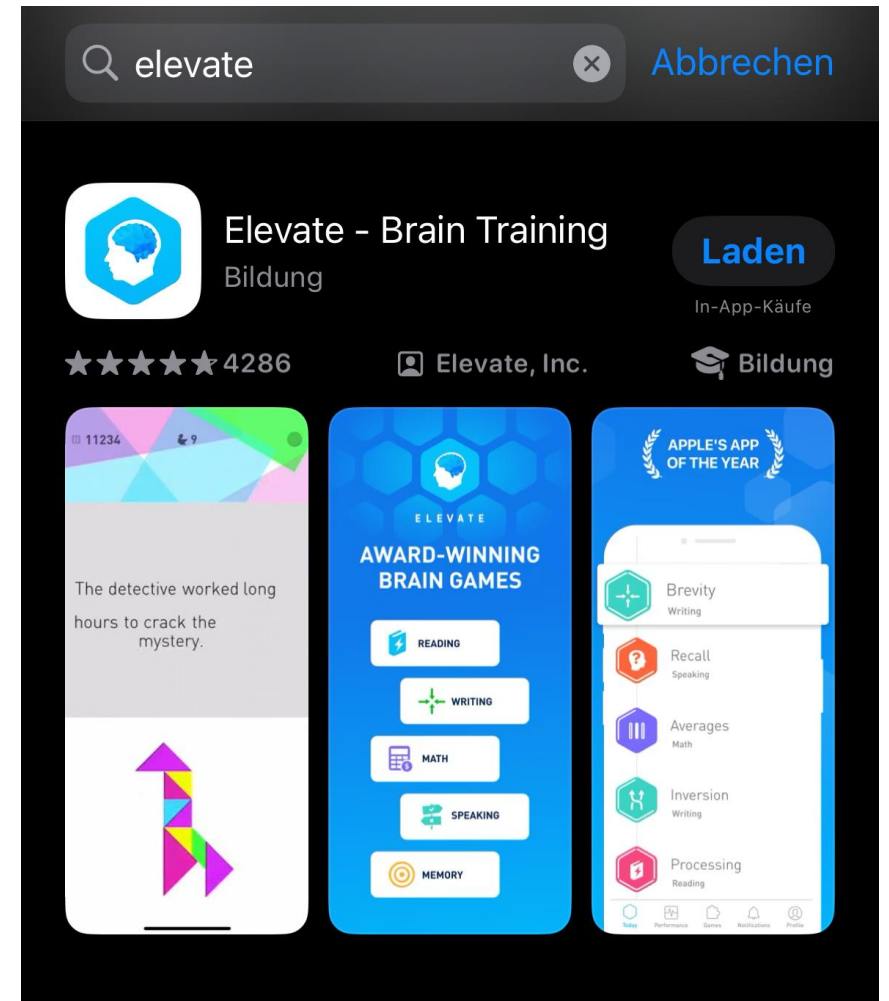
Get started: Open App and read introductory information

Skip

1) First Screen, when you open the app. Select „Get started".

ELEVATE

PERSONALIZED BRAIN TRAINING

Get started

Already a member? Sign in
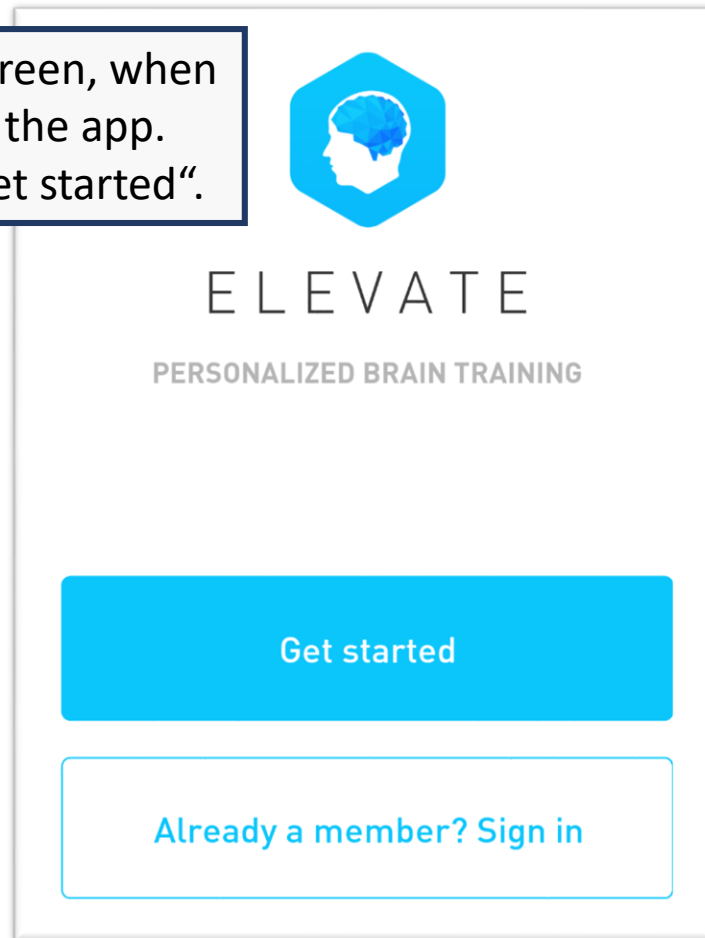
2) Second Screen: The following screens will introduce the app. Providing the same information as the description in the App Store. You can swipe left to read all pages or skip this part tapping on the top right „Skip" icon.

Challenge your mind

Play 40+ brain games to improve your vocabulary, communication, memory skills, and more.

SWIPE TO BEGIN

Get started: Complete introductory questions to personalize your experience

3) Third section: Complete questions on your goals.

4) App will ask for willingness to improve different areas, e. g. memory skills.

Click „No" or „Yes" to set your goals.

First, tell us how you'd like to improve.

Continue

Skip

Enhance your memory skills

No   Yes

Additional Information for step 4):

You can decide to improve...

- Your vocabulary
- To articulate your thoughts more clearly
- To strengthen your focus while reading
- To improve writing abilities
- To calculate more precisely and quickly

Get started: Complete introductory questions to personalize your experience

5) Share your motivation.

6) Provide information on your condition.

7) Get ready to provide further information, complete settings and introductory exercises.

Skip

What's motivating you to improve?

Fun games

Cognitive health

Better communication

Interview/test prep

Work/school performance

Something else

Do you have ADD/ADHD?

These can affect how you focus and learn.

Yes

I think I do

No

I prefer not to share

Not sure

Now, take this 1-2 minute test to personalize your skill level.

Get started

Get started: Complete settings and games to personalize your experience

8) Select language.

Choose your language preference.

American English

British English

9) Provide further information, complete settings and introductory exercises.

See examples on the right side.

Which word **doesn't fit**?

selfish

inconsiderate

generous

I don't know

4 + ☐ = 9

5

6

I don't know

Rate your ability to remember names.
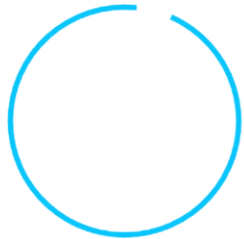
Excellent

Above Average

Average

Below Average

Get started: Get results on your starting skill level

Introducing EPQ
ELEVATE PROFICIENCY QUOTIENT

EXPERT
3750 - 4250

You will be given an EPQ ranging from 0-5000 that represents your proficiency in each skill.

Thank you

We're determining your skill level in Writing, Speaking, Reading, Math, and Memory.

Your starting EPQ

INTERMEDIATE

INTERMEDIATE

READING: 2185   INTERMEDIATE

MATH: 2259   INTERMEDIATE

MEMORY: 1940   INTERMEDIATE

10) Once the introductory part is completed, the app will assess you skill level.

11) Elevate will use a numerical value to assess your level, the EPQ. Click „Get results".

12) Read your results in each category and click „Finish setting up account" to continue.

Get results

Finish setting up account

Get started: Setting up your account

13) You can set up your account using different ways, e. g. using your email-adress.

