

The Risk Of Falling For Older Adults

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OpenIDEO Challenge

How might we enable
older adults to live their
best possible life by
preventing falls?

Storytelling



This is Helen

- Name: Helen
- Gender: F
- Age: 89
- Occupation: Retired
- Location: Santa Rosa, CA

Helen is 89-years-old, and lives alone in her own single-story house in Santa Rosa. Her daughter frequently visits her during the weekend. She's used a walker with two front wheels for the last ten years. Even with the rolling walker, she is very independent and an active but retired senior. She still drives often, and safely, of course. She doesn't have any pets.

In her bathroom, she has grab bars in the shower and by the toilet. At night, she uses a flashlight by her bedside table when she gets up in the middle of the night. For added safety she wears an alarm that her daughter gave her. It's a device that has a button she can push when she needs emergency help.

It connects her to 911. She's only pushed the button once, soon after she got the alarm to test it out. She wears it most of the time, but finds it annoying.

Physically, she is basically healthy, except it is painful to walk due to the collapsed arches of her feet.

Last month, she had to have carpal tunnel surgery due to the constant use of her rolling walker. Because of the surgery, she is now using a rollator, her 4-wheel drive with brakes! She loves using it around the house. It moves well.

After her first uses of the rollator, she's terrified from using it, as it's hard to control, hard to collapse, and heavy. So, it's not something she takes with her when she wants to drive somewhere by herself. That leaves her either stuck at home, needing a ride from someone else, or getting assistance, which threatens her independence.

*Her daughter filled in aspects of her mother's living situation as well.

Helen's Walker

Pros

- Easy to fold and put it in her car
- Light (7 pounds)
- 2 wheels
- Easy to use on a hard floor
- Can put a tray on the walker
- Use the tray:
 - For her laundry
 - It helps her when she cooks

Cons

- Needs so much effort to move with walker
- The walker sometimes slides
- While walking on uneven surfaces, she lifts up the walker
- Does not roll very well - maybe because it's old



Helen's Walker

Pros

- 4 wheels
- Has 2 kinds of brake
- Used more around her house
- When she gets tired she sits on it
- Has a basket



Cons

- Heavy (27 pounds)
- Hard to fold it by herself
- Can't take it in car
- Can't attach a tray to carry things
- Brakes handles not easy to use



Helen's Car

- It is hard to get in and out of her car
- Going from sitting to standing from the car is hard for her
- Since her walker is in the back seat or the trunk, she uses her car to brace her until she reaches her walker
- When she wants to get out of the car
 - She pushes the door
 - She grabs something inside of her car, like the side of her seat to boost her out



She owns Honda Accord



Honda Accord - interior

Problems with getting out of the car

- Bucket Seats
- Car is too high
- Car is too low
- Heavy door
- Parked facing uphill and door swings closed



Ideas



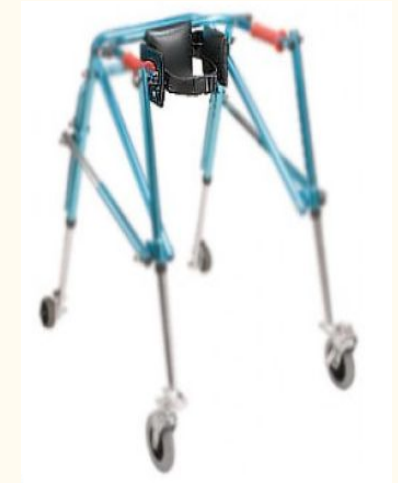
Inspirations & Walkers available now



For those with problem wrists, resting the arms and grabbing the handles for support



An award-winning 4-wheel rollator that's light, easy to fold up, and very adjustable



Hip stability belt is attached to a walker

Inspirations & What else is already out there



Walker Glide Skis



Genuine Sheepskin Walker



Swivel Caster
w/Footpiece for
Walkers



Gel Walker
Handle Covers

Idea# 1



+



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Features:

- Lighter
- Wider wheels
- With brake
- Easy to fold
- Tray-table
- Chair
- Stable

Combining good features together

*How can we provide a better walker for her?