

Platform/application type

Mobile App: Will the application primarily be a mobile app for smartphones (iOS/Android), given the prevalence of these devices

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Web-Based Platform: Will it be a web-based application that can be accessed from any device with a browser?

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Wearable Integration: Should it integrate with wearables (smartwatches, fitness trackers) to offer real-time prompts or location tracking

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How would this be integrated into each type of device in the best way possible so that it provides the most amount of help.

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Most basic features

How would the rights be acquired for access to things like gps which would be a necessity for the app.

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Step-by-Step Instructions: For common daily tasks (e.g., how to brush teeth or prepare food), the app can provide clear instructions with pictures or short videos.

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Checklists: Users can check off completed tasks, which helps maintain a sense of accomplishment and structure.

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Guided Directions: Simple and clear navigation prompts for common routes, such as walking from home to a nearby park.

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Regulatory issues

It may be subject to the Health Insurance Portability and Accountability Act (HIPAA)

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Evaluate whether the app offers functionalities like health monitoring that could require it to be classified as a medical device.

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Obtain consent from legal guardians or caregivers when appropriate.

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Regularly review consent policies to ensure they're in line with user abilities and needs

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Design

Simple and Minimalistic

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Readable Fonts and Icons

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Voice Commands & Audio Cues

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High Contrast Mode

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MISC

Photo and Name Memory Helper

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Caregiver Integration

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A large, easily accessible emergency button that, when pressed, contacts emergency services or a designated family member

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A simple interface for tracking how the user feels each day, which can be shared with caregivers or doctors to monitor changes in mental health

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