Provide: Name, emai-adress, set password, and type in your age.

Click „Sign up" to continue.

Continue with Email

Test name — Name

test@mail.com — E-Mail

Password
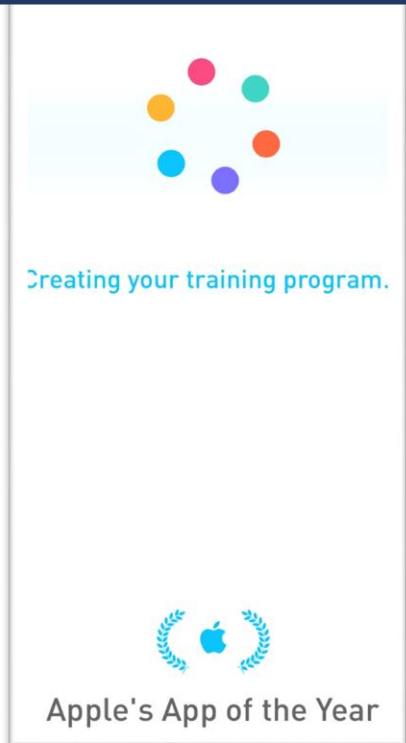
65 — Age

Sign up

Already have an account? Sign in

Done

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	⌫

14) Wait for App to create your account and training programm.

Creating your training program.

Apple's App of the Year

15) Read information on how your free trial works.

If you scroll down instructions will be given on how to cancel before being charged after the 7 day trial is over.

Click „Start my free trial now" to continue.

How your free trial works

Today
Unlock unlimited access to Elevate's 40+ games.

Day 5
Get a reminder when your trial will end.

Day 7
You'll be charged on February 22—cancel anytime prior.

Free access for 7 days, then
37,99 € per year (3,17 €/month)

View All Plans

How can I cancel?
It's easy: Open Elevate, and go to your Profile tab.
Tap the settings gear at the top right, then Account
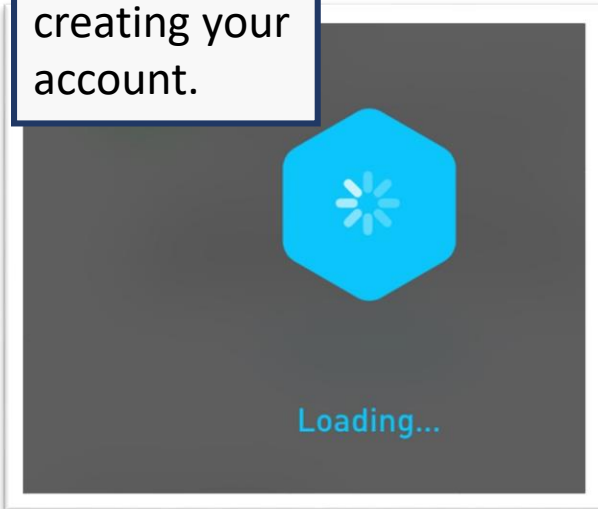
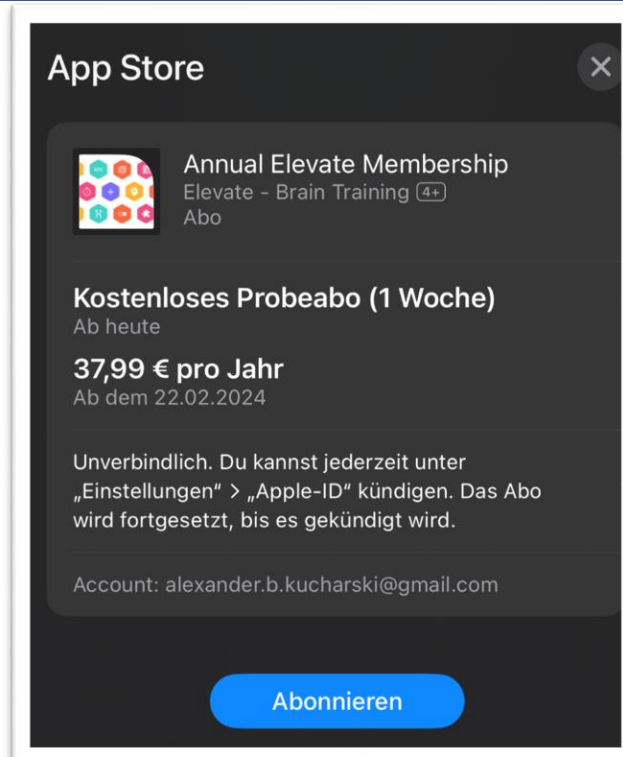**Start my free trial now**
Cancel anytime

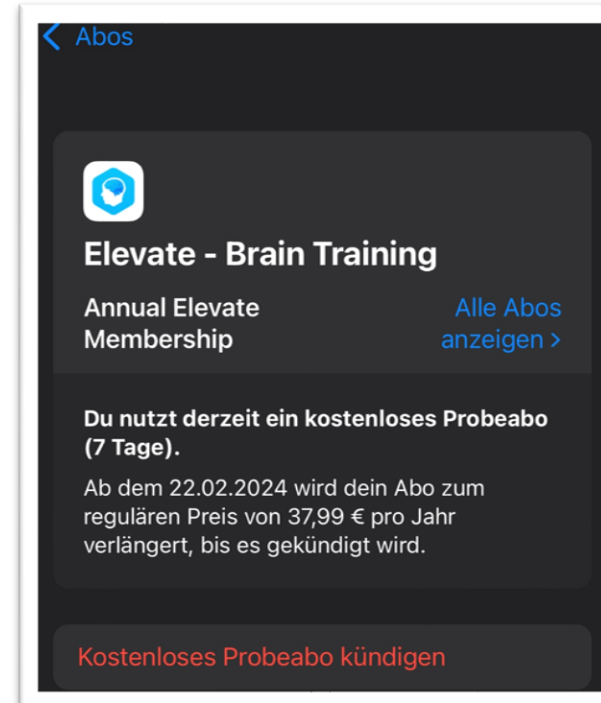# Get started: Setting up your account and cancel subscription to avoid costs

16) Wait for App to finish creating your account.

17) App will ask you to subscribe. You can cancel subscription and still use free 7 day trial. Click „subscribe" (here: „Abonnieren") to continue.

18) After account set up, you can navigate to your subscriptions in your App Store App and cancel the subscription to avoid costs. You can still use the app and enjoy your 7 day trial.

18) Click „Cancel subscription" (here: „Kostenloses Probeabo kündigen").

Loading...

App Store

Annual Elevate Membership
Elevate - Brain Training 4+
Abo

Kostenloses Probeabo (1 Woche)
Ab heute

37,99 € pro Jahr
Ab dem 22.02.2024

Unverbindlich. Du kannst jederzeit unter „Einstellungen" > „Apple-ID" kündigen. Das Abo wird fortgesetzt, bis es gekündigt wird.

Account: alexander.b.kucharski@gmail.com

Abonnieren

‹ Abos

Elevate - Brain Training
Annual Elevate Membership   Alle Abos anzeigen ›

Du nutzt derzeit ein kostenloses Probeabo (7 Tage).

