## **Future Wellbeing**

"The perfect health care experience"

#### **Group A**

How would your dream of healthcare look in the future? Think of it as a story or scenario..... How do you find out that you are sick? What happens after? Where do you go? How would you like to be treated? Who or what will treat you? What happens after your treatment? Try to visualize a least one idea...

For some more inspiration, Emma Laurentz service designer at Transformator is going to tell you about her dream healthcare.

The presentation will take place in the Konstfack Gallery (underneath the aquarium) at 15.15. Prepare for a 3 min presentation of your work. Name your project and set up your presentation material before 15.15.

For final discussion/Think about: Improving awareness - how can we designers make people in the health care industry aware of the role and capability of design?

### **Future Wellbeing**

"Future elderly care"

### **Group B**

Today, so called "profile homes" within elderly care have started to exist. The aim is to make the service more personal and specialized for the patients instead of making it for the big mass. For example there are today homes specializing in care for elderly with different diseases as for example dementia. There is also the Jewish elderly home, offering elderly care with Jewish traditions and an elderly home for gay people is being planned in Stockholm right now.

Imagine the elderly care when you get old. How would you like to live as elderly? Will there be separate villages for the elderly with everything they need or perhaps a home for retired golf players or vegans? Try to come up with a service, system or a product.

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# **Future Wellbeing**

"Design as a preventive act"

### **Group C**

Design as a preventive act rather than a reaction of an existing problem. How can we focus on designing/creating good health for people so they can stay healthy rather than focusing health care as a reaction of unwell people? Stress is a common health problem today. How can we as designers prevent people from stress in their daily lifes? Think about a couple of things that makes you stressed and how you could you prevent that? Try to create services, systems or products and visualize at least one idea.

"IT-stress tar över ditt liv"

"STRESSEN PÅ SEMESTERN"

"Stress fragmenterar sömnen"

"Meditation hjälper snabbt mot stress"

**Stress kopplas till demens**<a>□</a>

"Larmrapport om studentstressen"

"Busschauffören: stress tvingar oss att köra för

"Fira en vit jul-utan stress och slit"

Newspaper headlines from Dagens Nyheters artikle archive

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