

National Design Challenge Report
Team Spectres
Chua Chu Kang Secondary School

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a. Our Problem Statement:

The elderlys in the Choa Chu Kang Community have expressed that they would like to spend more time having company but they felt that they have no one they could go to.

b. Our Proposed solution:

We would like to foster connections between elderly to elderly, or even connections between elderly and youths within the Choa Chu Kang Community. We believe that connections can be established through conversations and shared experiences. To provide a platform to facilitate that, our team has designed a card game that provides a platform for conversations to flow, hopefully for the players to establish social connection with each other.

c. Why is it important to solve the problem:

The problem of loneliness among the elderly is prevailing in the Choa Chu Kang community. Out of the four people we have interviewed, three of the interviewees highlighted that they sometimes experience loneliness as they do not have a lot of people they can connect with. Therefore, we would like to use the card game to tap on the many interesting topics and experiences they hold to establish connections through conversations.

d. Methodology

Our team did a preliminary interview at Teck Whye Market, as there alot of 1-room rental flats around the neighbourhood to verify the elderly’s problem we have identified. These are the questions we have asked our interviewees:

Interview questions:

- Do you feel lonely?
- What do you do during your free time?
- What are some of the problems you face?
- What do you do at home?
- How do you spend time with others before?

The notes from the interview is shown below:

Interview responses:

Person 1’s answers -	Do nothing but just stay at home, sitting alone. Enjoying life as much as he can.
Person 2’s answers -	6.30am-3.30pm work. Works at hospital. After work, sit and talk with friends
Person 3’s answers -	Has dementia. Walks around, looking at things at home. Helper will help him to bring

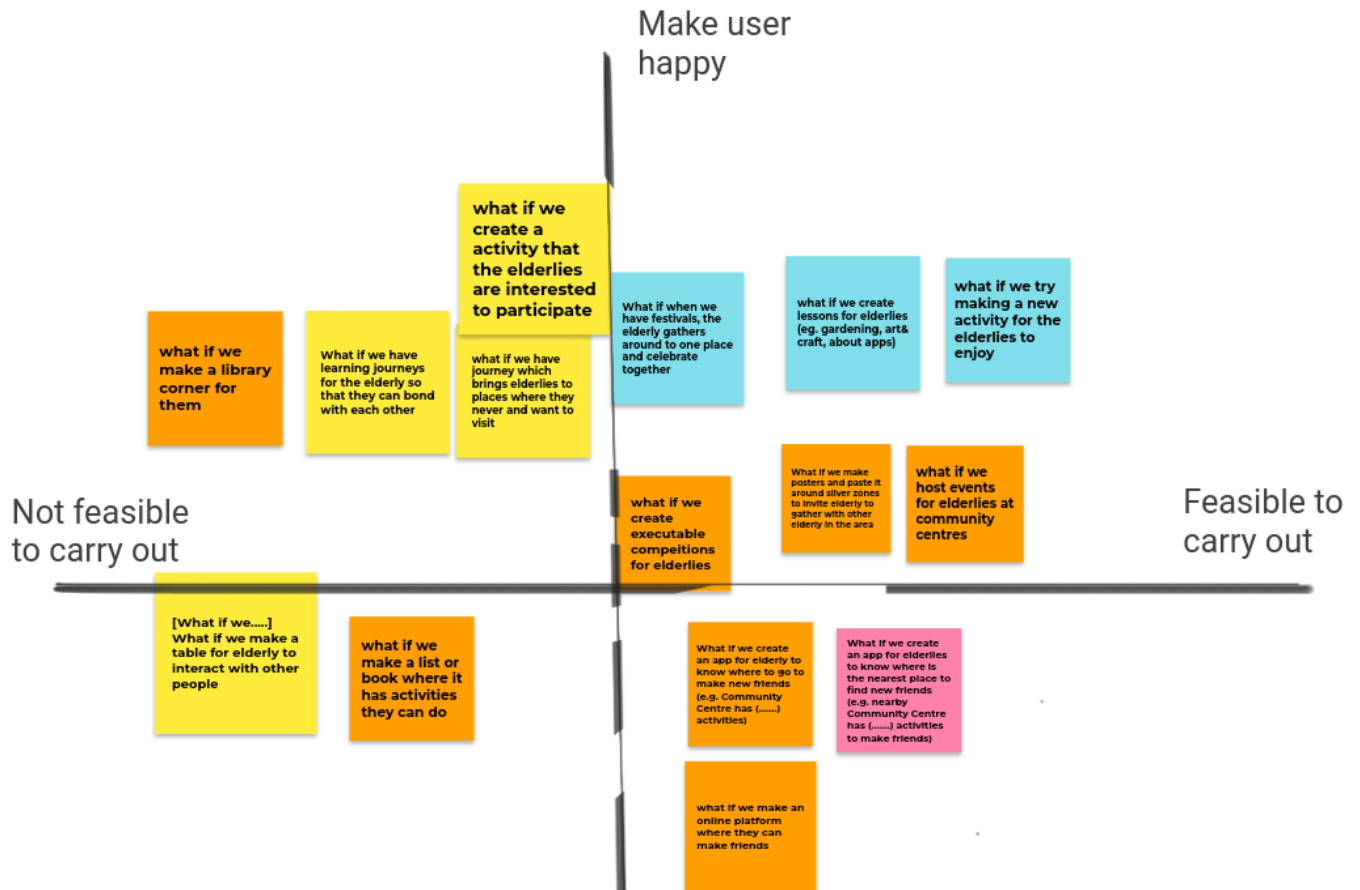
	<p>him downstairs to walk. Does the daily routine like a normal person eg brush teeth. But when he does not have helper to help him, he cannot do things himself. Keys to track his location in case he gets lost.</p>
<p>Person 4's answers -</p>	<p>I felt very lonely after all my friends dies from covid or cointinued to live at home and not come down. Morerover after covid there was no one i could interact so i felt very lonely. I could find more ways to spend time but i did not know how</p>

What we inferred from the interview:

Elderlies in the Choa Chu Kang neighbourhood are generally alone and they just want to live a happy life until they die. Some want to make more friends and enjoy themselves but they cannot find anyone to spend time with.