Ab dem 22.02.2024 wird dein Abo zum regulären Preis von 37,99 € pro Jahr verlängert, bis es gekündigt wird.
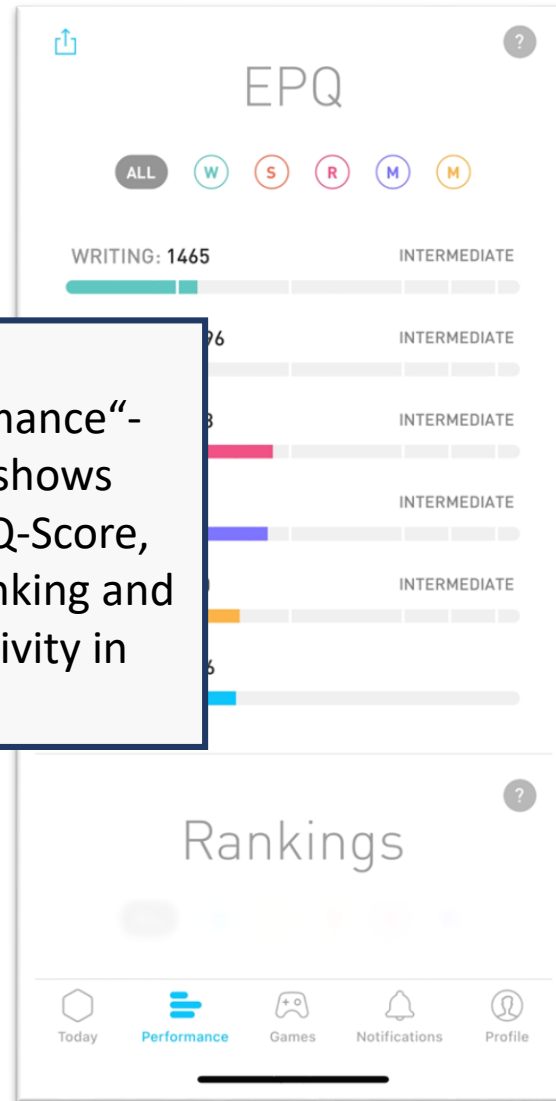
Kostenloses Probeabo kündigen
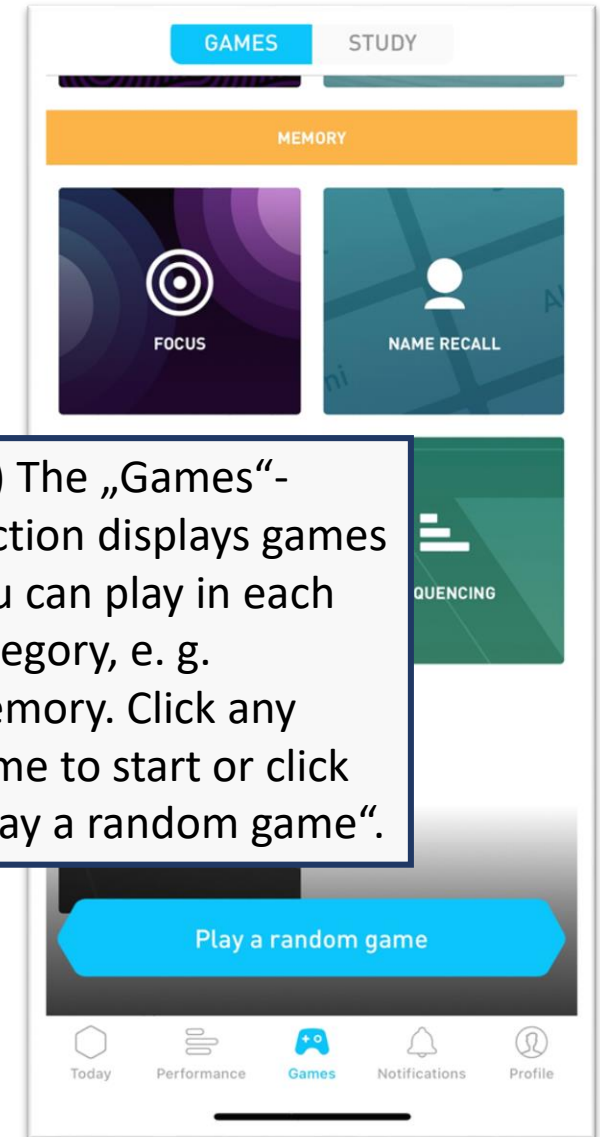
Explore User Interface

19) The „Today"-Section offers featured workouts, daily crosswords, recent games and personalized workouts.
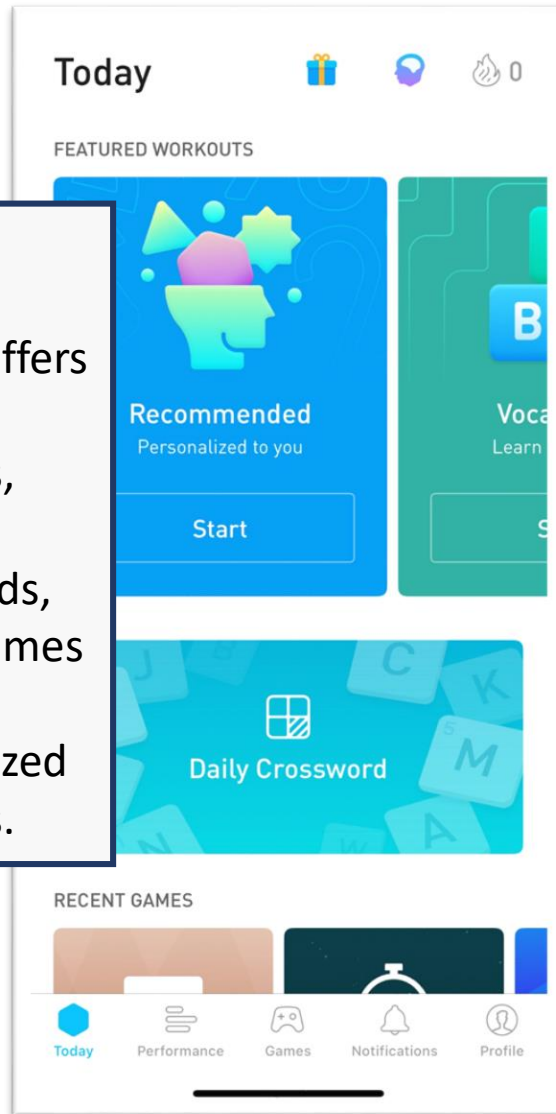
20) The „Performance"-Section shows your EPQ-Score, your Ranking and your Activity in the App.
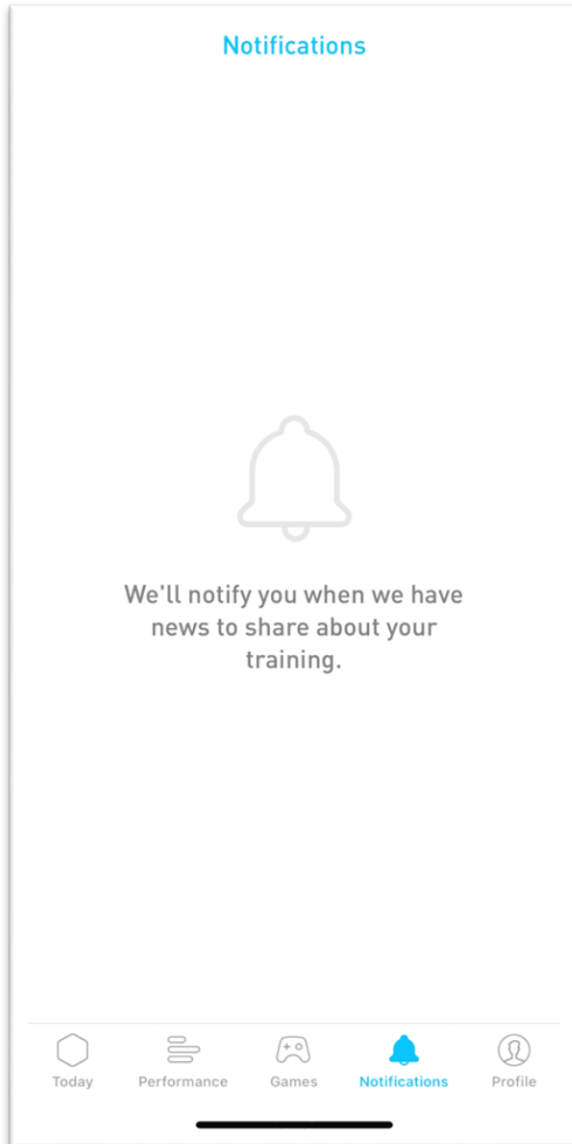

