

THE FALL PREVENTION GUIDE BY ZANDRI KUUN

Outline:

Part 1: Introduction to the Fall Prevention Guide

Part 2: Usability test

Part 3: Design and layout test

*Only do one of the tests per participant, but give all of them the introduction to the guide.

INTRODUCTION

Introduce the Fall Prevention Guide to your sample group in your own words. Consider telling them the following:

- 1 in 4 older adults fall each year, many of which result in injury, hospitalisation and surgery;
- often older adults lose some degree of mobility and independence after a fall;
- this guide hopes to raise the awareness of older adults so that they know how to adapt their homes to prevent falls;
- it is a self-help, step-by-step guide that moves from room-to-room; and
- the guide can be used at their own pace.

USABILITY TEST

*Preparation: cut the lines to each question (fold for NO) up to the dotted line. Cut the blue part (BATHROOM) off, and tape to the left side so that it covers the description paragraphs and pages like a book.

1. Thank your participant(s) for their willingness to participate.
2. Let them know that the purpose of this test is to determine the usability of the guide, and that you are in no way testing their abilities.
3. Tell them that you will be a silent observer, and will not assist them during the task.
4. Ask your participants to think out loud throughout the process so that you can gather insights (remind them if they forget). These thoughts could be anything from the design, layout, things they find interesting, confusing, etc.
5. Ask them to take the prototype to their bathroom and answer all the questions on the sheet. Ask them not to read the descriptive paragraphs yet.
6. Give them the prototype.
7. While they are doing the activity, make notes of your observations. Consider the following:
 - Do they understand the imagery?
 - Do they understand the language use?
 - Do they complete the activity successfully?
 - What do they enjoy or find interesting?
 - What do they find difficult?

After they have completed the activity, ask them to identify aspects within their bathroom that they don't have, and read the descriptive paragraph related to that.

BATHROOM

If the seat is too high or too low you could lose your balance and fall.



Is your toilet seat at a comfortable height?

Fold if
NO

Dizziness can result in falls especially in the bath/shower.



Does your bath/shower have an adjustable or hand held shower head?

Fold if
NO

Grab rails prevent falls by giving extra stability and support.



Do you have grab rails on the inside and outside of your bath/shower?

Fold if
NO

Prevent slipping and falls due loss of balance with a seat.



Do you have a bench or seat in your shower/bath?

Fold if
NO

Carpets are notorious for causing falls. Be careful of the edges!



Is your bathroom mat non-slip*?
*does it have grip/rubber underneath?

Fold if
NO

Water and spills can cause slipping and falls.



Is your bathroom clean and dry? Do you keep it that way?

Fold if
NO

Visibility is vital as it enables you to identify barriers and risks.



Is the lighting in your bathroom good enough by day and night?

Fold if
NO

Clutter can cause falls, especially those on the floor!



Is your bathroom free of clutter and/or tripping hazards?

Fold if
NO



USABILITY TEST DEBRIEF

1. What did you think about the guide? What are your overall thoughts?
2. Did you gain any insights or learn anything new?
3. Would you find a guide like this useful? Why or why not?
4. What do you like about this guide?
5. Where do you think the guide can be improved?
6. How often would you use such a guide? Would you use it once-off or would you revisit it every now and then?
7. Would you like to keep a guide like this, or would you prefer to pass it on to a friend?
8. How or where do you find information about how to prevent falls?
9. Have you come across anything similar to this guide before?
10. Do you feel like you are at risk of falling? Why or why not?
11. Any suggestions?

DESIGN AND LAYOUT TEST

*Preparation: Cut out the options on the dotted lines. Prepare Option 3 like you did for the usability test. Fold Option 4 and 5 down the middle.

1. Introduce your participants to the activity in the same way as the usability test.
2. Give the participants the Options individually and ask them for their initial thoughts. Also ask them:
 - Where did your eye go first?
 - How would you go about using this guide?
 - What do you think about the design and/or layout?
 - Do you think the information is laid out in a logical way? If not, how would you organize it?
 - What do you like about this design? Why?
 - What don't you like about this design? Why?
3. Then ask the participants to compare the different options to one another. Which one do they like best and why?
4. Thank your participants for their help.

OpenIDEO members:

I could not do this without you! Thank you so very much for your help!

Best,
Zandri

BATHROOM

OPTION 1



Question?

Yes

No

Description

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Question?

Yes

No

Description

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Question?

Yes

No

Description

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Question?

Yes

No

Description

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Question?

Yes

No

Description

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Question?

Yes

No

Description

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BATHROOM

OPTION 2



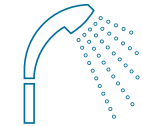
Question?

Yes

No

Description

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Question?

Yes

No

Description

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Question?

Yes

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Question?

Yes

No

Description

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Question?

Yes

No

Description

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OPTION 3

BATHROOM

Description

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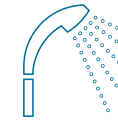
Question?

Yes

No

Description

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Question?

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Question?

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Question?

Yes

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Question?

Yes

No

OPTION 4

Description	Description	Description
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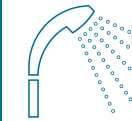
BATHROOM



Question?

Yes

No



Question?

Yes

No



Question?

Yes

No



Question?

Yes

No



Question?

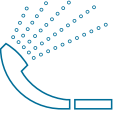

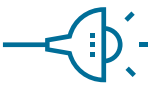

Yes

No

OPTION 5

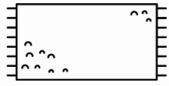
Description	Description	Description	Description	Description
Description	Description	Description	Description	Description

BATHROOM

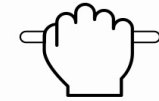
			
Question?	Question?	Question?	Question?
<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No

OPTION 6

1. Is your bathroom mat non-slip?



2. Do you have grab rails on the inside and outside of your bath and/or shower to assist you getting in and out?



3. Do you have a grab rail near the toilet for support?

9. Are there any tripping hazards or clutter in the bathroom? Can they be removed or organised in a different way?



4. Do you have a shower or bath seat or bench in your bath and/or shower?



7. Is your bathroom clean and dry? Do you keep it that way to prevent from slipping?



6. Is your toilet seat at a comfortable height? (Consider buying a toilet seat extender if it is too low)



5. Does your shower or bath have an adjustable or handheld showerhead?

*An adjustable or handheld showerhead and seat enables more flexibility with minimal movement (and risk) when you wash.



8. Do you have sufficient lighting in your bathroom to be able to see during the day and night?

