Helping caregivers organize medications for the elderly.
SUMMARY

Caregivers of elderly family members have a hard time managing the large volume of prescriptions their loved ones require. They could use some help via an IoT app solution for organizing and scheduling the administration as well as the refill cycle of medications.

STORY

My grandmother takes between 11-15 different medications depending on the day. Nearly every one comes in different quantities and on different refill cycles. She goes to the doctor for regular checkups after which the medication quantities are sometimes adjusted.

My father takes care of my grandmother and ensures she takes all of her pills. He goes to the pharmacy multiple times a week and despite the auto-refills and pharmacy reminders he struggles with keeping track of what medications need attention. There is a large basket full of pills of all colors and sizes that he diligently distributes into weekly pill organizers. Between the tiny writing on the bottles and the seemingly endless daily variations there lingers an uneasiness over this tedious task.
“Taking care of mom is very important to me... I’m willing to try anything to help make sure I am doing everything to ensure she is happy and healthy.”

ABOUT

- 55 years old, married with three grown up children and grandchildren on the way
- Works a full time job in a senior level position that doesn’t allow him much time off
- Spends a majority of the day at work and goes shopping after work on the way home
- Carries a smartphone and communicates primarily via email and text message

GOALS

- Make sure all medications are available and consumed as per the doctor’s instructions
- Reduce the confusion around the refill cycle as much as possible

FRUSTRATIONS

- Uncertainty around when to request refills and pick up auto-refills
- Difficulty reading the small bottles and organizing pills

MOTIVATIONS

- Easy of Use
- Convenience
- Reliability
- Accuracy

Hardworking
Logical
Organized
Cautious
As my mother’s caregiver I need a way to keep track of her health and medications so that I can ensure that she lives a long and comfortable life.
<table>
<thead>
<tr>
<th>ACTIONS</th>
<th>MINDSET</th>
<th>FEELINGS</th>
<th>TOUCH POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distribute Medications into the weekly pill organizers on Sundays. One organizer for each time of the day.</td>
<td>“Now what goes where again?” “Let’s not get this wrong…she will just take whatever is in there.”</td>
<td></td>
<td>Medicine.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pill Organizers.</td>
</tr>
<tr>
<td>Makes sure to note the ones that are running low. Orders refills.</td>
<td>“How many refills do I have left on this now?” “It seems like I order these every week…” “Auto-refills seems off”</td>
<td></td>
<td>Phone.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Medicine Bottles.</td>
</tr>
<tr>
<td>Goes after work to the Pharmacy to pick up refills regularly even when he isn’t sure if there are any. Sits in traffic then waits in line to then sit in traffic again to go home.</td>
<td>“Could be home by now” “Line… always a line…do I need anything else while I’m here?” “What is refilled today…?”</td>
<td></td>
<td>Car.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Wallet.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>New Medication Packets.</td>
</tr>
<tr>
<td>Puts all of the new medications away into their proper places for next time.</td>
<td>“So much clutter with these boxes and informational papers” “I should throw out the old leftover bottles, but she may need them next time.”</td>
<td></td>
<td>Medicine Bottles.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Packaging and Information..</td>
</tr>
<tr>
<td>Double checks that all the medications are taken from the organizers periodically which means grandma hasn’t started forgetting to take medications.</td>
<td>“Good good. All empty. Everything seems to be in place.” “She is doing well with remembering to take her medications so far…”</td>
<td></td>
<td>Pill Organizers.</td>
</tr>
</tbody>
</table>

Created by Livia Botyanszki Boss
### HOME SCREEN
- Displays the pills that are currently due to be taken. The blue boxes contain the quantities.
- Refill notifications are displayed at the top as well as in the list with an alert icon.
- Navigation to the following pages is at the bottom: Schedule, Medications, and Import.

### SCHEDULE SCREEN
- Month display with medication quantities displayed as well as refill alerts.
- Days of the week breakdown into morning, noon, and evening quantities.
- Refill notification in the top right.

### DAY SCREEN
- Detailed display of the day’s medications and quantities broken down by morning, noon, and evening.
- Refill warnings displayed in the list and on the top right.

**Link to the BUILD version:**
https://standard.build.me/api/projects/2d0b743b9d88fed10ccab47a/prototype/snapshot/latest/index.html#/1477000991827749_S1

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## MEDICATIONS SCREEN
- List of all medications
- Sortable, filterable and searchable
- Refill indicator and prescription quantity status
- Remove medications via edit button
- Mark medications inactive via edit button
- Refill notification remains at the top

## MED. DETAIL SCREEN
- Comprehensive information about the medication, warnings, and interactions to be mindful of.
- Mark order as refilled (if bottle not rescanned)

## IMPORT SCREEN
- Use the phone’s camera to scan the barcode on the prescription bottle and automatically populate the medication information and dosage.
- Add the medication or edit the imported information
- Refill notification remains in the top right

Link to the BUILD version: https://standard.build.me/api/projects/2d0b743b9d88fed10ccab47a/prototype/snapshot/latest/index.html#/14770000991827749_S1

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