21) The „Games"-Section displays games you can play in each category, e. g. memory. Click any game to start or click „Play a random game".
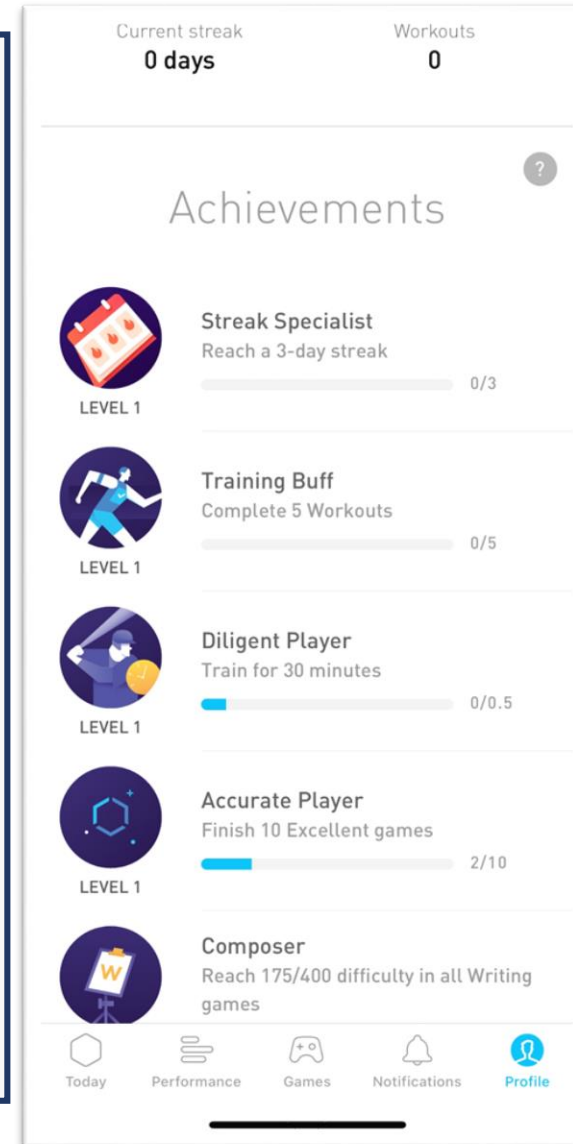
Explore User Interface

22) The „Notifications"-Section will display notifications based on your settings, e. g. allowing the App to notify you daily to play or to notify you for level updates.

Notifications

We'll notify you when we have news to share about your training.

Today Performance Games **Notifications** Profile

23) The „Profile"-Section shows your achievements, your days active, your workouts completed.

You can also enter „Settings" and see account status, change app settings, delete account or log-out.

You can also invite friends and share your progress on social media.

Current streak
0 days

Workouts
0

Achievements

Streak Specialist
Reach a 3-day streak
LEVEL 1   0/3

Training Buff
Complete 5 Workouts
LEVEL 1   0/5

Diligent Player
Train for 30 minutes
LEVEL 1   0/0.5

Accurate Player
Finish 10 Excellent games
LEVEL 1   2/10

Composer
Reach 175/400 difficulty in all Writing games

Today Performance Games Notifications **Profile**

Now, it's time to play Brain Training Games!

# Play Brain Training Games – Example: Memory Games

- Elevate offers a variety of memory games targeting different cognitive abilities and thus trains memory comprehensively.

- Some games will make you listen to an audio recording about a scenario. The player needs focus and listen carefully to remember information and to complete simple tasks using the short term memory (e. g. swiping objects to match information).

- If the player makes wrong decisions, he can loose „Lives" and ultimately fail the game. The player can restart the game after failing or at any time.

- Some games offer explanations for correct answers.
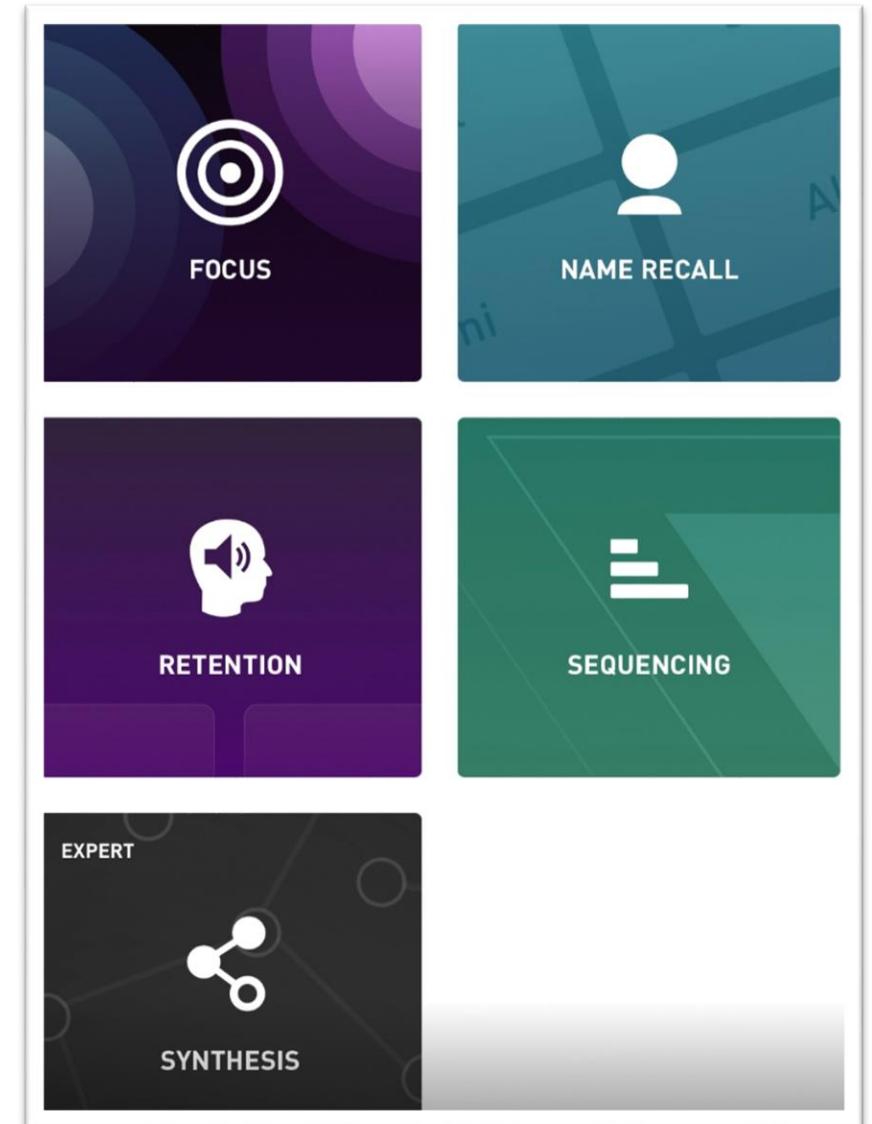
Play Memory Games – Example: „Focus"-Game

After choosing the „Focus"-Game, information about benefits of the game and achieved scores will appear.

