

## GAMEUP PROJECT DOCUMENT



### D2.4 Third User Forum

---

Category:	Deliverable Public
Reference:	D2.4 Version: 1.0 Date: 18 May 2015
Responsible:	O+BERRI
Participants:	IBERNEX USE KLINIKEN VALENS NORUT Plus Point DIAKONI O+BERRI
Related to:	WP2. End –user involvement and requirement T2.2: User Forum

---

## DOCUMENT CHANGES REGISTRY

Ver.	Rev.	Date	Author(s)	Comments
0	1	14.04.2015	Ellen Brox, Hasselmann, Viviane	First initial version
1	2	11.05.2015	Ellen Brox, Hasselmann, Peter Oesch, Viviane	Final version

## TABLE OF CONTENTS

<b>D2.4 Third User Forum</b> .....	<b>i</b>
<b>DOCUMENT CHANGES REGISTRY</b> .....	<b>ii</b>
<b>TABLE OF CONTENTS</b> .....	<b>iii</b>
<b>1 Introduction</b> .....	<b>1</b>
<b>2 Workshop with supervisors in Walenstadtberg Clinic in December 2014</b> .....	<b>2</b>
2.1 Description of the workshop: .....	2
2.2 Demographic description of attendees: .....	2
2.3 Description of answers: .....	3
2.3.1 What did you like? .....	3
2.3.2 What did you dislike?.....	3
2.3.3 How could GameUp be improved?.....	3
<b>3 Workshop with end users in Tromsø January 2015</b> .....	<b>5</b>
3.1 Description of the workshop .....	5
3.2 Demographic description of the attendees.....	5
3.3 Description of some of the results .....	5

# 1 Introduction

---

The third user forum in GameUp was a workshop with supervisors in Walenstadtberg, Switzerland. Chapter 2 describes this workshop and the results from the discussions.

In addition there was a user forum or workshop in Tromsø amongst the elderly users who have been participating in the user centred design throughout the project. We include a short description of that meeting too in chapter 3, since they were discussing an exercise program put together of several of the minigames developed in the project.

## 2 Workshop with supervisors in Walenstadtberg Clinic in December 2014

---

### 2.1 Description of the workshop:

---

The workshop took place in the rehabilitation clinic Walenstadtberg with the objective to present GameUp to the potential supervisors and discuss with them about their opinion on it. The principal tools used during this workshop were observation and semi-structured discussion.

The study examiner presented the GameUp exergames to an elderly user, in front of them supervisors. The inexperienced elderly user was instructed on GameUp and finally asked to perform the full program in front of the audience. By this mean, supervisors could estimate how difficult or not it is to instruct an elderly novice and how he performs the exergame in the practice.

The GameUp probationer was then thanked and discharged and the following discussion between health professionals and the study examiner on GameUp took place. The discussion was based on a semi-structured questionnaire, consisting of 3 open questions:

1. *What did you like about using GameUp?*
2. *What did you dislike about using GameUp?*
3. *How could GameUp be improved?*

### 2.2 Demographic description of attendees:

---

11 health professionals working at the rehabilitation clinic Walenstadtberg participated to the workshop, among them 4 occupational therapists, 6 physiotherapists and one masseur. They consisted of 7 female and 4 male, aged between 29-63 with a mean of 46 years old. Their work experience ranged from 0 to 37 years of experience. Out of the 11 attendees, 6 said that they had once used a computer for therapy before. When they were asked how often they use computer games with patients, 6 answered never, 3 rarely and 2 sometimes.

## 2.3 Description of answers:

---

### 2.3.1 What did you like?

---

- The characters (2 responders)
- The way GameUp (the farm story) is built (easy for elderly users to identify themselves) (2 responders)
- The big size of the graphics (1 responder)
- The instruction window (bottom right of the screen) during the exercise showing schematically the movement (1 responder)
- The various difficulty levels (1 responder)
- Each screen is well explained and easy to understand (2 responders)
- Easy and repetitive movement (2 responders)

### 2.3.2 What did you dislike?

---

- To have to control balance by holding a chair (1 responder)
- The instructions (before the exercise starts) are too short (1 responders)
- Same images on the screen for too long with the same music: not motivating (1 responder)
- Cornfield is too dark (1 responder)

### 2.3.3 How could GameUp be improved?

---

- Instructions' language should be translated in German (5 responders)
- In the growing exergame, the distance should be adaptable (depending on the user's height)
- Speed recommendation for the plucking game is missing
- When a user is helping holding a chair during the exercise, it is not taken into consideration in the score/ results (2 responders)
- Menu window at the beginning is not a nice colour (1 responder)
- Maybe add a short example video before the exercise starts
- Sounds and music could be improved (3 responders)
- Individual self-pausing option should be possible (2 responders)

- Be able to choose single exergame (1 responder)
- Explain what is the objective of each exercise (1 responder)
- Offer more variety of exergames (1 responder)
- Maybe increase duration of GameUp (1 responder)
- Characters and exercises should map more closely real life activities (1 responder)

## **3 Workshop with end users in Tromsø January 2015**

---

### **3.1 Description of the workshop**

---

A group of seniors met to test a short exercise program on 4,5 minutes combining 2 picking games (apples and stars) and three of the exercise minigames (leg abduction, tip toe and knee bend). All of the seniors had tried the games before, but they had not tried this combination of games. They were used to play one and one game, taking turns.

Otherwise two volunteers and three project participants were present.

They all played it through, and were then interviewed. Afterwards, there was a group discussion about the games and the exercise programs.

The methods used were observation, structured interviews and group discussion.

This sums up the results of the user forum.

### **3.2 Demographic description of the attendees**

---

Ten seniors aged 66-90 with a mean age of 81.7 participated in the trials and discussions. All of the seniors belong to a group that meets regularly to play exergames and particularly test results in GameUp. Some have been participating for the all or most of the project period (seven) while some are quite new, replacing people who have quit for some reason (3).

### **3.3 Description of some of the results**

---

Basically the participants liked the combination of games since it gave more variation than just playing one and one game.

They were satisfied with the length of the program. The fittest ones could have played longer, but some needed a break.



The participants would like to have the both the texts and the spoken information in Norwegian since many find it difficult to read text, and it is easier to get the oral information while playing. Now the oral information is in English only.

The reward system is not good in this version, and hard to understand. There was a proposal from participants to get rewards after each exercise instead of at the end, then it will be easier to see how they performed. Even if the scores are shown while playing, the players concentrate on the exercises and do not look at the scores on top of the screen.

Some would like exercises for the neck and shoulders in addition to the ones already developed.

Some have hip and knee prostheses, and find some exercises challenges, particularly knee bend and leg abduction. But still they find it important to exercise.