Many old people are lonely as they have either have out-lived most of their friends or have no family and friends (who could be busy) to spend time with. Moreover, Most of the elderly have trouble making new friends as they are afraid of embarrassing themselves or have social anxiety. The team noticed this problem and investigated how to solve or improve the problem.

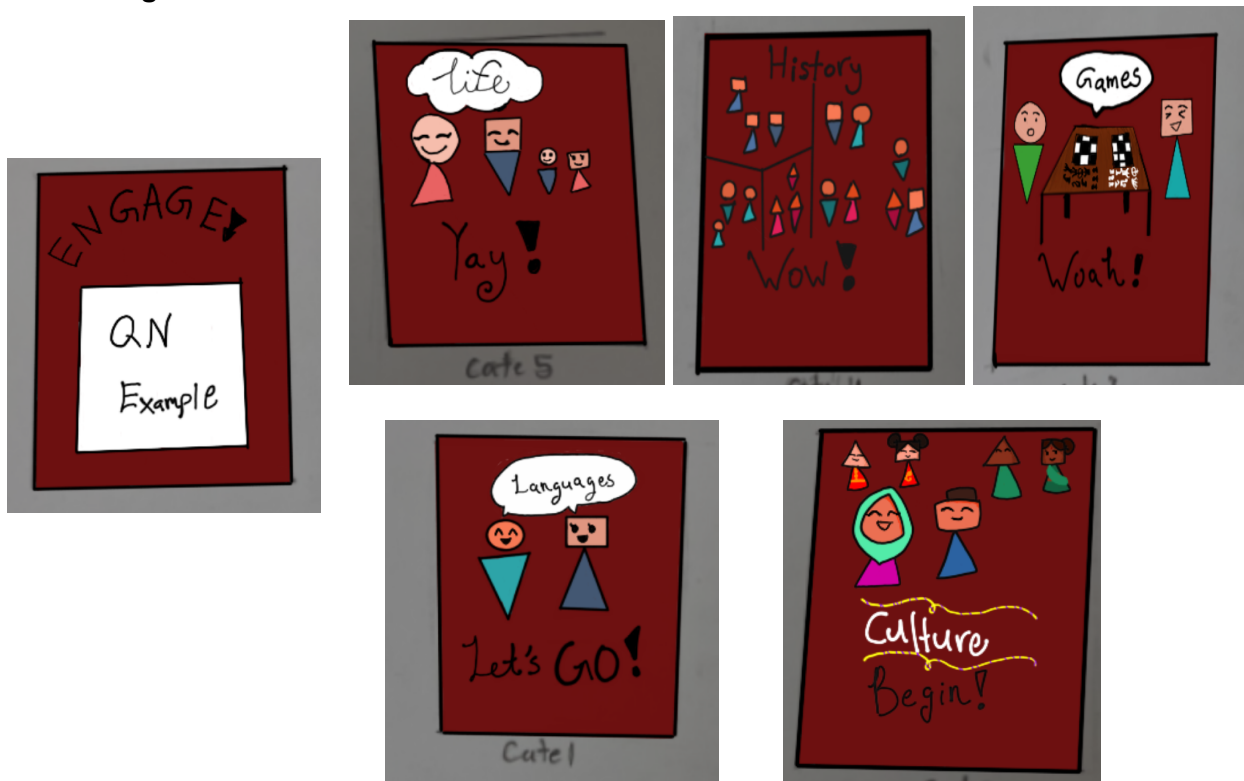
Our team did a rapid brainstorming session and came out with different solutions that might tackle the elderly's loneliness problem.



After ranking the different solutions our team has come up with, our team has decided to use the approach of designing activities for elderly to enjoy and connect with each other. Hence, we decided to design a card game that encourages connection through conversations.

e. Our Prototype

Card design: how the back and the front will look like



The google document consisting of the question prompts of the card game:

<https://docs.google.com/document/d/16PhqfSzt4JVqHF1mxt0FiWYXoyNGP93JqOmyqUM1pul/edit?usp=sharing>

Rules and regulation:

- Pick a card from the card deck (the cards have qns)
- Read out the qn
- The person who picked the card will go first to talk about stories based of the qns
- Then in clockwise the players will talk about their experiences to get to know each other more
- No one is allowed to skip others turn and if they do
- If someone else skipped the person's name they cannot play for 1 round
- If they skip their own turn the person will have to play one extra round with the people of their choice.
- You have 3 lifeline form the people you are playing with

How the card game tackles our problem

This card game provides question prompts by sharing their personal experiences. Though sharing their unique experiences in different categories they can relate to, we hope it opens up conversations and foster connections. Based on our experiences, in contrast, when we went to an old folk home once the games we chose, such as bingo and ball toss, were not very appealing games that the elderly could play and most struggled to play or enjoy it and there is no connection that was established. Thus, we want to create a card game which lets them open up and not be physically demanding at the same time.

f. Conclusion

The team is satisfied with coming up with a solution. Though we struggled a lot as it was hard to execute the interview, we tried to improve alot. Furthermore, we think we improved our confidence by going out and interviewing random elderly. Even if there was good we also had some bads, such as not being able to catch up or the constraint of making the card game, but through rough and thin we always found a way to work together and pick up the pieces to finish strong. Overall this experience was very impactful to us.