Before starting the game detailed information and instructions will be displayed, e. g. necessity of audio, how and when to swipe to match information, while listening to the audio.
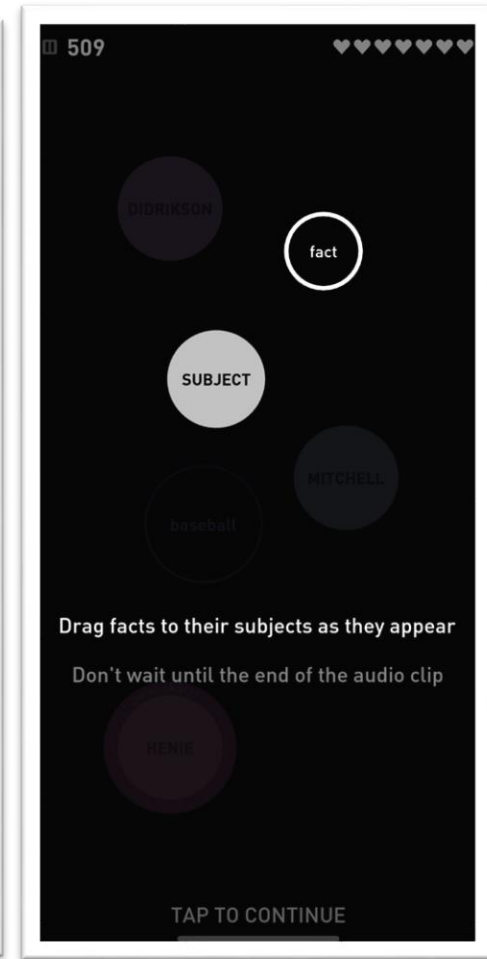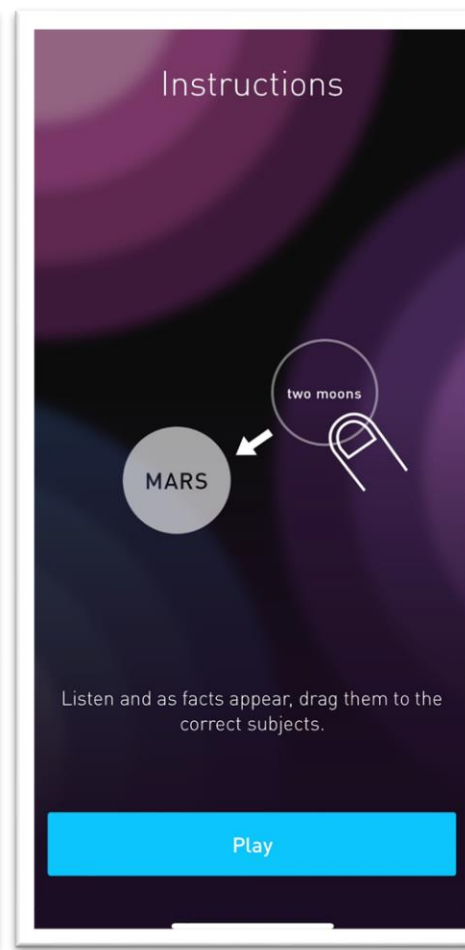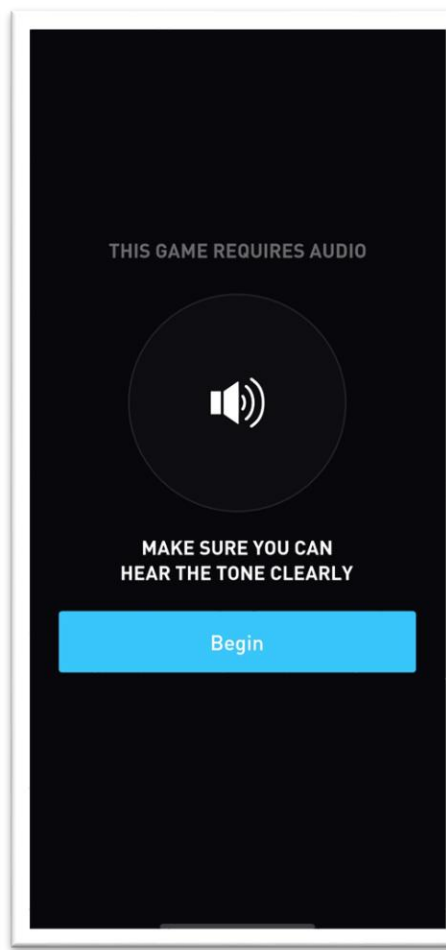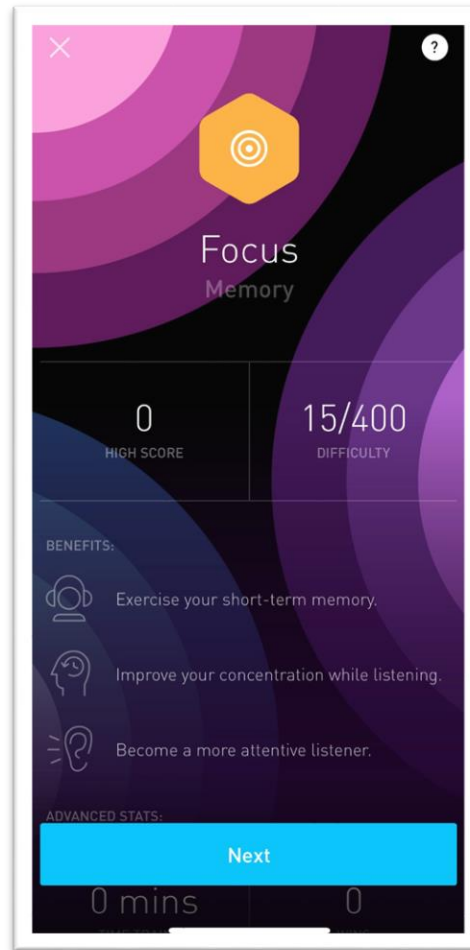
Play Memory Games – Example: „Focus"-Game

The „Focus"-Game will play an audio recording, which entails historical facts about three prominent Hotels in different parts of the world. Infomation includes year of construction or famous person living there for example.

The player needs to drag appearing facts to the correct hotel name, as soon as they appear, to complete the game.

Facts can appear sooner or later, making it challenging to listen, remember and match information correctly.
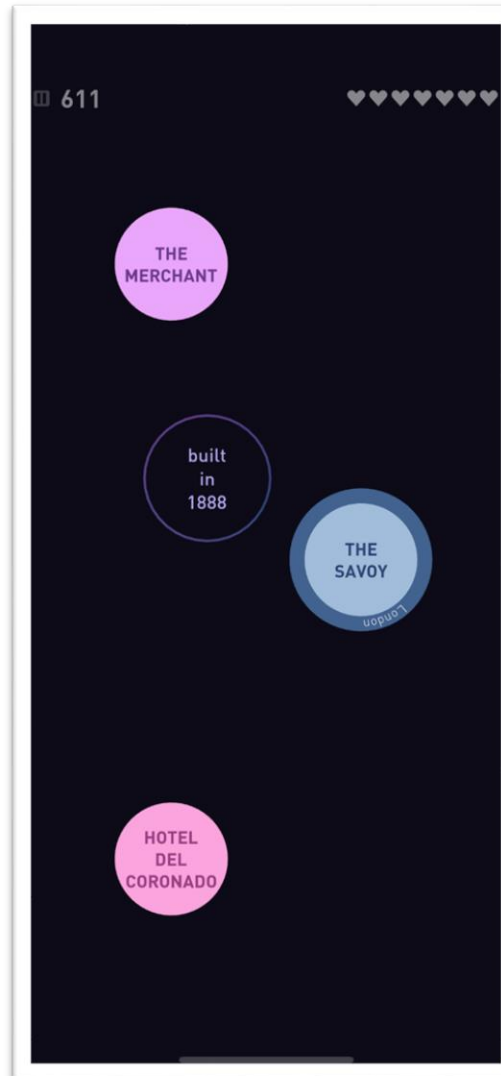
Correct matching allows the fact to become a circle around the respective hotel name.

Wrong matching will not be visualized by a red circle. The player looses a „Life" (heart in the top right corner). If the player loses all „lifes", the player fails the game and needs to start over.

If all matchings are correct, all circles will turn green. The player completes the game and collects points, which will contribute to his EQP-Score and overall level.

Play Memory Games – Example: „Name recall"-Game

After choosing the „Name recall"-Game, information about benefits of the game and achieved scores will appear.

