ETH
Eidgenössische Technische Hochschule Zürich
Swiss Federal Institute of Technology Zurich

DHEST
Department of
Health Sciences and Technology

active @home

AAL
PROGRAMME

Guiding questions for focus groups with stakeholders

Topic	Questions
Characteristics of end-users	1. To which extent do you think healthy, independently living 65+ people are impaired in their daily activities due to age-related decline of general fitness? 2. How would you describe the general fitness and activity level of a typical independently living 65+? 3. Do you often notice visual or auditory problems? If yes, are people aware of it? 4. Do you think it would be a problem for the elderly to put on the sensors?
Attitude and experience	5. Have you ever used new technologies with elderly (e.g. in your training setting)? If yes, which ones? 6. In your opinion, what attitudes do older people have towards new technologies? 7. In your opinion, what experiences do they have with new technologies?
Technology, design and usability	8. What do you think is important concerning the motion sensors? 9. What do you think is important concerning the game design and graphic? 10. What do you think about a "virtual coach"? 11. What do you think about the usability in general? (easy or too complicated to use for elderly) 12. Can you think of factors/aspects that could pose an obstacle or might be problematic for elderly people using Active@Home? 13. What safety precautions measures should be taken?
Compliance and motivation	14. Do you think people would exercise with the program? 15. How can elderly people be motivated for training? (start and continue)
Social aspects	16. Do you think social aspects are important for training? (e.g. training in groups, social network, social events etc.)
Dance and Tai Chi	17. Do you think it's a good idea to use Tai Chi in such a program? 18. Do you think it's a good idea to use dancing in such a program? 19. Do you have experience with Tai Chi and dancing with elderly?

General opinion, remarks and suggestions	20. What is your general impression of Active@Home?
	21. What is important to keep in mind while developing the solution? Do you have any remarks or suggestions?
Business aspects	22. How much do you think the solutions costs?
	23. How much do you think the elderly people would be willing to pay?
	24. Would you recommend this solution to other people?
	25. Where would you expect to be able to purchase this product?

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