

Tabletop Activity: **Create a Health App**



If you were to design a new technology app, what app would you create to improve the health of the population you serve?

Ideas from conference attendees:

AGING

- App to track daily activities for disabled or older adults
- Develop a step by step chair exercise app that can be easily used and includes various exercise levels
- Make It Bigger app—increase reading size for everything

CALENDAR

- Calendar reminder to wake up, take medications, to move, etc.

CAREGIVERS

- App for caregivers to use if older person does not have a cell phone
- Monitor that informs other family members that loved ones are doing healthy things
- Take a Break (for caregivers); a mental health exercise to help relieve stress. Take time out; meditate

CHECKUPS

- Preventive health app—flu shot, checkups
- Telehealth
- Vaccination reminders
- Reminder app for caregivers about blood pressure checks, medications, etc.
- Add all personal data (e.g., DOB, height, weight, BP) and last screening dates (e.g., breast, colorectal). When you hit Enter, it populates the calendar with future screening dates and provides health-related suggestions based on stats
- Questions list for doctors/providers so you don't forget to ask

COMMUNICATION

- Phone that is better at following spoken commands; easy-touch screen or watch
- Technology that speaks to a person rather than having to read

DIABETES

- Diabetes app that is voice-generated to give affirmations/reminders based on literacy level and language. Can also monitor blood sugar.

DOMESTIC VIOLENCE

- App for answering DV-related questions

EVIDENCE-BASED PROGRAMS

- App on how to self-motivate people to participate in programs
- App for Referral/Directory/Service Navigator

ERRANDS

- Small-service matching, dog walker, etc.

EXERCISE

- Walking planner—you tell the app how long to walk, how hard, and the app gives a local map/directions
- Exercise video app and live-streaming programs that are age-friendly and disability-friendly
- App for exercise motivation

FAMILY SUPPORT

- Family support for resources (guide)

FOOD MARKETS

- App to show where EBT cards are accepted

HEALTH EDUCATION

- Cultural-based, self-tailored, disease-based health education
- Easier WebMD app—ask a health-related question and get a simple answer

HEALTHY DIET

- App to analyze your food; diabetes prevention program based on taking a picture of your food
- Healthy eating/sodium monitoring app
- Verbal input of food intake or by photo. Calorie/nutrition intake.
- Nutrition app with pictures of healthy food
- Healthy food accessibility
- Healthy eating app with recipes, reviews, and ability to comment on how to tweak recipes
- App for healthy food and activity options
- Individualized menu

HOUSING

- Database for affordable housing

more >>>

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Ideas from conference attendees (cont'd):

MATERNAL

- An app for maternal depression; would assess baby blues vs. other postpartum disorders and connect mothers to resources and other mothers experiencing the same feelings

MEDICATION

- Prescription refill reminders to take medicine; voice reminder instead of text
- App that allows clients to list medications and get feedback on interactions/refer to doctor
- Medication reminder—tailored, visual to show meds taken

MEMORY

- App to help with wandering for memory-impaired
- Cognitive app—lifestyle coach
- Age-related game trivia
- App that answers repetitive questions for Alzheimer's patients

MENTAL HEALTH

- Self-diagnosis tool for mental health assessment that is language/culture appropriate and user-friendly

MOTIVATION

- Affirmations—random motivations, inspiration and reminders with positive feedback
- Daily text app—inspiration and well-being

RELAXATION

- Music and sundowning prevention
- App with mental health exercises that relieve stress

SAFETY

- App on water damage/fire drill procedures for seniors

SERVICES

- 2-1-1 website crossover app
- Community resource app with mapping of nearby resources to complement health and lifestyle needs

SOCIAL

- In your neighborhood app—reduce isolation and loneliness
- Who lives near you? Reduce isolation
- Chat or calls in language to reduce isolation
- Connecting neighbors in a community to extend beyond announcements

- Posting system for seniors that's accessible to everyone
- Social group interest app that would allow groups to get together (e.g., to participate in an evidence-based program)
- Social meet-up for seniors. Like Match.com but for friendship not dating.
- Social connectivity app by ZIP code and street
- Find a friend; support group connections
- Connect older foster care children with isolated older adults to combat depression and anxiety; include shelter animals

TEACHING TECHNOLOGY

- App to instruct on how to use apps

TELEVISION LINK TO PHONE

- Bridging telephone capability with television—better interface and interaction

TESTING

- Biometrics collected by fingerprint or touch
- STD/HIV app

TRANSLATION

- A translator app that helps translate an organization's services into other languages
- Take a picture of text and the app translates it into both spoken and written words

TRANSPORTATION

- App for low-cost transportation ☞