Before starting the game detailed information and instructions will be displayed, e. g. necessity of audio, how and when to swipe to match information, while listening to the audio.
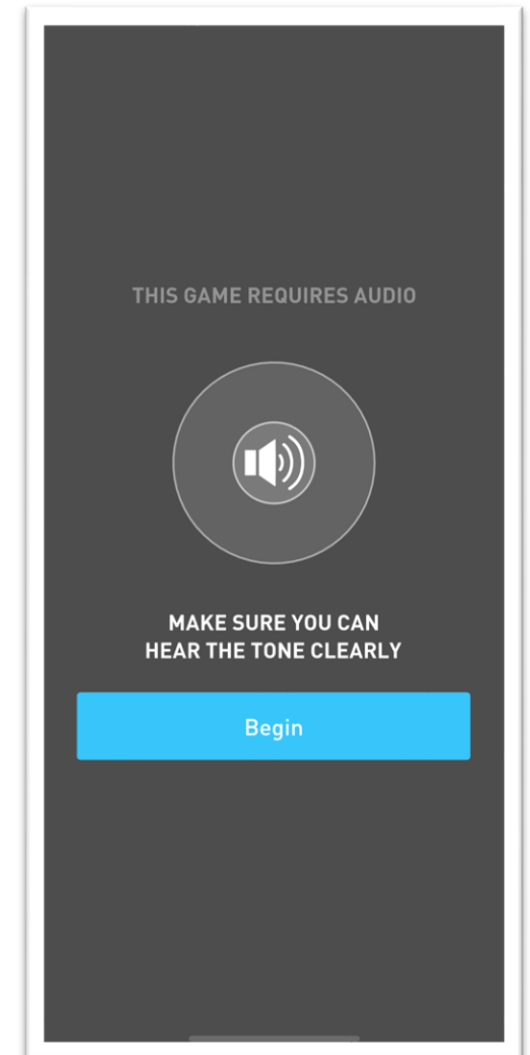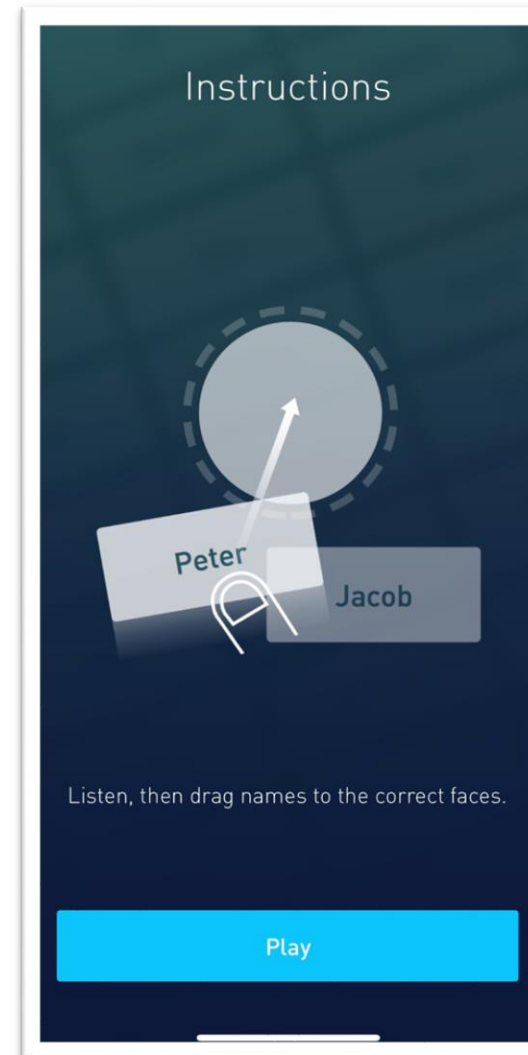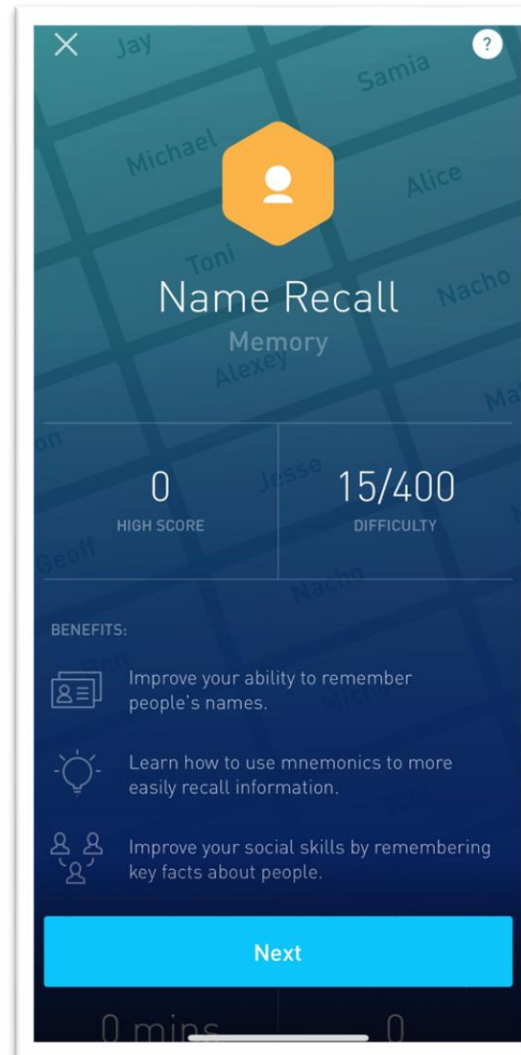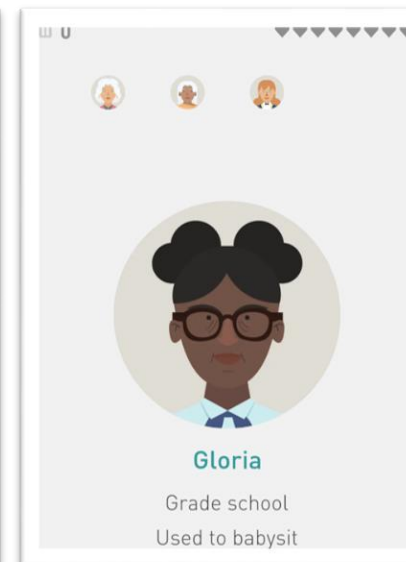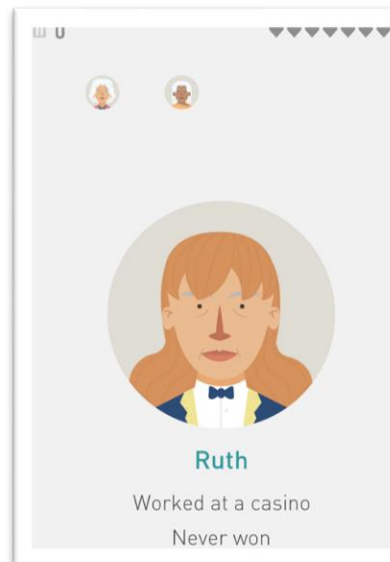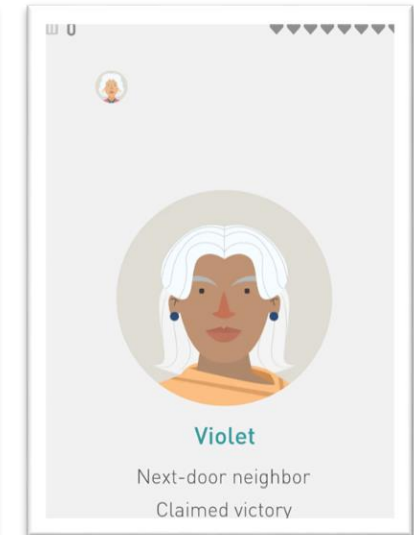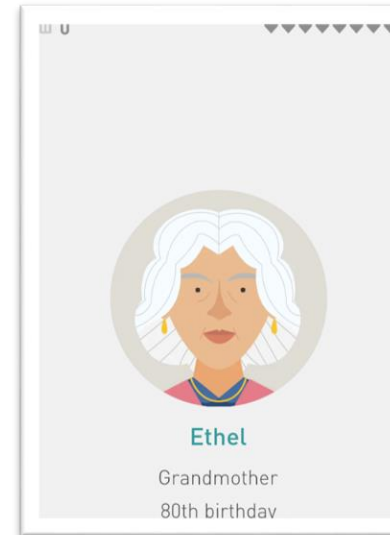
Play Memory Games – Example: „Name recall"-Game

The „Name recall "-Game will play an audio recording, which introduces six different persons individually. Their name will be mentioned and additional characteristics or facts about them or their relationships with each other will be mentioned.

The player needs to listen carefully and remember the face/avatar, name and mentioned information about each person.

The player needs to listen to all introductions of the persons. The amount of information can vary, thus making it challenging to remember all specifics about each person.

Hudson
Team captain

Ethel
Grandmother
80th birthday

Violet
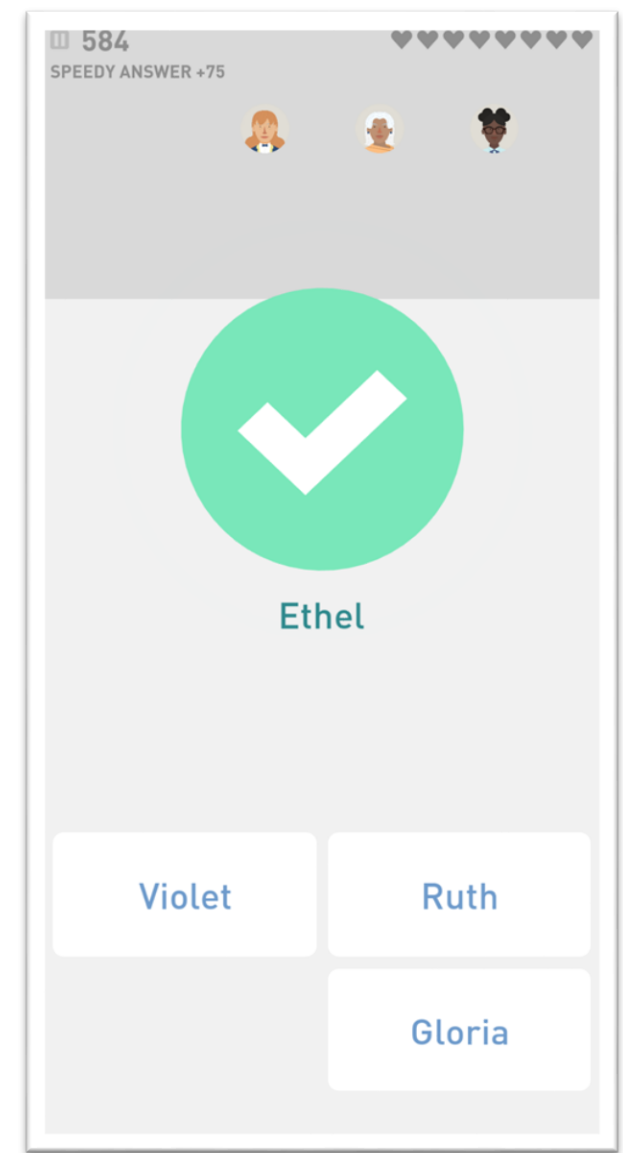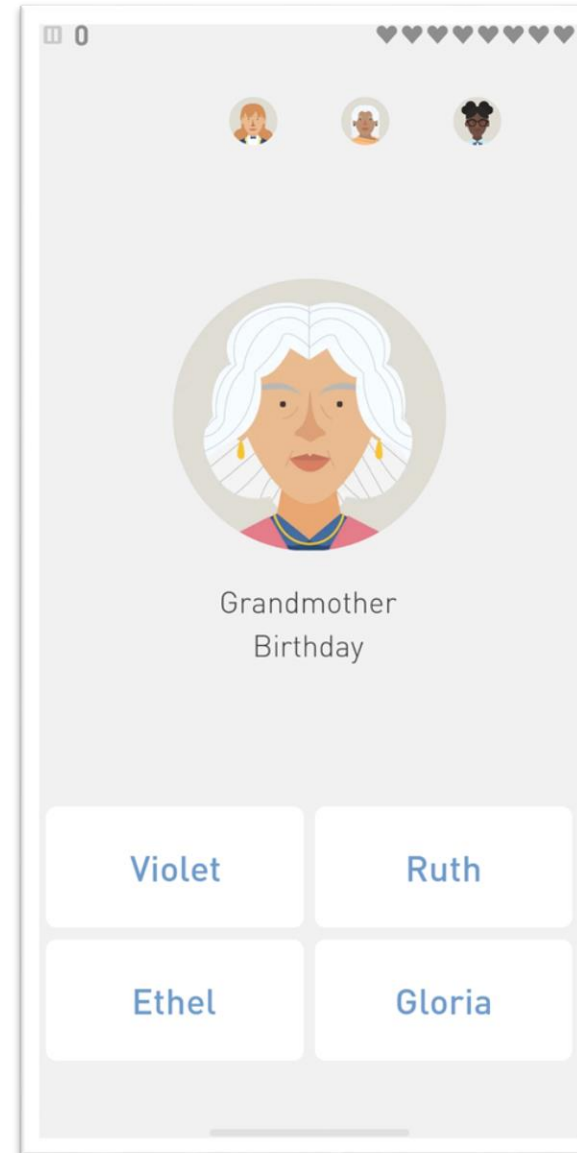Next-door neighbor
Claimed victory

Ruth
Worked at a casino
Never won

Gloria
Grade school
Used to babysit
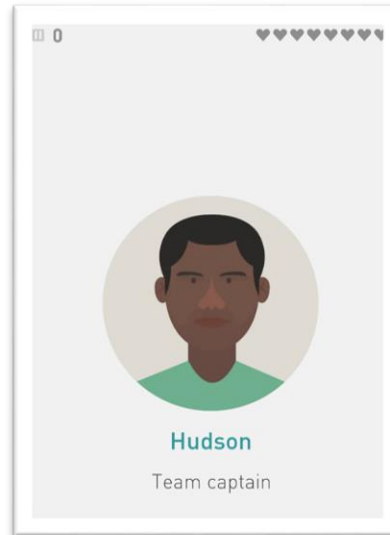
Play Memory Games – Example: „Name recall"-Game

The „Name recall "-Game will then show a person/avatar and mention certain information for example. The audio recording will then pose a question or describe a task.

The player then has to remember the information from the prior introductions and choose the correct option, e. g. the name of the person/avatar in this case.

Correct choices will be visualized with a green check mark. Wrong choices will be visualized with a red cross.

Again, the player looses a „Life" (heart in the top right corner). If the player loses all „lifes", the player fails the game and needs to start over. If all tasks were correct the player will collect points and improve his EQP-Score and overall level.

Grandmother
Birthday

Violet   Ruth

Ethel   Gloria

584
SPEEDY ANSWER +75

Ethel

Violet   Ruth

Gloria

Summary: Memory Games in the Elevate App

- The Elevate App offers additional games to train important cognitive capabilities, such as memory (see video).

- Thus, this app could be used to adress „cognitive activities" as a key area of healthy ageing.

- The training could help train brain fitness, reduce risks of neurological disease and help maintain cognitive abilities to independently perform ADLs.

9.2.2
Real Life Integration Challenge – using the e-Training Platform

Objectives

- To learn about the SMART goal setting framework and how it could help to integrate Health Apps for Healthy Ageing

- To learn about the 7 day Real-Life-Integration challenge supported by the e-Training Platform and self-learning resources

How to come up with a plan to integrate a Health App for healthy ageing into everyday life?

How would you go about choosing a Health App for healt
ageing?

You could:

- Use your notes from Activity 2 of the Teaching Session or
  your relevant areas of healthy ageing and possibilities to
  maintain functional ability

- Use your knowledge from Activity 4 of the Teaching Sess
  and specify awaited benefits, potential barriers and
  facilitating factors

**Please take a moment to choose one Health App for you
real-life integration-challenge based on all your reflectio
and knowledge about Health Apps for healthy ageing!**

How to come up with a plan to integrate a Health App for healthy ageing into everyday life?

Technique: „SMART" goal setting
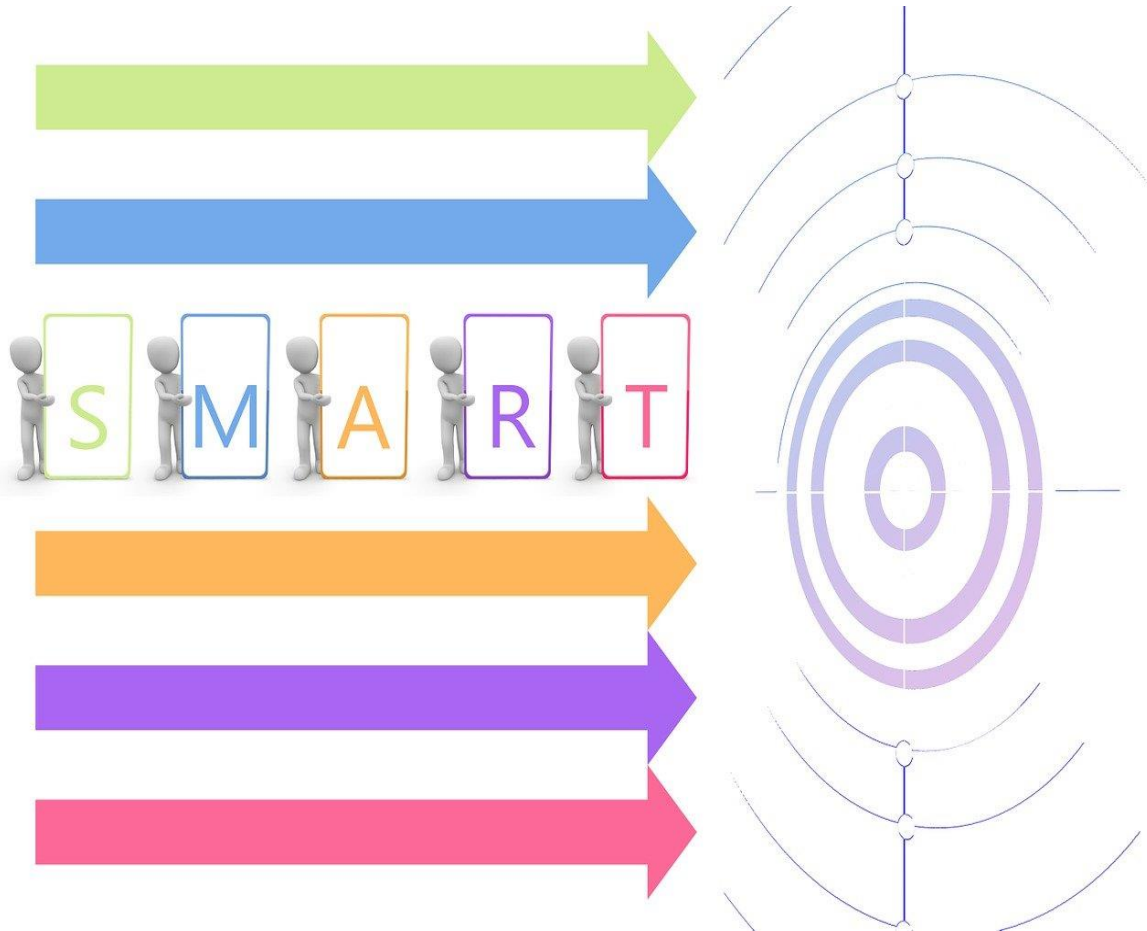
- **S**pecific

- **M**easurable

- **A**chievable-Attainable

- **R**elevant

- **T**imely

Please share your choice with the group

Please specify:

- Name of the App and targeted key area of healthy ageing. Why is this relevant to my life?

- What benefits do you want to experience? How could you measure this?

- How would experiencing this be attainable? What could concrete barriers and facilitators be?

- How long will i try to use this App?

You are invited to turn your plan into action!

You are challenged to collaboratively experience the Health App you chose for your personal area of healthy ageing using resources on the e-Training Platform!

Please complete the following steps:

(1) Use the app for 7 days.

(2) Take ten minutes per day to fill out your user diary.

(3) Post questions in case of problems.

(4) Feel free to read each others diaries.

Find and use the „User diary"-template on the e-Training Platform

- Please make an effort to use the app on a daily and consistent basis for one week

- Find the „User diary"-template Word-Document on the e-Training Platform

- It entails details on the App you are using, asks for your reasons for your choice, your SMART-goals, and allows you to make daily journal entries to save your experiences

- Please only take 10 mins per day to update your diary on the platform. Make bullet points with short statements.

- If you do not want to share your experiences, you can keep your „User-diary" private.
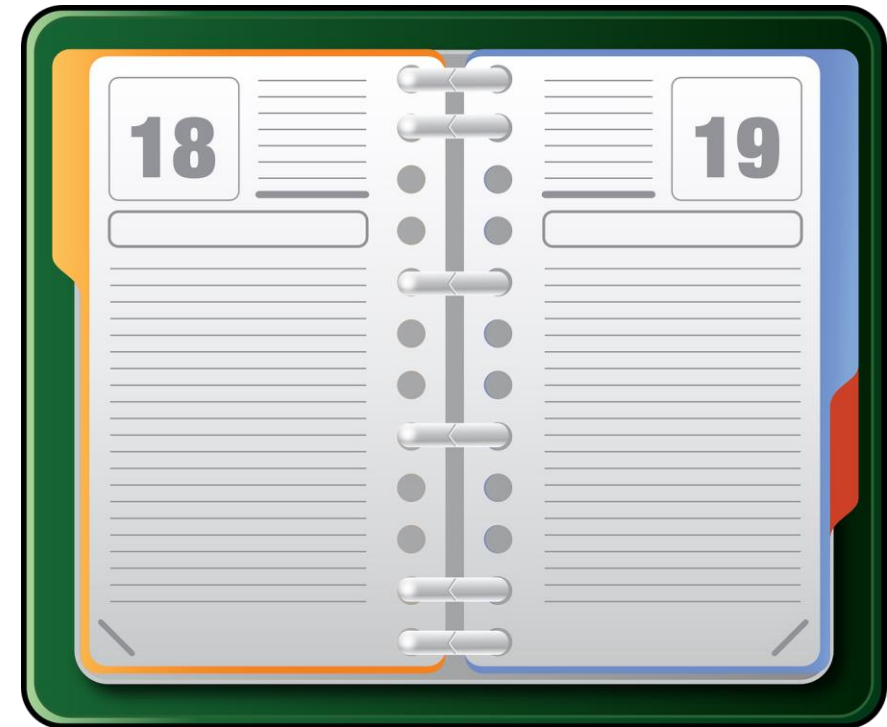
Engage with each other's experiences on the e-Training Platform

- If you encounter any technical problems or other problems, that would hinder you from completing the challenge, please use communication tools on the e-Training platform.

Please exchange knowledge and experiences:

- Feel free to post any questions and also to communicate with each other to help everyone complete the challange.

- You could reply to posts about problems, if you know a solution!

- In case of public „User diaries", please feel free to read them to learn about experiences from your peers

Important message about the challenge: It is your choice to make!

- Completing the „User-diary" and updating it on the platform is completely voluntarily!

- Chosing to make your diary public for everyone to read or keeping it private is your free decision to make!

- You can simply use your chosen app for self learning!

- If you use similar apps, feel free to connect and exchange experiences using commuication tools.

- Keeping a diary and reading the other diaries can help you to prepare for our discussion in the Closure Session!

MIG-HEALTH APPS
Mobile Health Apps for Migrants

Congratulations!
You have completed the experiential training session of this module!